

## Counselor issues spiritual guidebook

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By STAFF

Psychologist and counselor Mayte Picco-Kline shares the spiritual principles she uses to guide her own life and those of clients worldwide in a new book, "Wholeness in Living: Kindling the Inner Light"

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Her 120-page paperback contains the basic philosophy that "God exists in all," and she communicates her profound sense of unity with all that leads to inner peace.

She presents 12 Golden Stepping Stones to use to expand the reader's consciousness and contribute to health, prosperity and happiness. They include such things as realizing the joy of service, focusing on the present, finding a mission in life and striving toward ideals.

She examines the essence of each idea in action, adding "questions inviting inner search, affirmations to ponder and as inspiration to create personal statements, examples of commitments for potential extended application, and a blank page for reflections."

A question-and-answer section deals with issues such as how to respond to someone with critical health issues, how to approach personal conflict, how to let go and trust.

The book has a gorgeous watercolor cover as well as complementary watercolor illustrations by Lilia del Valle Roget embedded throughout. It's perfect for perusing as the mood strikes, a book best consumed in small bites, savored and digested slowly.

The author acknowledges the influence of the late Marc Edmund Jones, founder of the Sabian Assembly, and of Peace Pilgrim, a woman who embarked on individual "peace march" for the final 28 years of her life.

A cover blurb from Cheryl Canfield, president of the Friends of Peace Pilgrim, asserts that "Mayte speaks from her heart with clarity, vision and insight as she takes the reader through steps that lead to action, growth and that priceless goal: peace in our hearts, leading to a greater collective peace in the world."

Picco-Kline, a Mexico City native, is a longtime Lancaster County resident who holds a master's degree in psychology and who has worked internationally for peace.

*The author will sign her book, priced at \$15, from 4 to 5 p.m. Saturday, July 28, in The Pressroom Restaurant Publisher's Room, 26-28 W. King St. The book is also available through her Web site: [www.SolarM.net](http://www.SolarM.net)*