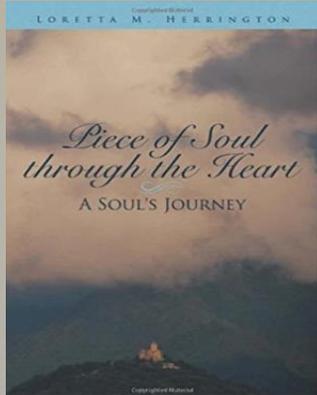




# Empowering Professionals

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**On The Cover:  
Loretta Herrington**

**Author of  
Piece of Soul Through  
the Heart: A Soul's Journey**



**Loretta Herrington**  
**Author of "A Piece of Soul Through  
the Heart"**  
<http://lorettaherrington.me>



With Loretta Herrington's eloquent memoir "Piece of Soul Through the Heart: A Soul's Journey," emerges an unflinchingly revealing look at two soul mates who have shared lifetimes together and when reunited in this lifetime are instantly and deeply connected. Genuinely heartfelt, thought-provoking, and infused with the impugned theme of soul connections and past lives it divulges the friendship transpiring between two spiritual beings that have known each other for centuries. But what makes Loretta's memoir so profoundly beautiful and unmistakably compelling is its fresh approach and authenticity. In a self-assuring voice, Loretta recounts her amazing journey with her soul connection Zura, a strong willed young man who miraculously emerges at one of the most heartbreaking moments of her life. As her beloved father lays dying in her childhood home, Loretta and Zura, a young healthcare assistant, unwittingly come together, two souls that have known each other through centuries irrevocably linked, reunited again in an earthshattering moment in time, beset with love, loss, and self- discovery.

As Loretta clings to her father trying to come to terms with the moment of their inevitable parting, Zura is the piece of the puzzle to soothe her weary soul as she eases his insecurities. With a youthful ingenuous sense of hope, and deep sense of self, Zura had immigrated to the United States from the Republic of Georgia in furtive search of the American Dream courageously leaving behind his family and the familiar existence he knew only to find life in a new country not as welcoming as he hoped. Obscured by loneliness yet sure footed in his tenacity, Zura presses on. As the friendship between Loretta and Zura blooms and subtly evolves, life lessons come to fruition as they learn from each other the power of friendship and never giving up even when their times get tough, and this is where their resilience shines. Loretta passes on her wisdom and most affirming words "Believe in yourself and you will find your way."

In its rare insight, there is no preachiness, rather a fresh approach of the importance and utter validity of soul connections through the author's true- life experience with Zura. He changes her life as she does his, and there can be no more meaningful solicitous way to render an ever- lasting impact.

**"Now there is no traditional career path we now live in, a different world that's quite transient, not as rigid, where people can experience different job opportunities."**

**"When people enter your life and you are not quite sure why pay particular attention because it could well be someone from your past that you're reconnecting with.... it's called soul connections and these people are sent to us for a reason and it's up to us to keep an open mind."**

Although Loretta has had other soul connections it was in no comparison to the one with Zura, and the sheer joy of meeting someone from her past, from other lifetimes, was so exciting and gratifying and a testament that the soul has a role to play in a given life time and it's a foundation for lessons and spiritual growth.

When Loretta and her husband decide to sponsor Zura for his permanent residency, the instrumental friend who has poignantly enriched her life, Loretta inevitably embraces the role of his mentor.

Touched by the plight of immigrants, Loretta has maintained a soft spot for those people who so fearlessly and staunchly persevere. Recognizing how the United States can be an arduous struggle to succeed, even more so for immigrants, her empathy for these hard-working assiduous people has boosted largely in part to Zura.

**“We are all in this together and its up to us to acknowledge our soul connections, to choose to accept it or not...it has certainly enriched my lfe ,,,... Keep an open mind how we are not sent here without having others individuals come into our lives that guide us. It’s a soul’s journey and each and every one of us have a soul’s journey.”**

As a military wife Loretta moved around quite a bit before settling with her husband after his retirement from the Marine Corps in the suburbs of Virginia. Prior to settling down, she had taken many different jobs delighting in meeting new inspiring people, exploring quirky places, and being touched by life learning experiences. Loretta aspires to stay connected to those individuals she had the incredible fortune to meet who were so dedicated and worked so tirelessly. For Loretta there is dignity in work that is uncompromising. As a result, she has gained a deep-seated respect for working women surmising how people all have extremely active personal lives, families, and crisis to endure and shame on the corporations not acknowledge that, particularly for woman juggling jobs and children and she does finds it off putting. Unassumingly, Loretta rejoices in her magnificent experience of working with military wives who she describes as “the salt of the earth,” incredibly strong loving people doing without their husbands yet still wholeheartedly persevering.

Spending eight years in a high level executive position in the George W. Bush administration was the highpoint of Loretta’s career and although it was an extremely bumpy road, grueling at times, she remains eternally optimistic and grateful for the experience and has proudly developed a sense of self service. She lives with no regrets only fond memories.

No longer involved in government, Loretta is now immersed in the non-profit world promoting policies and programs that emit a positive impact on people with disabilities.

Loretta encourages others to be conscious of encountering their soul mate. More than likely that person was sent to that individual for a reason perhaps to help resolve an issue they grappled with in a past lifetime and can now come to terms with it in this one. Meeting one’s soulmate does not happen in every life people lead so when it does accept it as the most awe-inspiring gift you can ever spiritually attain so it can propel you to the next phase of your life, to heal and find ultimate joy, fulfillment, and happiness.

**“There are so many guides in the universe that are watching out for us and sending us people to learn from and advance our souls and then we may have to part ways with them. They did what they had to do to enhance our lives and move on...it’s all about the magic, chemistry, and the excitement of it all.”**



Q&A

**Q: Who is your greatest role model and why?**

A: My father’s mother and my grandmother Loretta Donahue. I am named after her. She had my dad out of wedlock in 1925 and at that time, this was considered scandalous. She married my grandfather when my father was about three years old. He raised my dad but didn’t legally adopt my dad (as far as we know); however, he gave him his name. In those times, I guess this was acceptable. I found this out after my father passed away. My grandmother was a courageous, kind and caring woman whose love I miss to this day.

**Q: What advice can you share about people who inquire how they know someone is their soul mate?**

A: Tap into your intuition and treasure your gift – it works well when you use it. There will be an initial ‘click’ a sense of destiny which may bring about fear and sense of disconnecting from reality. Just because you believe there is a connection, this doesn’t mean the other will. It’s best not to explain it to them. If the other person does not accept the soul connection, then it’s time to move on. With Zura, I had to tread carefully so as not to overwhelm him. We took it step by step. My role in this life with him is a teacher and mentor advancing spiritual growth for the both of us. It is critical to know when to let go and learn from the experience.



**Q: What is the most valuable gift you learned from Zura and how have you applied it to your life?**

A: Zura helped me rediscover the adventuresome and fun-loving side of me. I am a Capricorn, and it is said that we Capricorns fell out of the crib and into the job market embracing work as a way of life. To this day, he knows how to make me laugh.



**Q: Can you also provide a couple of quotes from a great leader that has inspired you?**

“If you set out to be liked, you would be prepared to compromise on anything at any time, and you would achieve nothing.”

“I do not know anyone who has got to the top without hard work. That is the recipe. It will not always get you to the top, but should get you pretty near.” Margaret Thatcher

"Trust yourself. Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement." Golda Meir