



S.A.I.L. ABOVE THE CLOUDS

How to SIMPLIFY your life

A Sailor's lessons for uncovering inner strength, conquering chronic disease, and finding meaningful purpose

Carole D. Fontaine

BOOK #1 OF THE S.A.I.L. SERIES: SIMPLIFY, ALIGN, INTEGRATE, LET GO

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*“May the winds of inspiration always keep
your sails and heart full!”
—Carole Fontaine*



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Preface

It's been an eventful life so far, and I would not change a thing. From leaving our families and friends to move to another country, the financial stress and job insecurity, the car accidents, the years of sickness, painful surgeries, misdiagnosis and depressions (both mine and my husband's), the DUI, the bankruptcy of our sailing magazine—all the way to going back to a 9 to 5 job. As if all this weren't enough, we decided to add the daily challenges of two people (and a dog) living aboard a boat in tight quarters for 20 years.

As I breezed past my 50th birthday and reflected upon half of a century of life on the blue planet, I smiled at my unconventional life, adventures, and lessons learned. Just as the vessel I've lived on has been floating through life, I too have been bobbing away in my heart and mind, in a self-reflective state, grateful for the good and the bad to have brought such personal growth, shifts, and understanding.

Some say, "I would do it better," or, "If I had known, I would have never _____". But I only have gratefulness in my heart because every hard, challenging, and painful situation in my life brought me powerful lessons and made me uncover who I truly am and what I stand for.

What we do with the highs and lows in life defines who we are. How we adapt, grow and change to life's forever moving landscape is my definition of success, and I have probably had more opportunities to do so than if I wouldn't have jumped aboard a sailboat for a wild and wet 20-year ride.

The moment we stepped on board, two hippy bikers with very little money and barely any knowledge of sailing, set in motion the wheels of change in an exponential, torrential way.

I had to learn how to majorly downsize my life to fit in 41-foot of living space, and simplify all aspects of my life in order to make this a fun ride. (Both figuratively and literally!) I wet my guilds in this new floating lifestyle, and adapted everything in my day to day routine, figuring out how all the boat systems worked, and letting go of my attachment to material things, and the white picket fence “ideal” most of us grow up with. It wasn’t always easy, especially living in tight quarters with someone who knows how to push your buttons! But the rewards of living life outside of the defined and expected far outweighed the limitations of space and growing pains.

I got to sail with pods of dolphins playing and jumping in our bow wake, explore deserted islands claiming it as our own, made friends with starfish and sea turtles, swam on remote beaches, and watched the moon rise miles away from land with only water and starry sky surrounding us from horizon to horizon, two souls and the Milky Way lighting our way. We bore witness to being ridiculously small, yet felt immensely connected to the Universe.

The uncomfortable became second nature and my ability to adapt to change grew. I watched my worries dissolve away in saltwater and immersed myself in the unknown. I found an inner strength I never knew existed. I listened to the ocean for her soothing sound and my heart expanded with the rewards of being fully engaged in captaining my own life.

Living 20 years on Windsong pushed me to grow beyond my imagination. The more immersed in nature I became, the more I journeyed into myself. It opened my heart to a spiritual world I had yet explored and propelled me into studying deep yogic philosophies, and healing modalities. Simplifying and stripping everything back to basic helped me develop and learn to trust my intuition, embrace all experiences as life lessons and gain tools to face immense personal challenges. All of which I used to surmount health crises, mental breakdowns, even survive our first hurricane.

There are so many meaningful events which had profound effects in my life and helped me get real, that I felt I needed to share these experiences in a book with the hope that it inspires you in some way to keep going, keep questioning, and growing—even when life gets hard. I hope this book helps you find what sets your soul on fire so you can gain the freedom to fully embrace yourself and express your gifts to the world. No matter how different you may feel you are, or no matter what sickness, dis-ease, or pain you may be experiencing, there is beauty in you and healing beyond where you may think your limitations exist.

If there is one thing that I found through sharing, it's that deep down, our hopes and fears are basically the same. Storytelling helps bridge the illusion that we are different and alone. When I connect and share an experience, I often see the light go off in someone's eyes—it's that moment when they realize we share the same pain. They know that if I can get through it, then they can get through it too. We can see and appreciate how our lives reflect and encourage each other to push on.

This book is meant to inspire you. You have full encouragement to laugh at my silliness, hold on through my adventures, celebrate my victories, and come out at the end with helpful tools, tips, and insights into a “salty“ way of mindful living.

May you be brave, sail the unknown, and discover your path to Self-fulfillment.

Sat Nam, Namaste, Aho, Amen,
Happy sails,
Fair winds and following seas,

Carole Dion Fontaine
(Nam Karan Kaur)
S/v Windsong



How to get the most out of S.A.I.L. ABOVE THE CLOUDS

“If you want to sail above the clouds, you must first let go of the anchor that weighs you down.” —Carole

S.A.I.L. Above the Clouds is a series of four books filled with stories and adventures from my 20 years of living on a sailboat with my husband. Each story illustrates a specific quest or lesson I learned on my path to healing my body from chronic disease, improving my relationship with myself and others, and finding the clarity I needed in my life to create inner peace and happiness. As we progress through the series, I dive deeper into emotional mastery and self-healing.

Each book represents an aspect and a letter in my S.A.I.L. program, designed to help you:

S = Simplify your life

A = Align your goals with purpose

I = Integrate tools for success

L = Let go of what doesn't serve you

...so you can create an extraordinary life.

Our inner landscape is a sea of hidden dreams, forgotten wishes, unconscious fears, deeply ingrained habits, and mind-boggling blockages. Amid all the dramas in our lives, each one of us carries the answers to all our challenges inside of us. Like a treasure chest buried deep at the bottom of the sea, we hold the key to infinite possibilities of health, success, and abundance.

But to get to the treasure, we must set sail on a journey that will bring us to a new landscape—an inner landscape. Nothing of value was ever found without a bit of courage and bravery. Just as I have sailed towards and through the unknown, the sharing of my humor-filled and deeply healing adventures is intended to help you sail on an inner journey to:

- clear out rubbish that's blocking your way,
- establish goals you mean to attain,
- discover tools you can use to reach those goals and
- let go of the fears that's clouding your freedom to step into your greatness and beyond.

You see, when we SIMPLIFY our lives, pathways and solutions become clear. We can then ALIGN ourselves with our highest goals, INTEGRATING tools which support healing and success so that we can LET GO of fears and blockages, and be free to embody our dreams.

The goal is to get people unstuck, inspired, energized, connected with their bodies, pro-active towards healing their bodies, engaged in elevating their lives, and realizing that they always have a choice.

Following each chapter, you will find exercises to help you observe, question, reflect, and grow. It is designed to help you gain insights into your life like clues on a treasure map.

My ultimate goal is to show you a path where you can SAIL ABOVE THE CLOUDS, no matter what ails you, or what situation you face, you can move past these obstacles and meet them with a clear, sharp mind and a peaceful heart. Imagine living life where you feel able to speak your truth in flourishing relationships, pursue your dreams with passion, and embody health and success no matter what life throws at you. Give yourself permission to go on this treasure hunt. Rally the curious child within, and put on your explorer's hat. This may be the greatest adventure you'll ever take!

Each chapter contains:

ADVENTURE: My stories progress through time, but do not necessarily follow one another.



LESSON: The lesson I learned.

QUESTION: A Meditative Writing question.

If you want to get the most out of my books, be ready with a pen and paper to answer the writing prompts after each chapter. (*A journaling section has been provided for you at the end of the book.*) Journaling will give you the greatest insights into how to bring your life to the next level. You have deep wisdom inside of you that is untapped or blocked behind unconscious limiting beliefs. Answer the writing prompts as honestly as you can, with the first thought that comes to mind. It is imperative that you do not edit and use only these first thoughts, no matter how embarrassing, rude, or shocking they may be.

First thoughts have tremendous power and come directly from an unedited source, before our mind restricts, confine, judge, or polish them. It is essential to air out these thoughts to:

- 1) Clear out your mind,
- 2) Take away the power these thoughts may have on you,
- 3) Discover what truly is at the source of your blockages,
- 4) Tap into your inner wisdom to improve your life,
- 5) Formulate a plan to reach your goals.

This practice will help you notice, understand, and change detrimental behaviors, habits, or negative self-talk. It can be exceptionally healing and life-changing if you allow it. Trust in the process. Permit yourself to let anything come up without judgment, and be compassionate towards yourself.

Take it one step further by setting up a timer on 5 minutes and write continuously until the bell rings. Do not stop, or allow yourself time to think about your answer, and surprise yourself with the words that will pour out of you. Do not reread, cross out, or bother with grammar, just write uninterrupted for 5 minutes (or more). If you do not know what to write, simply write, “I don’t know what to write” until something comes to mind, or the time is up. It is part of the process to work on the resistance you may feel on certain subjects.



ACTION: A simple exercise to bring awareness, mindfulness, and success into your day to day life.

MEDITATION DOWNLOAD: Each of the four books includes one free meditation you can download and practice whenever you feel moved to do so. Visit www.SailAboveTheClouds.com to download.

I cannot praise the benefits of meditation enough. If you are a beginner, think about it as a daily time investment that will help you realize your goals and dreams. To have a healthy body you need to exercise everyday. Think of meditation as exercising your brain muscles. It works. Science now agrees that having a mindfulness practice will not only raise your quality of life but can also extend it. People who meditate see their creativity improve, feel more relaxed and reduce symptoms of stress, anxiety and depression.

A John Hopkins study proved that meditation rivaled the effects of anti-depressants [1], while UCLA showed evidence that long-term meditators have better-preserved brains as they aged. [2] A study at Yale University proved that meditation does in fact allow individuals to be more present and aware, so they have better focus and a clearer, calmer mind [3].

Who doesn’t want to live a healthier, happier, longer life?
Sail on sailor!

S = SIMPLIFY YOUR LIFE

sim-ply-fy: make (something) simpler or easier to do or understand.

My first step to help you S.A.I.L. Above the Clouds is SIMPLIFY.

We cannot rise above life's cloudy moments if we carry unnecessary burdens on our back. This may appear in our life as clutter, habits, unconscious behaviors, or superficial stuff that is eating up space in our mind, home, heart, and career. Even if we don't see it or know about it, these things can swallow our precious energy which is better spent healing ourselves, navigating life's daily challenges, and creating our extraordinary life.

When I moved aboard Windsong, I had no choice but to declutter my life in order to squeeze all that I had into a small living space. The declutter process caused such a drastic shift in my perception of life. I realized the clutter was acting as a blindfold that hid me from my

own internal spaces. This inspired me to look at how to get rid of my emotional clutter too. Life was complicated enough without adding more drama to it from being caught up in my own stories, ego-mind, and fears. So, my first quest was to simplify my life and get back to basics.

Learning to remove my blindfolds helped me see through the clouds of resistance I had been nurturing, so that I could realign my unfocused energy. Simplifying meant removing needless suffering and gaining a newfound clarity. Since distractions and obstacles were being removed or simplified, it helped me problem solve and resolve. Furthermore, it helped me connect with my inner essence and get clear on my heart's purpose and what I needed to do to heal and find joy.

So let's dive into Simplify, and learn how living simply can teach us to simply live.



Introduction

They say the best days in a boater's life are the day they buy their boat and the day they sell it. I can vouch for the first, but we haven't sold Windsong yet, although it's on the horizon after 22 years.

All those many days in between represent knotted lines, scrapped shallow bottoms, unexpected adventures, and encountered storms. Through it all, both my husband Eric and I have grown, learned, and become highly attuned individuals in the ways of life, relationships, and sailing.

I hope this inspires you to take the helm of your own life and steer towards peaceful seas. May you find the courage to ride out your storm until the sun comes out again. For it always does.

1. Triggers—and Naked Strangers

Simplify your Questions



“If you never dive in, you’ll never discover the sea of possibilities.” —Carole

It was spring 1997, and we were witnessing the sun slowly setting down on Dania Beach. We were badly hungover and disheveled from the night before, our motorcycles parked just a few feet away. Still a bit dazed from a particularly badass party at our house where the music ran all night till dawn, I remember thinking to myself, “I can’t do this anymore.” We’d been living life on the edge: partying hard, drinking until the wee hours of the morning, smoking, taking recreational drugs, and hammering a crazy lifestyle for longer than I could remember. I was still pissed off at the half-naked girl I met at 3 am who was swimming in my pool. Very drunk, she’d look up and say, “Who are you?” in a belligerent kind of way. We had an entourage of good friends, but also some stragglers and profiteers who often crashed our popular after-hour parties. Unbeknownst to her—she’d just smacked my world upside down with this one simple question.

Who was I? What had I become? What was I doing? Is this who I wanted to be? Is this what I wanted to do with my life?

We’d been acting like rockstars, burning the candle at both ends—and my light was burning out. My life revolved around the next party, the next drink, the next joint, and I was losing my husband to a bottle of Jack Daniels whiskey. I was 27. We’d immigrated to the U.S. from Canada just three years earlier, and I hadn’t been doing anything with my life except hanging out poolside with my girlfriends and sipping margaritas. The party crasher’s innocent question was a trigger that hit a

raw nerve and sent sparks down my soul.

So it was. My husband and I found ourselves sitting at the beach in the sand, staring at the boats sailing in and out of Port Everglades. The Florida dream we'd worked so hard to achieve didn't feel good anymore. Our hearts heavy with day-after regrets of things done, and words said.

We turned our gaze to the water to find peace.

Here, we could relax and talk openly. I shared that I couldn't live like this anymore, I was suffocating, and everything felt out of control. Eric had recently gotten a DUI and spent the night in jail, which had scared the heck out of us, and opened our eyes to our reckless ways. We had been acting like careless jaded kids. And what do kids do when they're bored? They do stupid things.

We sat and talked.

Florida, we had found, was too hot to ride our motorcycles. We had moved here for the year-round riding weather, but the scenery we were used to in Canada, like long winding roads, with hills and countryside were non-existent, and our thick Canadian blood couldn't handle a hot motor melting us in the 95-degree weather. So we spent our time by the enormous pool in our backyard, cooling our brains, and jumping into the deep end. The water was amazing and a necessity for new overheated Floridians, but the real attraction was the ocean. We'd never lived close to her, and she was captivating. Even in our party days, she called on us like a distant echo, repeating her longing message of a soothing return to nature. But I had long ago tuned out any inner voice that sent even a glimpse of discontent in my mind.

We were so used to avoidance and numbing out, that our reality had become a grand illusion. On the outside, we were the happiest couple with the biggest house, best parties, and successful life, but on the inside, we were disconnected, lost, and longing for something meaningful.

I remember being very nervous about telling my husband how I felt, scared that my feelings would not be reciprocated, scared that by sharing how I truly felt behind our facade, I would cause an even greater rift between us. But I was waking up to my very unhappy self, and now that I was listening, I could not stop hearing the screams inside my head.

It felt good to confide in him, and I realized that we both felt like there must be something else to life than this. By opening up to Eric, he then felt comfortable opening up to me! Come to find out, he was tired and bored with the routine and felt stuck. The constant parties were his way of numbing out the pressure he'd been under to sustain our lifestyle. We rarely paused and asked ourselves how we were feeling. I think this may have been the first time that we ever sat and talked about deep feelings, and made a conscious decision together to change our lives.

Our move from Canada to the US had been a total impulse—unplanned and surrounded by crazy mayhem from two careless young adults. We broke a 2-year lease we had just signed on a house and Eric ran off to find a job in Florida, driving away with a packed army bag tied to the back of his motorcycle three days before the first snowstorm arrived. I stayed behind to sell off, give away, and pack our belongings before joining him. The first five years we had been together was basically one never-ending party, sometimes paused by the little things in life, you know, like immigrating, finding a job, resettling, getting married, starting a new life in a new country, etc., and it seemed life was catching up to us.

Now that we had gotten our feelings out in the open, the tension eased. The sound of the waves caressing the shore was comforting. We felt connected again. There is something magical and healing about the ocean. We just sat there taking it all in, the blue sky, the salty air, the sound of the seagulls, the fishing pier in the distance. We had kicked off our riding boots and dug our feet in the sand, the warmth of it running through our toes was heartwarming. The everlasting waves of Mother Ocean moved in and out every minute, every hour, every day, always

caressing our shores just a footstep away, calling us and reminding us to never stop moving forward, no matter what. Somehow those waves encouraged us with the notion that there are shores yet unseen, depths unexplored, opportunities undiscovered, and that if we looked deeper, we would see that Mother Ocean carried an unlimited potential for life inside of her. Then it hit me. So—did—we! I felt uplifted and excited for the first time in a long time.

It's like we had hit the pause button on our crazy life and were briefly suspended in a moment of clarity. We loved each other, we didn't like what we were becoming, and we needed change. The rhythm of the waves soothed us. Between pauses of silence, we talked about our future.

That's when Eric spotted a small boat, barely larger than a canoe, dancing around the waves outside the inlet. "We could get a boat!" he offered.

"Hmmm..." I replied, "What kind of boat?"

"Something small that we could go take rides in and would be easy to trailer, but big enough that we could go out there like this boat, on the ocean!" He said, smiling.

"Sure, why not?" I replied. I'd never been on the ocean, but I was willing to try anything to change this uneasy feeling and clear out the brain fog.

"Did you ever sail a boat?" I asked.

"When I was a kid, I had a canoe on the lake, and my grandma let me drive her pontoon when we went fishing." Eric recalled.

That was good enough for me. After all, I had moved 1,600 miles to a different country to continue life with this crazy, adorable man, so getting a boat would be just another small step on our adventure, right?

Right then and there, in the steamy sand of Dania Beach, a dream took shape, and we first glanced at our new beginning.



LESSON: Simplify your questions. When the short and direct question, “Who are you?” shifted my whole perspective and sent me on a new lifelong path of searching for answers, it also made me appreciate the power of conversation and asking the right questions.

I was so busy living my life “out there” that I had forgotten to look within and ask myself how I was feeling. In those days, my conversations with self and others were mostly superficial and avoided any and all subjects that might raise questions, or, ‘rock the boat.’ I ignored painful conversations until I was at the breaking point, choosing to bury myself with the busyness of life.

You cannot be clear in your conversation with others if your mind is unclear on what you want and what you stand for. Remedy that by having a continuous dialogue with your inner self, asking the hard questions, and knowing yourself—before a half-naked stranger stumps you in your pool!

Humans aren’t mind readers, and communication is key to having healthy relationships. Forego meaningless conversations and make your questions count. Your next conversation could potentially be a catalyst for someone else. Learn to express yourself clearly and directly with the world outside, and be straight and precise in expressing your needs. It’s a practice worth incorporating; you can take my word!

QUESTION: Some of the qualities and talents I possess are (write down at least 10)...

Then answer the following by writing for 5 minutes each time you answer the question. Allow whatever comes up to be expressed:

1. Who am I?
 2. Who am I?
 3. Who am I?
-



ACTION: Change your elevator speech

The next time someone asks you, “Who are you? Or, “What do you do?” Answer using the qualities and talents you just wrote down and observe how wonderfully the tone of the conversation changes.

In your conversations, instead of asking people what work they do, ask what their gifts and talents are and watch their eyes light up as they share qualities. If someone does not know how to answer, you then become an ambassador to help this person discover their gifts. This is a useful and powerful way to start new friendships!

2. Ahoy Mate— I “wannabe” a sailor

Simplify your Search



“Master your own ship, and let go of the fleet.” —Carole

“Wannabe” was the name of our first sailboat. We traded our helmets, leathers, and riding boots; for straw hats, swimsuits and flip-flops. We decided to call it “Wannabe” because we wanted-to-be sailors! We invited some of our friends to witness our “boat renaming” ceremony, with the obligatory breaking of a champagne bottle on the bow (the front tip of the boat). It was all done in great fun, but we’d been warned about the myth around renaming vessels; should you leave any item on the ship with the old name written on it, or forget to stamp out or erase mention of the old name anywhere, you would suffer the great wrath of the angered Sea Gods and be forever cursed with infinite bad luck. We took it seriously and weren’t about to risk it, so we blacked out, tore up, and removed any mention of its past identity.

It took a couple of tries to baptize Wannabe. Surprisingly, it’s tough to break a champagne bottle on the bow of a boat! But we finally did it, ruining the champagne with broken glass in it, but the deed was done. We raised our glasses filled with rum to celebrate its rebirth and a birthing of our new hobby.

While Eric had some boating experience from living by a lake as a kid, I was a greenhorn. I may have been in a canoe at summer camp, and taken a boat ride once on a family vacation. I didn’t even know if I would get seasick, but I had an adventurous spirit.

It only took us six weeks to take the plunge. Eric convinced me that a small sailboat, which had an enclosed cabin, and a head (nautical term

for toilet), was a much better buy for a few hundred dollars more than an open boat. I sold my beloved Harley Davidson with a mix of sadness and excitement and paid for the day sailor.

We were the proud owners of a used 25 foot MacGregor, with pop up top and swing keel—complete with trailer. It was such an exciting day! I remember feeling such elation at owning a boat. Not having a damn clue as to how we were supposed to sail it, but loving the romantic lines of it, the feel of the tiller, playing with the strange hardware, seeing the miniature kitchen and cabin we would stay in, even smelling the moldy boat scent made me giddy! Adventures were on the horizon.

It was a bit run down and needed some repairs, so Eric spent all the free time he had for the next six weeks, sanding, waxing, rewiring, and making the boat seaworthy again. He poured so much love, sweat, and even some blood into Wannabe for good measure. It wasn't much, but it was ours, and we intended to sail the heck out of it.

...

**STAY ONBOARD
SAIL ABOVE THE CLOUDS:**

[BUY NOW](#)

WHAT'S AHEAD?!



In **BOOK #2**, I share my journey on how I learned to **ALIGN MY GOALS WITH MY HEART'S PURPOSE**.

It includes:

- how to navigate in the dark when you don't know where you're going
- the hilarious "Dancing in the Galley" about cooking at sea and finding balance in life
- "Sex at Sea" hmm...yes, we have to talk about it!
- more laughs in, "Stop judging my flip-flops"
- an inspiring story of when we rescued stranded divers from imminent death
- "A close call with a Sea Monster"

You'll enjoy additional snapshots of my life on board, and find out how it feels to sleep and live on a floating vessel.

If you are searching for success and abundance, and struggle with all that you've tried, there is something out of alignment. If you are wondering about where your path lies, where to take your next step, what your purpose is, or have a hard time staying on course, then the exercises in Book #2 will help you get unstuck, give you tools to create a clear plan to reach your goals whether health, business or relationships. Alignment is a must for health and success!

BOOK #3 is jam-packed with adventures where I learned to **INTEGRATE TOOLS FOR SUCCESS**. You'll adventure into the time we almost sank in the Bahamas, climbing up the 50-foot mast, almost giving my mom a heart attack in stormy seas, dragging anchor in a surprise gale, how I became the witness to a man's last hour from a violent gun suicide, to lighter stories of pets on board, and dropping a truth bomb that may shock you.

If you are wondering how to manifest your vision and reach your goal, this book will help you explore how to integrate tools to have better relationships, build the discipline necessary to accomplish your goals, and establish a daily practice that supports your growth. If you're not using the tools in your treasure box, you won't be able to sustain an abundant healthy lifestyle.

In BOOK #4, I share about surviving the doldrums of a 30-year relationship on board a 41-foot vessel, sailing into alligator land, having a surreal burial at sea, being chased by a baby shark while naked, and sinking a dinghy which left us stranded on a deserted beach. I will recount the scariest day we've had on Windsong in 25 years. To give you a sneak peek, this was when we sailed up the East Coast from Florida to Maine and got caught in a dangerous 3.5 hour gale storm. We almost lost control of the boat, completely trashed it, almost caught fire, and I ended up having to abandon ship with a dorsal sprain—alone in a strange town. This forced me to dig deep, to survive the heartbreak of permanently moving off Windsong halfway on our trip in an unknown town. Here, I found myself homeless with my bags on the curb, feeling hurt, and alone. I had to find the strength to **LET GO** and trust that life would find a miraculous way of bringing Eric and I and Windsong back together to make everything alright again. I will also divulge a huge family secret I'd been carrying around for years.

Letting go is the ultimate act of freedom. It is the hardest thing to do, but the key to blissful peace and happiness. If you are experiencing resistance in any aspect of your life, there is something that needs to be LET GO. Read this book and try the exercises to help you achieve a level of surrender that will benefit your whole wellbeing. In learning to trust yourself, you will gain a whole new level of self-acceptance and fulfillment.

About The Author

Carole sailed from Florida to Maine where she currently lives with her husband of 30-years. She enjoys discovering the vast nature that New England offers. She is a successful professional graphic designer, and continues her life-long study of holistic and yogic philosophies and learning ways of managing her health.

Carole is a certified Life Coach, Meditative Writing, Shakti Dance® Yoga, and Reiki Master Teacher. She teaches weekly online classes for stress-relief, mindfulness, yoga, and meditative writing (and when not in a pandemic, offers in-person classes at local studios).

She coaches and mentors women of all ages who seek inspiration and positive energy, so they can be proactive towards healing their bodies and minds to lead purposeful and healthier lives.

Find out more at www.inspiredlifebycarole.com and sign up for her newsletter for free helpful tips, life hacks, stories, and meditations.



Say Hello!

You can connect with Carole in a number of places. She inspires people every day on [Facebook](#), through writing and uplifting shares, she visually entices on [Instagram](#), she reviews and recommends her favorite books on [Good Reads](#), and you can [send her an email](#) too. She welcomes your correspondence and will answer you personally.

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