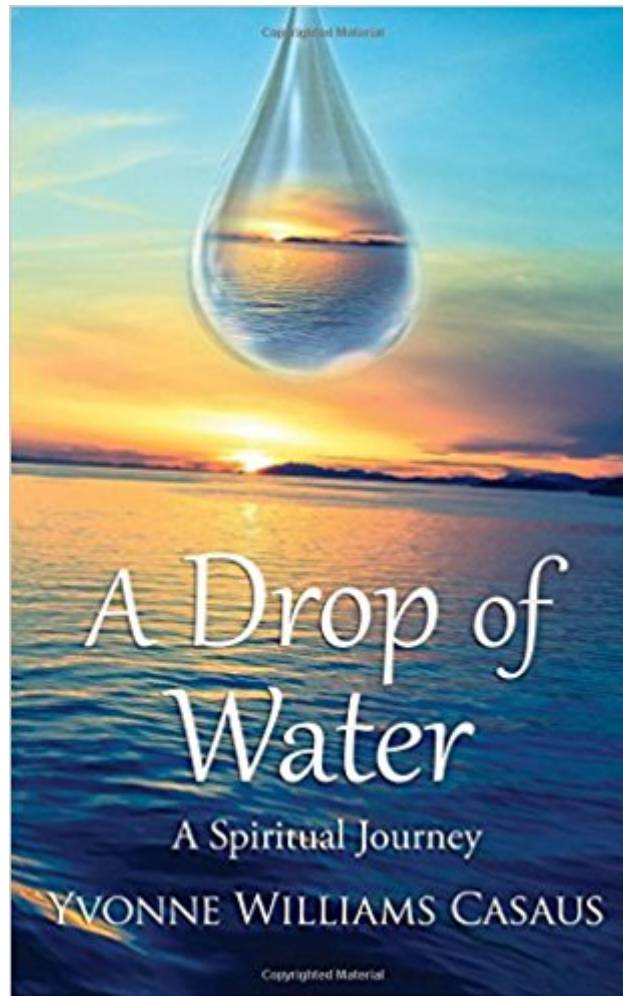




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# **A Drop Of Water: A Spiritual Journey**



## Synopsis

In this extraordinary book, *A Drop of Water*, Yvonne reflects upon her past experiences, grief, and losses to find her way back to her spirituality and strength. She bares her soul, yet is able to use water as a lighthearted, uninhibited, and fun way to express how we are all connected. It is a spiritually inspired book about healing, grief, and personal growth. It becomes a beautiful poetic journey as she discovers her love of water as part of what led her towards her spiritual path. Through her writing she is able to express how she was able to find her way through several tremendous losses, including the loss of her husband, and find strength she never knew she had.

## Book Information

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## Customer Reviews

*A Drop of Water* is a healing, inspiring stream of consciousness to remind us that we are all connected. Author and therapist, Yvonne Williams Casaus brings us in to the experience and processing of the unthinkable: what it is like when a loved one is taken from us. Even more devastating is that the Loved One was her husband, and that he took his own life. We see resilience and great courage of the human spirit in the unfolding hero's journey that Yvonne lived through. She takes us on her healing journey to allow us a glimpse of her travel to hell, and back. Through story, insight and inspiration, Yvonne offers a lifeline to help us process our grief through the healing waters of life. Her beautiful story reminds us that we are never separate. With hope, community and presence, we can make it to the other side of grief...and regardless of the form in which we show up, physical or eternal, this life or next, we are all profoundly connected. ~Rev. Evelyn Foreman, MDiv., Ordained Unity

Minister "Absolutely beautiful. I love that you focused on the healing, on the joy and the release. Your rhyming was a way that could break through all the defenses, all the logic of the mind struggling with grief, with being alive. I also appreciated that you chose not to focus on the hardship but on the salvation. A beautiful job, trusting, surrendering and getting out of the way of the message that needed to come forth." -Anastacia Jayet, author of Shattered Into Being; A Beacon Shattered Into Being "A compelling story that reminds us that even after unspeakable tragedy you can find an abundance of joy and love. We get a glimpse of how the darkest moments of despair can become an awakening point to reveal remarkable courage and inner strength. It speaks to the profound power and healing beauty in water and in life." -Tom Bird, Best Selling Author of over 20 books including Write From God (2015) "Yvonne has woven an inspirational and poignant story of healing using the power of water as an intriguing analogy in her story. A Drop of Water: A Spiritual Journey is a heartfelt and touching story of tragedy and personal triumph that will touch the hearts of all." -Laura Kelly, author of Splintered Reflections. "What a delightful journey. From sharing your great pain and loss through healing to being renewed and uplifted into fun and delight. You have brought water into a new relationship to my life. It is now a divine symbol and I will always be renewed by its touch. I'm sure in talks I will share this marvelous presence as a spiritual journey and experience. The book is so creative and inspiring. Its message has so much depth." - Rev. David

McArthur unityofwalnutcreek.com "Recently I've had some of the darkest days I've ever had. It is a true blessing that I read this book at the same time! Not only did I not feel so alone in my struggle, but I was inspired to remember "Just a Drop of Water" and "We are all connected!" It gave me courage, comfort and hope to continue on living for better days to come!" - Claire McMahon-Thomas, LISW

As I have shared with many family and friends, I felt a calling to write this book. While writing "A Drop Of Water: A Spiritual Journey", I had a nice surprise. I had joy in my heart, I had fun, I was rhyming! I truly believe it was spiritually inspired. I was LITERALLY writing with my eyes closed. It was as if my fingers were dancing. Before I knew it, I was sharing my story of several tremendous losses, including the loss of my first husband. Believe me, I am a very private person, I never thought I would share such painful memories. However, I feel I must trust and have faith that this is the book I was called to write. Through my work as a Therapist and my own experiences, I realized that we all have dark nights of the soul. I hope that this book will serve as a reminder that

if you have ever struggled with depression, grief, or loss of any kind, you are not alone. We are all connected. ~ Yvonne Williams Casaus

This book is a story of love, loss, courage, resilience, authenticity and heart. Reading this has opened my eyes as to what it's like to be "left behind" from the unspeakable act of suicide. The topic of suicide is a TABOO in modernity, a part of our human journey that is rarely talked about publicly. The author addresses the devastation of this tragedy bringing it from shadow to light, to give hope to those who may feel there is no hope for them. Casaus' synthesis of life and how we are all profoundly connected through water, paralleling our healing journey on Earth, is powerful.

**A Drop of Water: A Spiritual Journey** Yvonne Williams Casaus has written her personal account of recovery from traumatic loss. She relates the story as Wife, Mother, friend, Daughter and most importantly a Licensed Personal Counselor. A Drop of Water has two parts and the first is descriptive. As a reader, I watched from behind Yvonne's eyes and witnessed what no one should ever see. The second part of the story parallels her emotions after the vision. She masterfully honors her recovery process by giving voice, via "Stream of Consciousness" writing, to the aspects of herself shattered by trauma and loss. Yvonne uses the metaphor of water in her story's second half to reconfigure a new SELF: more empowered and with greater helping abilities. She balances the challenging and the divine in writing this book, which has made her whole.

This is a wonderful and inspirational book. The author Yvonne shares her story with us allowing us to feel her pain and also feel her healing. It is very emotional, but very beautiful. It shows us that even in a bad situation you can find inspiration and become a stronger person. I recommend this book for anyone who is looking for inspiration and who feels like they are alone. This book shows us how we are all connected.

As soon as I started reading **A Drop of Water: A Spiritual Journey** I couldn't put it down. It is a very moving book that brought tears to my eyes. The book is a unique combination of memoir and poetic free form writing that is sure to inspire anyone who reads it. It is the perfect book for anyone who is dealing with grief or depression. It is a book I know I will read again and again.

A drop of water was a delight to read yet seriously thought provoking. We all grieve in our own ways this much is true, but Casaus lets the grief turn to love through her metaphors of water and letting go of our fears for living our lives to the fullest. Loved it.

"I am Loved" - Beautiful and inspiring. A definite must read.

This book is a stream-of-consciousness exploration of a surviving spouse of suicide, rising above her grief and guilt to a new life of understanding through the metaphor of water as a healing force. Initially, the author shies away from her own poetic impulses, and gradually comes to embrace her true nature. We evolve with her, riding in rhythmic waves.

This book had me in waves of emotion. Deep and thought provoking to light hearted fun. It made me realize how important I am to the world.

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