



# The Barefoot Medium: Letting Spirit in.....one step at a time

*Emma Smallbone*

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"You've had the power all along my dear. You just had to learn it for yourself." Glinda, The Wizard of Oz. Life is full of messages guiding us in the direction of our purpose, but most of us are waiting to get hit in the face with a blinding signal saying 'THIS IS A SIGN!'. I hate to break it to you, but it doesn't work like that. Hailing from a small town in England, growing up with anxiety, depression, a learning disability and Spirit for friends, Emma Smallbone spent her whole life trying to figure out who she was and why she could see dead people. After meeting her soul mate, building an extremely successful photography business and becoming a mum, Emma started to explore spirituality as a way of living instead of a cool party trick. By studying her unique gift instead of ignoring it for the first time in her life, Emma opened up a whole new world full of communication with the after life, exposing her ability to heal people in need of guidance and closure through communication with loved ones they have lost. In this book Emma tells the story of her evolution as a medium and an empath, finding her true purpose and how you too, can let Spirit in... one step at a time. "My work is to be a messenger, to connect you with your loved ones, deliver the message you need to hear and strengthen your bond with the spiritual world by proving that love is eternal. There are no boundaries. You just have to pay attention." Join Emma in The Barefoot Medium as she explores 10 valuable lessons you can apply in your own life to connect with Spirit, create a life you love and CHOOSE happiness. Visit the author at [barefootmedium.com](http://barefootmedium.com)

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