

*Study  
Guide*

# INN LAK'ECH

a journey to the realm of oneness

ELEYNE-MARI SHARP



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# How to Create a Discussion Group

- Determine if your *Inn Lak'ech* group will be meeting online or in person.
- Schedule dates at a bookstore, restaurant, library, or group member's home.
- Share *Inn Lak'ech* purchase links for group members to obtain ebooks.

## Activities

- Practice drumming, color therapy, and crystal therapy.
- Listen to the *Inn Lak'ech* meditation mp3.
- Host your own "Come As You Think You Are" party.
- Create dreamcatchers or sea glass jewelry.
- Conduct journaling sessions to release fears.
- Research your female ancestors on your mother's side of your family tree.

# 50 Possible Topics

- Alzheimer's
- Angels
- Anger
- Bath, England
- Carousels
- Coastal Living
- Color Therapy
- Crystals
- Death
- Divine Feminine
- Divination
- Dragons
- Drumming
- Ecology
- Enlightenment
- Fear
- Forgiveness
- Glastonbury, England
- Grief
- In Lak'ech (what it means)
- Hurricanes
- Jewelry Making
- Kites
- Loch Ness, Scotland
- Love
- Lyme Disease
- Magic
- Native Americans
- Octopus
- Oneness
- Parallel Lives
- Power
- Protection
- Puritanism
- Reincarnation
- Reiki
- Relationships
- Religion
- Sailing
- Sea Glass
- Sea Magic
- Seashells
- Self-Love
- Shadow Self
- Shape Shifting
- Soul Families
- Synesthesia
- Treehouses
- Water
- Words



# Eleyne-Mari Sharp

**Eleyne-Mari Sharp** has been a professional writer since 1980. *INN LAK'ECH: A Journey to the Realm of Oneness* is her first visionary fiction novel for young adults.

Born in St. Louis, Missouri, she is a former Air Force brat who lived in Texas, Alaska, Mississippi, Italy, and Germany during her first seventeen years.

From the time she could walk, Eleyne-Mari wanted to be the next Shirley Temple. She sang in school talent contests, churches, community centers and coffee houses, performed in her high school honor choir and played her beloved 12-string Framus guitar at local libraries and military facilities.

After high school graduation in Germany, she returned to her St. Louis birthplace where she was hired as the lead singer for a band that played jazz and old standards like *Misty* and *The Way We Were*. By the time Eleyne-Mari had reached her early twenties, she was living in Boston and singing with a Top 40s band (think Olivia Newton-John, Linda Ronstadt, and Fleetwood Mac) whose gigs were mostly hotel lounges, nightclubs, and weddings.

# Eleyne-Mari Sharp

One day when she was 23, Eleyne-Mari took a daytrip to Rockport, Massachusetts and while strolling along Bearskin Neck, she saw a flashing, purple “Palm Readings” sign. Thinking she had nothing better to do, Eleyne-Mari walked into the shop and was greeted by a gypsy fortune teller with a bad cold.

Surprisingly, the gypsy predicted that Eleyne-Mari would become a writer. A few years later, she abandoned her singing career, enrolled in a creative writing class, entered a statewide short story contest and won first place!

It wasn't long before she was off to seek her writing fortune in California, only she wound up in Boulder, Colorado instead. In Boulder, Eleyne-Mari met an actor/writer who owned a singing telegram service. With his encouragement, she decided to try freelance writing and her actor friend became the subject of her first published article for *The Daily Camera*.

After spending nearly a year in Boulder, Eleyne-Mari returned to the East Coast in 1980--and has been writing ever since!

# *Eleyne-Mari Sharp*

Eleyne-Mari is also a certified color therapist, spiritual aromatherapist, crystal worker, jewelry designer, events organizer, radio show host, and radio show producer.

She lives in New England with tons of crystals, her yacht captain husband, Nicholas, and their mischievous little furbabies.

Eleyne-Mari Sharp's official website:

[www.writelighter.com](http://www.writelighter.com)

Follow Eleyne-Mari on Facebook:

<https://www.facebook.com/EleyneMari.Sharp.author>

Follow Eleyne-Mari on Twitter:

<https://twitter.com/Writelighter>



The background of the cover is a watercolor illustration. It features a woman's silhouette in profile, looking out over a landscape. In the foreground, there are cherry blossom trees with pink and purple flowers. In the middle ground, there is a stone bridge with a large arch. The background shows a body of water and distant hills under a soft, warm sky. The overall color palette is dominated by warm tones like orange, yellow, and pink, with some cooler blues and greens in the landscape.

# INN LAK'ECH

a journey to the realm of oneness

ELEYNE-MARI SHARP

# Book Summary

Elm Sunday goes with the flow.

Her father is the mayor of Little Blessing, her mother owns a mermaid gift shop, and they live happily together with seven dogs at Sunday's Marina, overlooking beautiful Creation Cove.

But the tide turns when Elm's sailor boyfriend is murdered and her beloved father is swallowed by the sea.

During a Halloween sailing party, a drugged-out Elm causes the boat to capsize and her eighteen-year-old body is never found. She "awakens" to find herself rescued by a mysterious old woman who takes her to a remote luxury inn.

After enduring a series of inn-lightening treatments, Elm receives an important assignment. If she succeeds, it could advance her soul level.

But is she ready to face the traitor element of Water, to help the one person she vowed never to forgive?



# Readers Comments

"Eleyne-Mari Sharp is taking evolutionary concepts into the teenage market, with her new book, *Inn Lak'ech*. Each young adult who reads this book will be inspired to learn more about possibilities and other realities. She has woven together an intriguing story, full of enlightened concepts!" ~ Pia Orleane, Ph.D. and Cullen Baird Smith, authors of *Conversations With Laarkmaa* and *Remembering Who We Are*

"This book made me weep! In all my years of hosting Angel Talk Cafe, I have never felt so emotional after reading a guest's book. But *Inn Lak'ech: A Journey to the Realm of Oneness* is not just any novel—it's a HEALER.

Unfortunately, my relationship with my mother was extremely difficult for many years and she made her transition without us reconciling. My childhood was very difficult. I thought the deep emotional pain, abuse, and betrayals would never heal.

I laughed and cried my way through this book. It's mystical, magical, and full of insights and spiritual understanding. For me personally, *Inn Lak'ech* is spiritual medicine. I am no longer tethered to the emotional pain, anger or resentment—I feel inner peace, joy, and gratitude!" ~ Joy Barker, host of *Angel Talk Cafe* radio show

# What Readers Say

"Sharp weaves a coming-of-age tale of forgiveness and love. Fans of personal development fables and all things metaphysical are sure to be drawn in to this beautiful story. " ~ Nina Walker, best-selling YA author of *The Color Alchemist* series

"In the story of Inn Lak'ech, we follow a bright young girl named Elm as she undertakes an Odysseus-like voyage away from an idyllic seaside village. The catalysts for her journey are the deaths of her first love and her father. Loss ignites a dark fire in her soul that leads her into a marine otherworld where she devolves, using wizardry to wreak havoc and eventually self-destruct. This is a touching and dramatic story, told through whimsical settings, delightful characters, and a quick pace. As was true in Odysseus' tale, what makes the journey away from home most meaningful is the return.

Elm is rescued by a woman named Seraphina, who takes her to the remote Inn Lak'ech. There Elm undergoes a series of activities designed to awaken her from the seeming nightmare in which she finds herself. These experiences involve psychological, physical, and spiritual transformation, with respect to New Age modalities. Elm's story can be a map for struggling young adults, but also to those of us who have lost our way later in life, who have wandered away from "home" and yearn to return to a brighter outlook on life, for freedom from grief, isolation, and negativity." ~ Robin Gregory, award-winning author of *The Improbable Wonders of Moojie Littleman*

# Book Excerpt

The windchimes next to the lighthouse door tinkled softly in tandem, then shook furiously in the island breeze, interrupting the old woman from her book.

It was hard to believe that Fannie Flagg had dyslexia because she wrote excellent stories and *Can't Wait To Get To Heaven* was one of Seraphina's favorites.

She loved the author's down-home, Southern girl humor and her gift for creating such lovable characters. Seraphina especially enjoyed the name of the heroine in this book: Elner Shimfissle. It was a fun thing to say aloud, letting the name tickle her tongue: Elner Shimfissle. She changed her voice to a higher key, sounding exactly like a flute, then deepened her tone to the resonance of a tuba. Elner Shimfissle. All names should be this fun!

But Elner and her faithful friends would have to wait because a family member was coming home. Humming one of her favorite spiritual chants composed by a famous twelfth-century abbess, Seraphina arose from the white stone bench to enter through the violet door of the lighthouse. Once inside, she rummaged through the assorted mess of old oil lamps, maps, and clocks until she located her yellow rain slicker with the black duct tape patches at the elbow.

# Book Excerpt

The little rowboat was tied to the wharf, changing colors from red to purple to red as it swayed in the water. Seraphina untied the boat and climbed in, rowing across the waves with the energy of a teenager. Of course, she could have done this the easy way, but it tickled her to do something so incredibly human.

Looking out at the dark teal waves, Seraphina's ancient intuition confirmed that the visitor was drowning. This knowledge did not worry her because all guests entered the water portal. She continued to row with great happiness, wondering how a third-dimensional character like Elner Shimfissle might handle the situation.

Seraphina rescued the brown boy from the depths of the ocean, transporting his limp body to the lighthouse for emergency restoration. While the crystals flashed their brilliant light rays of color energy, Seraphina rejoiced and sang of gratitude to the Almighty. Soon the lights dimmed and the boy reconnected to his full Divinity.

"Welcome back, Dear One," Seraphina sang in her angelic soprano.  
"For a tiny soul, you've had quite the adventure!"

"Did I do well?" asked Prabhakar.

# Book Excerpt

"Very well," said the innkeeper. "When you return to your suite you will find that it reflects your new green aura."

"Excellent!" said the boy. "Only three lifetimes to go!"

Seraphina laughed at his exuberance. "That is correct, but first things first. How does a Loving Pink treatment at the Soul Spa sound?"

"Fine," he said, gazing out the lighthouse window.

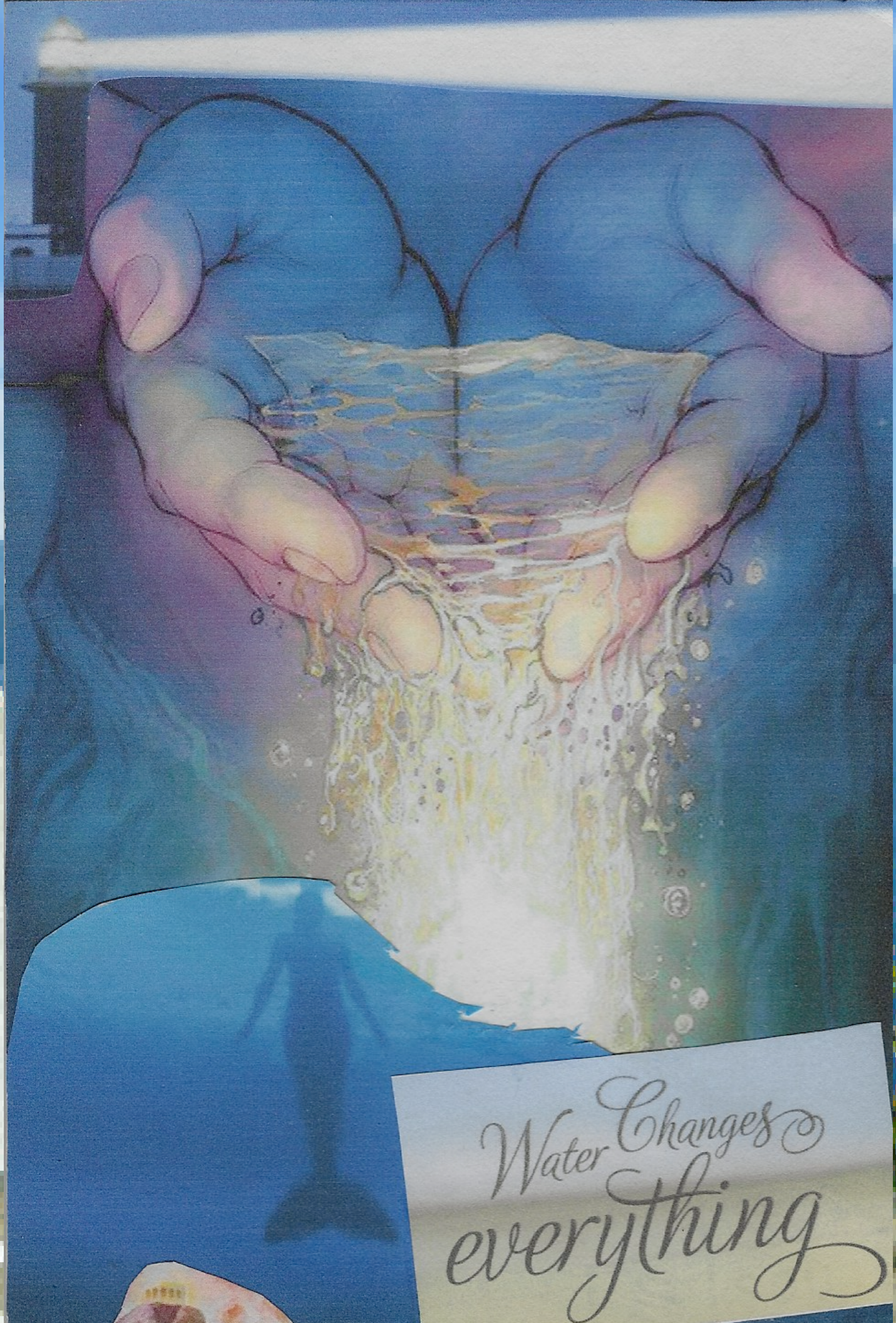
"I sense that something is troubling you, Dear One."

Prabhakar could never hide anything from Seraphina, nor did he wish to.

"Yes," he sighed. "As you know, I am most anxious to connect to the soul of my dear father, Sankhar, from my life in India. He needs to know I forgive him. Has he arrived yet?"

Seraphina smiled. "Not yet," the wise woman answered. "He is busy being a teenage girl."





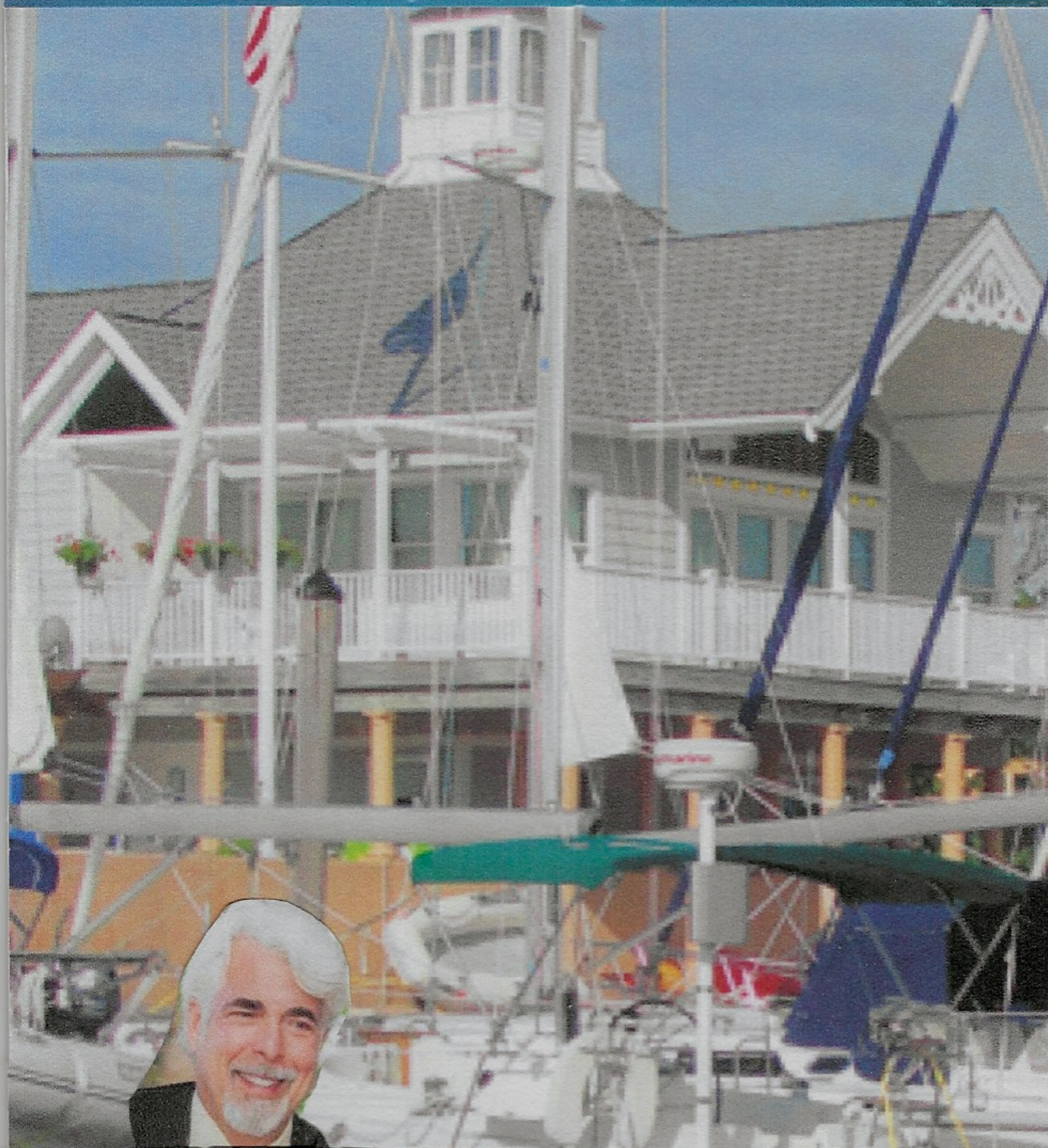
Water Changes  
everything



# Theme Questions

- What is the overall theme of *Inn Lak'ech*?
- Has the book's environmental message changed the way you think about your role and responsibility for Planet Earth?
- Why is Water so important in the book?
- How difficult would it be for you to apply the lessons of love and forgiveness mentioned in this book?
- *Inn Lak'ech* is a story about a teenager's spiritual journey. How does it compare with your own spiritual journey?
- What are the major differences between religion and spirituality?
- Love and self-love are constant themes throughout the book. Are these things you personally practice?







# Character Questions

## Elm

- Have you ever wanted to be a member of a prominent family? Do you think Elm had more pressure to be good because she was the mayor's daughter and a minister's granddaughter?
- Like Elm, do you prefer being called by a name that is not your birth name? Do you think names make the person?
- Do you think Elm over-reacted about her reasons for hating her mother? Do you remember a time that you over-reacted to a situation?
- Do you believe that words (written or spoken) have magical power?
- Color plays a big part in Elm's experiences at Inn Lak'ech and other settings in the book. How has color influenced your life?
- Have you ever made a drastic change in your physical appearance?
- Would you be comfortable watching your life review? Which experiences do you wish you could change?

# Character Questions

## Glorie

- How important is Glorie's Southern heritage?
- Glorie has Lyme disease. Have you ever had to deal with a major health issue yourself?
- Do you think Glorie deals with Elm's dark transformation in the best way possible? Was it a mistake for her to discontinue Elm's homeschooling?
- Why is it so difficult for Glorie to forgive her own mother?

## Big Dave

- What do you think about the relationship between Big Dave and Glorie?
- Should he have intervened more during disagreements between his mother and wife?
- How has the death of his twin brother, George, affected Big Dave's life?
- Have you ever known anyone dealing with Alzheimer's?



# Character Questions

## Ruth

- Why does she dislike Glorie?
- How do you feel about people who are judgmental and close-minded like Ruth? Have you ever judged someone, based on their race, sexual preference, or upbringing?
- Would you have been able to forgive Ruth, especially after the baptism incident?

## Miss Vi

- What important lessons does Elm learn from Miss Vi?
- Do you think trees communicate with each other?
- Miss Vi is Elm's sacred space. Do you have a sacred space? How would you create yours?

# Character Questions

## Snow

- In what ways could she have been a better friend to Elm?

## Noah

- Does he genuinely love Elm or is he just a big flirt?

## Royce

- What are your feelings about Royce? Do you think he was drugging Elm?
- Have you ever been attracted to an older person?
- Do you think Elm was truly in love with Royce or infatuated?

## Seraphina

- How many different personas does Seraphina have?
- What is her relationship with Archangel Zadkiel?

*What is your opinion about the other characters? Why do you like or dislike them? Do you have a favorite? Is there a character you'd like to learn more about?*





I NEED  
VITAMIN  
SEA



# Plot Questions

- What are your impressions about dimension hopping? Would you like to meet your other self?
- *Inn Lak'ech* talks about honoring our ancestors. In what ways have you honored your ancestors?
- What is your opinion about angels? Do you believe they exist? Have you experienced any angel encounters?
- Which chapters did you feel most emotional about while reading *Inn Lak'ech*?
- What surprised you most about the ending of *Inn Lak'ech*?

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<http://angels.about.com/od/Famous-Archangels/f/How-Do-I-Recognize-Archangel-Zadkiel.htm>

## **Carousels**

<http://carousels.org/index.html>

## **Color Therapy**

<http://www.aurahouse.com>

## **Divine Feminine**

<http://thegoddesscircle.net/files/6-Keys-To-Honoring-Your-Divine-Feminine-Essence.pdf>

## **Dragons**

<https://laurenelegrange.wordpress.com/2014/07/22/awakening-the-dragon>

## **Drumming**

<https://youtu.be/AVuD1Kb3FeE>

## **Glastonbury, England**

<http://www.glastonbury.co.uk/pages>



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<https://matadornetwork.com/trips/photo-gallery-23-huge-kite-festivals-around-the-world>

## **Loch Ness, Scotland**

<http://www.lochness.com>

## **Lyme Disease**

<https://www.cdc.gov/lyme/resources/brochure/LymeDiseaseBrochure.pdf>

## **Mermaids**

<http://www.themermaidmagazine.com>

## **Nautical**

<http://www.boatsafe.com/nauticalknowhow/gloss.htm>

## **Octopus**

<http://www.npr.org/sections/krulwich/2011/06/02/136860918/the-hardest-working-mom-on-the-planet>

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## Parallel Lives

<http://www.creationsmagazine.com/articles/C160/Mattson.html>

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<http://www.history.com/topics/puritanism>

## Seaglass

<https://seaglassassociation.org>

## Sea Magic

<http://seawitch.org>

## Seashells

<http://www.oceanoracle.com>

## Synesthesia

<http://www.npr.org/sections/thesalt/2013/03/12/174132392/synesthetes-really-can-taste-the-rainbow>

## Water and Emotions

<http://www.masaru-emoto.net/english/index.html>

# Glossary

## **Alzheimer's**

A deteriorating disease that causes dementia.

## **Ascension**

A spiritual awakening where a worthy soul is rewarded to a higher dimension.

## **Aura**

The electromagnetic energy field surrounding all living things.

## **Color Therapy**

Used for thousands of years to release physical, emotional, mental and spiritual blockages. May include applying colored gemstones to the problem areas, colored light sessions, color breathing, color aromatherapy, color journaling, color affirmations, color visualization, art therapy, and colorful diets.

## **Heartsong**

The name a person identifies with, often not their given name but a name of their own choosing.

# Glossary

## **In Lak'ech**

An ancient Mayan expression that means "I am another yourself."

## **Lyme Disease**

A neurological disease which is caused by a tick bite.

## **Oneness**

The belief that everything and everyone is connected.

## **Parallel Lives**

A soul's additional lifetimes that occur simultaneously in multidimensions.

## **Pinkie**

A soul who has achieved the Pink level of self love and compassion.

## **Sensitive**

A person who can sense the energy around living things.

## **Shadow Self**

The dark thoughts and impulses each soul attempts to hide or deny.

# *Glossary*

## **Shapeshifting**

The act of changing your shape at will.

## **Soul Family**

A group of souls who have a karmic connection throughout many lives.

## **Synesthesia**

A condition where the patient associates taste, sounds, numbers, and letters with a specific color.

## **Telepathy**

The ability to read another's thoughts.

## **3-D**

Of the Third Dimension.

## **Unify**

To merge or become one with an object, animal, plant, mineral or person.



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