



Jumping Mouse: A Story About Inner Trust

Mary Elizabeth Marlow

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“Mary Elizabeth teaches us how to find our own true selves by helping us to return to that point of light before thought made us aware—for it is in not knowing that we know our sacredness.” — Joseph Rael (*Beautiful Painted Arrow*)

The story of *Jumping Mouse*, from the Native American tradition, is a compelling tale about the journey to acquire inner trust—the ability to trust the path of our own hearts. We travel along with *Jumping Mouse* as he is challenged by the stages and initiations one must face in order to trust within: paradox, ambiguity, betrayal, doubt, the leap of faith, the pull of consensus reality, and the subtleties of discernment.

Juxtaposed with contemporary analogies and gentle teaching, the story guides us in our quest to learn when to, whether to, and how to trust. As *Jumping Mouse* journeys to the Sacred Mountain—the heart of his true self—and discovers that which gives his life meaning and purpose, we feel the reawakening of innocence and the birth of trust in the moment and in ourselves. And as he learns to totally trust the promptings of his heart, our spirits take flight and soar far beyond the pages of the book to the heart of our own truth.

Here is a NEW EDITION with an experiential guide of rituals and ceremonies for individuals, couples, and groups.

MARY ELIZABETH MARLOW is an international speaker and seminar leader, transpersonal teacher, storyteller, and intuitive counselor. She is author of *Handbook for the Emerging Woman* and co-author with Joseph Rael (*Beautiful Painted Arrow*) of *Being and Vibration*. Her books have been translated into eight languages. Mary Elizabeth is known for her intuitive ability to go straight to the heart of an issue. With the creative use of dreams, spontaneous drawings and 190 JUMPING MOUSE inner processes, she helps others decode the mysteries in identifying soul patterns (core patterns which repeat) and encouraging others to embrace their soul calling (their unique talents, gifts, and attributes). She serves as guide to many on their spiritual journey and empowers others with a new sense of their authentic selves.

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