



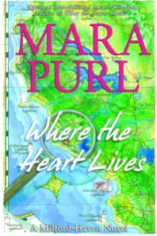
# All Things Fulfilling

INDEPENDENT THOUGHT, WORDS & VIEWS FROM CFS

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## Living with Heart

The following is part 1 of my interview with author Mara Purl this morning. If you missed my interviews with Mara when her first book was released, please scroll down to yesterday's blog. There are links that will take you to them.



**Sue:** Mara, we are honored to have the opportunity to interview you again on All Things Fulfilling. This time I'd like to discuss your new book, the second Milford-Haven novel, **Where the Heart Lives**. <http://bit.ly/5unf3d> Congratulations on the success of Book One **What the Heart Knows** and it's ranking of #5 on the Amazon best seller list as well as its finalist status for Book of the Year. Also, congratulations on the success of your short story e-book, **When Hummers Dream**, the prequel to the first book of the series.

**Sue:** Over the past years, there have been many people who have had to take a look at their own lives due to

the job market, and in some cases, they've had to change geographical locations for new or different professional opportunities or even to rebuild their life. Your protagonist Miranda Jones makes a difficult personal decision to move from city life (San Francisco) to a small coastal town (Milford-Haven). She pursues her artistic endeavors from what many may see as a more limiting environment. How do your characters help your readers examine their own lives and decisions?

**Mara:** *Our culture typically focuses on using logic and intellect to make life decisions, (both big and small). We tend to choose what feels "safe" and the steady path in life because we make decisions based on external rather than internal "intuitive thinking." Mentors such as Joseph Campbell, whom I worked under at Open Eye Theatre, along with Jean Erdman, <http://bit.ly/5Svmmix>, tell us to "follow our bliss." This can be difficult to do because it tends to be different than the way our culture views things, usually not part of a normal career path. Those that decide to do something because it "feels good" can be opening a crack into what leads to our own fulfilling path in life. People who work in the arts use a life-long practice of listening to their hearts and intuition. It may go against logic but it what they do is personally fulfilling.*

*My characters in my books either reject this idea of "doing what you love" or they decide to be authentic to themselves, and decide to go against logic. In the case of Miranda Jones, she is at odds because she is a wildlife painter, yet she is living in a city and in order to observe wildlife, she needs to escape city life. Ultimately, she settles in the coastal town of Milford-Haven against her manager's advice and against her parent's wishes. But, she creates a sense of home and connection with nature in Milford-Haven. Many of my characters feel conflicted between what their heads and hearts are telling them, which gives the reader permission to examine their own core beliefs and think about how they live their lives.*

*In this current economy, people have been forced to think more about making decisions using intuition and they have learned that the secure path they've lived may have been an illusion.*

**Sue:** Is what you write based on experience or do your storylines bring realizations to you?

**Mara:** *Both, my experiences and internal direction help craft a story. I don't feel comfortable if everything I do is based on the external. There is a spiritual component that leads me- beyond intelligence. Many years after I began writing about the town of Milford-Haven which is based on a town in Wales, I found out that I had relatives in that part of the world. It made me realize that I was doing what I was supposed to do.*

*In doing my research for the third book, I was unable to locate an expert that I wanted to talk to about the architecture of oil rigs. One day, I got on a very crowded flight and sat next to a man and our conversation led to what we did for a living. As it turned out, he designed off shore oil rigs. He drew pictures for me, and I got exactly what I needed to continue the story for the third book.*

Return tomorrow to the blog of **Cornerstone Fulfillment Service, LLC** [www.AllThingsFulfilling.com](http://www.AllThingsFulfilling.com). We will be continuing our conversation with Mara Purl about a shift she has noticed in books people read. We will also discuss how Mara has been able to take the spirit of her character, artist Miranda Jones, and use her own artistic creativity to come up with a reminder for her readers of what they have learned and perhaps the decisions they have made for themselves in the reading of the Milford Haven Series.

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