

By Carol Feingold  
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## Finding Balance: Local Author Offers Readers the Life they Want

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This year The Way To Balance is celebrating its 20th anniversary with special events and free clinics, but co-founder Sue Hanks Singleton has another reason to celebrate – the publication of her first book, "Nine Simple Laws to Create Joy and Grace: A Comprehensive Guide to Manifestation."

"Aaron and I wrote this book in response to requests from our students in our intuitive development training programs," Singleton said. "The paperback came out the end of March and the e-book just came out last week."

"Nine Simple" is a practical, step-by-step guide designed to help readers create the life they desire by taking positive steps toward overcoming their daily challenges and achieving their ultimate triumphs.

A culmination of more than two decades of Singleton's hands-on experience helping clients to manifest personal fulfillment in their lives, the book outlines each of the nine laws with detailed descriptions, practical examples, and exercises to apply each law.

"My book becomes a workbook to make changes in their lives," Singleton said. "It's practical. I'm very into giving clients homework to do. I love helping people and empowering people to help themselves. I don't believe in being a crutch. I believe in being a bridge to help people learn how to do things for themselves."

Singleton learned how to do things for herself the hard way. With degrees in finance and international business, Singleton was entrenched in the world of corporate finance and banking when an accident changed her life.

"Following my car accident in 1990, in that twilight zone between death and life, I literally saw and came to know the big picture," she said. "I began to understand how things work in the universe and the underpinnings of the universal laws.

"During that time it felt like love and golden sparkles coming into my body. Then I was turned around and was told, 'You either die from this subdural hemorrhage or you go back and help and heal other people. It's your choice.'"



Singleton decided it was her responsibility to help people from all walks of life lead happier and healthier lives. She became a medical intuitive, healer and teacher, and left the world of banking and finance behind her.

"The accident totally changed my life in a wonderful way," she said, "but it came with its challenges. It was a struggle to recover from brain injuries. My own reintegration into the earthly existence was not always easy despite the insights I had gained about the universal laws. Translating the spiritual knowing into words that others can understand takes a bit of practice."

Some of her healing and teaching abilities came to her naturally, but she also trained as a cranio-sacral therapist, energy of life master therapist and teacher and is a certified master hypnotherapist.

Aaron Singleton started The Way to Balance 20 years ago in Virginia in 1993, and Sue Singleton joined the practice in 1996, when they moved the practice to Andover. They have been practicing at 21 Water St. in Amesbury since 2002.

"Nine Simple Laws to Create Joy and Grace" is Singleton's first book.

The Way to Balance offers over 40 different healing modalities.

In addition, Singleton is a medical intuitive with more than 20 years of hands-on experience.

"I can look inside peoples' bodies and know why they're sick, why they're not recovering, and help them to heal," she said. "I provide the action plan to help them heal."

The Singletons also speak at national and regional conferences and lead spiritual trips to Egypt to help people understand the spirituality of ancient Egypt. They have produced a variety of healing and educational products including CDs, DVDs, essential oils and crystal layouts.

"Crystal gemstones," she said, "are laid out in specific geometric patterns to resonate at the energy frequency of each law" in "Nine Simple Laws to Create Joy and Grace."

The book was written for a range of readers, from those new to energy concepts all the way to those experienced in the law of attraction and energy principles.

"It's a guidebook for people to understand and harness the power of the universal laws, to 'build' their own path to happiness," she said. "I've described which universal laws serve as the architects with blueprints, which laws serve as the builders and carpenters who carry out the architectural plans, and which laws provide infrastructure, much like electricians and plumbers."

At the end of each chapter are exercises designed to enhance understanding of the law and its principles, a daily affirmation, and crystal layouts that create an energy field conducive to working with each law.

"Do your homework, but have fun doing it," Singleton said. "Learn to begin anew and to manifest joy and grace in your life. I love helping people. I love doing what we do."

The book is available at Bertram & Oliver Booksellers, 5 Market Square, Amesbury, and online at Amazon and BarnesAndNoble.com.

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