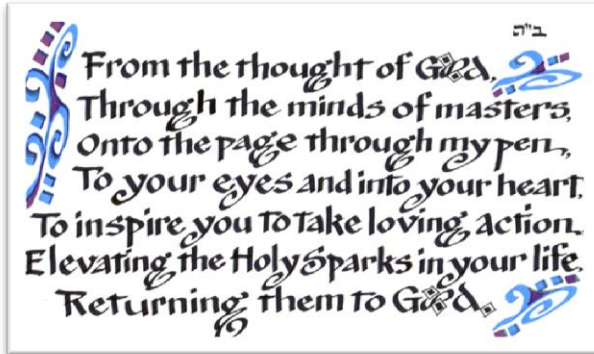
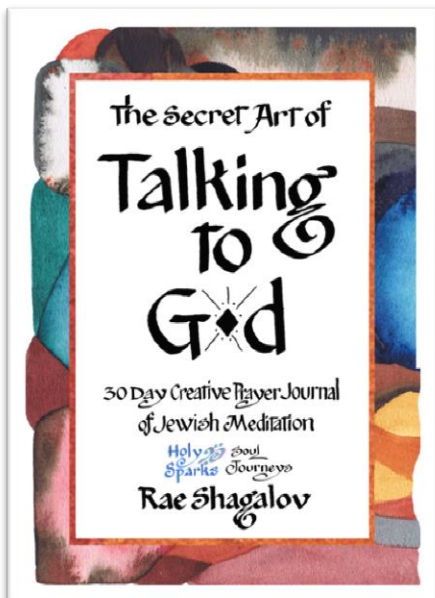


## Welcome to Holy Sparks! Meet Founder Rae Shagalov

### Rae's Mission



### Book Summary for *The Secret Art of Talking to G-d* - Book Launch May 7<sup>th</sup>, 2015



#### **Speaking to the Master of the Universe is Easy – or is it?**

Master calligrapher and Jewish author, Rae Shagalov, has released her newest book, *"The Secret Art of Talking to God: a 30 Day Creative Prayer Journal of Jewish Meditation,"* This unique book teaches the often not-so-easy skill of starting and maintaining a consistent, daily prayer and meditation practice. It's a step-by-step introduction that addresses a variety of issues important to the Jewish reader and to the spiritually inclined reader of any religion.

The calligraphy Artnotes, Torah thoughts, meditation starters and creative journal prompts provide a seamless flow of inspiration as one embarks on this 30 day "Soul Journey." The book includes daily, creative "Soul Adventures," that will inspire the reader to create a loving, intimate relationship with God. Shagalov encourages her readers to write their own notes and "doodle" in the beautiful graphic organizers provided in the book to record and integrate the deep insights that result from their meditations.

This Holy Sparks Soul Journey includes 30 creative Soul Adventures, Rae Shagalov's beautiful calligraphy Artnotes, and a link to an exclusive gallery of Rae's Artnotes with a **bonus 31st Soul Adventure**. This is a book that is meant to be returned to often, as a refresher course when life seems difficult.

Available internationally on Amazon 76 pages

Trade Paperback Edition \$15.95

Hardcover Edition \$19.95

Kindle Edition \$4.99

To book or interview Rae Shagalov, email: [info@holysparks.com](mailto:info@holysparks.com) or call 323-447-4937 for a review copy

## **What People Are Saying about *The Secret Art of Talking to G-d***

**“A burst of spiritual energy”** Cindy Abrams, Los Angeles

“You can see and feel Rae’s soul in her work. Her handwritten text is very alive, dynamic, active – a burst of spiritual energy.”

**“To be treasured and savoured”** Carol Lee Martin, Ireland

In the search for meaning in an oft chaotic world, this book by Rae Shagalov, is to be treasured and savoured. An exploration of prayer and meditation, Rae's wisdom and insight, together with beautiful art and calligraphy, are precious gifts to all who read it. This is a truly inspirational book and will be a source both of joy and encouragement to those on their soul's journey.

**“Little boosts of light!”** Esther Ginsburg, Producer of *Miracle Days*

I surround myself with Rae’s art in my home office. I love that whenever I get overwhelmed or discouraged, I can just look up and the Holy Sparks Artnotes are like little boosts of light that help me turn my dark thoughts into positive action.”

**“Not just another book about Praying”** Adelle D. John, Oregon

“This book is an excellent choice for those who are first starting to explore a "prayer life" or for those who have been praying all their lives but want to explore a deeper and more satisfying prayer life or a new perspective to their prayer life.”

**“A gem of a book!”** Reba Linker, Author of *Follow the Yarn*:

“Rae Shagalov's beautiful book is an amazing gift to give yourself and others, full of the profoundest wisdom, all beautifully enhanced by the masterful calligraphy and artwork. Keep this book by your side, move slowly through the pages, and allow the wisdom of each teaching to seep deep within. It is truly a gem!”

**“Very inspirational and motivating!”** Shoshana Michel, Pianist

“I decided to read one "Soul Adventure" a day. I read it and I internalize it. Each Soul Adventure is short and simple, but enough for you to work with. It gives you a lot to think about throughout your day. I've found them meaningful, inspirational and motivating.”

**“I loved this book!”** Susan Fleming

“As a Christian exploring the Jewish roots of what I believe, I found this book helpful as a devotional aid. The artwork displays beautifully in the Kindle app on my iPad, and the meditations are full of encouragement to draw closer to my Creator. Rae's writing has a distinctly Jewish "voice" which delighted me completely. I'm looking forward to sharing the book with my friends, and to exploring her other books.

**“What an awesome Prayer Journal!!!”** Maria Lex

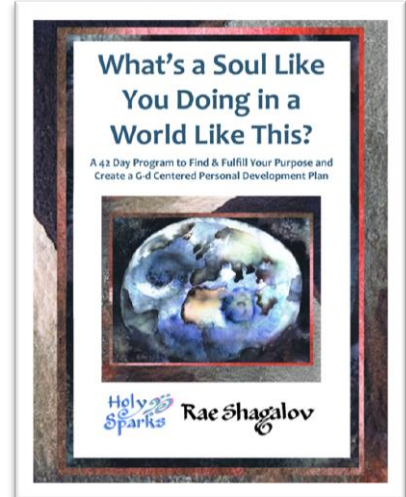
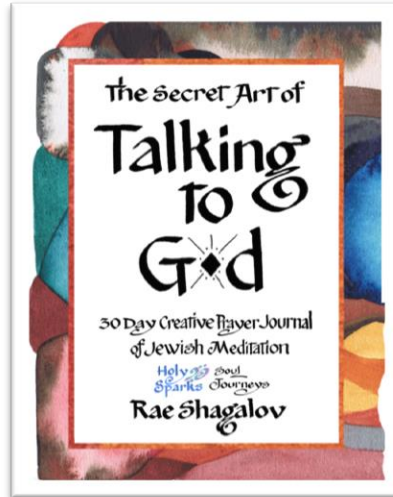
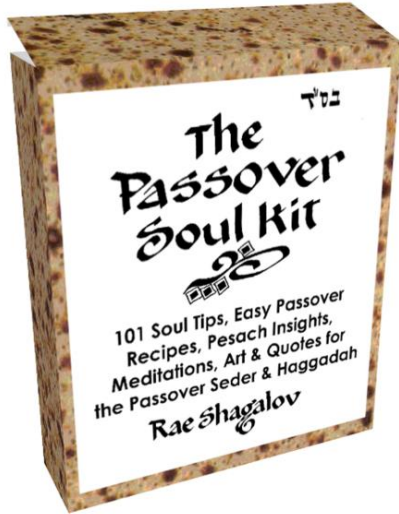
“A MUST for anyone desiring a closer walk with G-d.”

**“Meditation with Purpose and Focus”** Tracy Tennant "Equipping Christians"

“This isn't about mind-emptying and mantras, but about finding and connecting with G-d through meaningful reflection. For those unfamiliar with Jewish terminology, Rae provides simple explanations. I'm not Jewish, but Rae's messages of hope and encouragement have already touched mine!

To book or interview Rae Shagalov, email: [info@holysparks.com](mailto:info@holysparks.com) or call 323-447-4937 for a review copy

**Review copies of Rae Shagalov's books are available upon request.**



**When You Interview Rae, Your audience Will Learn:**

- How to begin a meditation practice and keep it consistently
- A simple one minute meditation that can be done anytime, anywhere
- A playful exercise to keep your spiritual juices flowing
- What to do when you feel anxious and alone
- How to increase your faith in the midst of life's challenges
- Why it seems like the world is so crazy and what you can do about it

**Introduction and Sample Interview Questions for Rae Shagalov:**

- According to several Harvard studies, meditation has been shown to actually make measurable changes to the brain. What benefits are there to meditation?
- Is meditation kosher?
- How is Jewish meditation different from other kinds of meditation?
- How does a person get started with meditation if they've never done it before?
- How would experienced meditators benefit from your book?
- It seems like it would be so easy to talk to G-d, all you do is talk, right? What's so hard about it?
- In your book, you talk about "kvetching" to G-d. How do you pray without making it sound like a laundry list of complaints or a big wish list?
- I understand you are going to begin a crowdfunding campaign in June on Jewcer.com to begin a series of 30 books called, "The Secret Art of Jewish Life." Thirty books! Tell us more about that.
- Where can we find your book?

**Questions to Explore Rae's Unique & Fascinating Spiritual Journey**

- Why did you leave Judaism completely for 10 years and what made you return to it?
- How did you become a master calligrapher when you actually failed handwriting as a child?
- Why do you use a dash instead of spelling out G-d's name?

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## **About Rae Shagalov**

Rae Shagalov is a Jewish author, innovative educator, and master calligrapher, founder of holysparks.com. Rae is eager to share the beauty and wisdom of Torah through her 3,000 pages of beautifully designed Artnotes and to share the special message of this exciting time in Jewish History. Rae considers her Artnotes to be her ethical will, one long love letter to the Jewish people, and a thank you note to G-d.

In her sketchbooks is a rare glimpse of the extraordinary spiritual journey of a Jewish artist and the special messages from hundreds of Jewish leaders for the Jewish people in this very special time we live in – the last generation of exile and the first generation of the great messianic era of peace. Rae’s mission is to inspire the Jewish people on their unique Soul Journey and encourage them to use their creative talents, big or small, to energize themselves, nurture their families and communities, and make this world a dwelling place for G-d. Through her Soul Journey book-signing art shows and workshops, Rae helps busy Jewish women stay inspired, focused, and motivated to creatively fulfill their unique purpose in this world.

Rae lives in Los Angeles with her husband, Rabbi Y.Y. Shagalov, founder of the Moshiach Awareness Center. In addition to publishing her books and Artnotes, Rae is director of the Library Talent Center at Emek Hebrew Academy, where she runs an innovative creativity program and gardens with 500 children in their award-winning school garden.

## **Short Bio**

Master calligrapher, Rae Shagalov, is the author of the Amazon bestseller, *“The Secret Art of Talking to G-d,”* and the forthcoming book, *“What’s a Soul Like You Doing in a World Like This?”* Her books provide her readers with very practical, joy-based action steps for infusing authentic Jewish spirituality into their daily lives. Rae has a Masters in Library Science and is an innovative educator who develops the talents of children at Emek Hebrew Academy in Los Angeles. You can view Rae’s Artnotes, animated videos, and read her art blog at: [www.holysparks.com](http://www.holysparks.com).

## **CONTACT & SOCIAL MEDIA:**

Phone: 323-447-4937  
Email: [info@holysparks.com](mailto:info@holysparks.com)  
Website: [www.holysparks.com](http://www.holysparks.com)  
Amazon Author Page: <http://www.amazon.com/Rae-Shagalov/e/B00K6L6SE0>

## **Social Media:**

Facebook: <http://www.facebook.com/soultips>  
Pinterest: <http://www.pinterest.com/holysparks>  
Twitter: <http://www.twitter.com/holysparks>  
Goodreads: <http://www.goodreads.com/holysparks>  
Youtube: <http://www.youtube.com/holysparksbooks>  
Google+: <https://plus.google.com/+RaeShagalov>  
Art Gallery: <http://fineartamerica.com/profiles/holy-sparks.html>

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## Inside the Head of Rae's Audience:



## The Message of Rae's Books

- Our mission in this world is to find and elevate the Holy Sparks in our everyday life
- The path of Torah is a ladder to G-d with clear steps to reach the infinite
- Spiritual growth is hard, but it can be pleasant, beautiful, and fun
- You are an important part of G-d's plan and very much needed in this world
- The Judaism you grew up with may have hidden the deepest and most exciting secrets from you
- Using your creativity will energize your life, enrich others, and improve your health and vitality
- It's okay and normal to mess up and fail – even every day – and that might be your purpose
- You and your talents are very important to the Jewish people – make the most of them!
- G-d is yearning for you to have a close relationship with Him and you can do it step-by-step

## Speaker Sheet/Workshop Topics

Rae is available for book signings and art shows and gives **Soul Journey workshops** based on her book, *What's a Soul Like You Doing in a World Like This?* Some suggested topics are:

- **Elevate Your Holy Sparks** - Art, Tips & Tools to Navigate Life's Challenges
- **Dreams of Fine Gold** – A Mini-Retreat for Re-Imagining Your Life
- **What's a Soul Like You Doing in a World Like This?** Discover Your Unique Talents and Divine Purpose
- **The Five Habits of Happy Jewish Women**
- **Your Seven Spiritual Power Tools** - How to Use Them to Enrich & Elevate Your Life
- **Write Your Ethical Will**- Create the Most Treasured Gift You Can Give Your Family
- **Make a Soul Compass to Keep Yourself on Track**
- **Create Your Personal Mission Statement to Guide You Every Day**
- **The Secret Art of Repairing Your Soul** - Teshuva and Tikkun for Personal & Spiritual Growth
- **The Seven Disguises of the Yetzer Hara** – How to Unmask Them and Keep Them from Holding You Back
- **Time Management for Busy Jewish Women:** How to Overcome Your Overwhelm
- **Create Your M.A.P** – Your Moshiach Action Plan will keep you focused on what's most important every day

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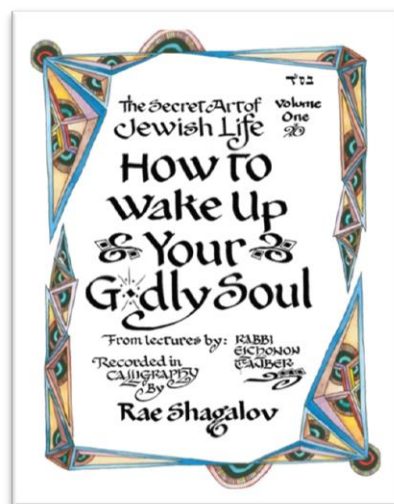
## A Selection of Rae's Teachers

- |   |                          |                                 |
|---|--------------------------|---------------------------------|
| • The Lubavitcher Rebbe, Rabbi Menachem Mendel Schneerson |                          |                                 |
| • Rabbi Yosef Yitzchok Shagalov                           | • Rabbi Elchonon Tauber  | • Rebbetzin Esther Jungreis     |
| • Rabbi Reuven Wolf                                       | • Rabbi Yossi Paltiel    | • Mrs. Tziporah Heller          |
| • Rabbi Shlomo Brevda                                     | • Rabbi Zelig Plishkin   | • Rebbetzin Shira Smiles        |
| • Rabbi Label Groner                                      | • Rabbi Yissocher Frand  | • Mrs. Sara Karmely             |
| • Rabbi Simon Jacobson                                    | • Rabbi Paysach Krohn    | • Mrs. Shimona Tzukernik        |
| • Rabbi Manis Friedman                                    | • Rabbi Avrohom Twerski  | • Mrs. Chana Rachel Schusterman |
| • Rabbi Lawrence Keleman                                  | • Rabbi Y.Y. Jacobson    | • Rebbetzin Leah Kohn           |
| • Rabbi Yitzchak Ginsburgh                                | • Rabbi Shlomo Carlebach | • Mrs. Holly Pavlov             |
| • Rabbi Lazer Brody                                       | • Rabbi Adin Steinsaltz  | • Rebbetzin Feigle Twerski      |
| • Rabbi Zelig Pliskin                                     | • Rabbi Mordechai Becher | • Mrs. Denah Weinberg           |

## Titles in the Forthcoming 30 Volume Series, "The Secret Art of Jewish Life"

Over 3,000 pages of lively and engaging, illustrated, calligraphic notes contain Jewish wisdom from more than 1,000 classes in Torah, Jewish mysticism and kabbalah on the major themes in Judaism. These calligraphic Artnotes are, for the most part, copies of actual notes written during the classes and form a secret treasure trove and legacy for the Jewish people. In her new series of 30 forthcoming books, "The Secret Art of Jewish Life," Rae Shagalov will be revealing these beautiful secrets of Jewish life and a lifetime of learning and art, for the first time in its entirety. Rae's retrospective series, lovingly handwritten over 20 years, will help to inspire our generation and future generations to bring forth the last holy sparks out of the darkness and usher in a new era of revealed light

- ***What's a Soul Like You Doing in a World Like This? A Step-by-Step, 42 Day Soul Journey to Find, Fulfill & Focus on Your Life Purpose***
- ***How to Wake Up Your G-dly Soul: Artnotes from lectures by Rabbi Elchonon Tauber on the Teachings of Rebbe Nachman of Breslov***
- ***Wake Up from the Dream of This World: The Jewish Spiritual Response to Tragedy, Terrorism, and Anti-Semitism***
- ***Enter the G-d Zone: The Extraordinary Chassidic Teachings of Rabbi Reuven Wolf***
- ***Rising from the Darkness, Reaching for the Light: Artnotes from 100 Jewish Leaders on the Meaning and Message of Our Time***
- ***Sustainable G-dliness: A Tasty Cholent of Torah Tidbits, Kabbalistic Secrets, Soul Tips, Artnotes, and Heirloom Kosher Recipes for Sweet & Struggling Souls Like You & Me***



## Crowdfunding Campaign for "The Secret Art of Jewish Life" Series at Jewcer.com

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