

Erica Tucci

Owner of The Maiden's Touch, Author

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Erica Tucci is a certified life coach, licensed massage therapist, Reiki master, author and Tarot reader. She also was a corporate manager at a Fortune 500 company until she had a stroke in June 2011, which turned her world upside down. Since then, her focus has been to help provide inspiration and encouragement to others who face their own life-challenging experiences. She also continues to do the work she was doing before her stroke, helping women find their "yin radiance" through their authentic voice and their own healing. She has been interviewed numerous times on international radio shows and blogs, and her book *Radiant Survivor: How to Shine and Thrive through Recovery from Stroke, Cancer, Abuse, Addiction and Other Life-Altering Experiences* has been endorsed by renowned figures. She has a program for women called "Yin Radiance: The Journey to Inner Balance" that she developed shortly before her stroke, and is developing a trauma recovery program based on her book *Radiant Survivor*.

Personal Profile

Erica is a 50something-year old woman who had led a very fulfilling life as she knew it. She was a corporate manager at a Fortune 500 company, the owner of a healing arts business and an author of three books. All that came crashing down on that momentous day, June 10, 2011, when she had a stroke! Needless to say, her life was changed dramatically. She went from running as fast as she could on the treadmill of life to scooting along at a snail's pace.

During her recovery, she has gained much wisdom about what's really important in life and she has re-entered the world with a new mission in life. Using the insights she gained from her traumatic experience, she now uses her story as an inspiration for others facing life challenges,

which we all have, big or small, as well as helping women reclaim their sacred feminine essence through their own healing so that they may help to heal others, and in turn, heal our magnificent planet, Mother Earth. Her books include *Moms and Their Young Spirited Boys* (1998), *Anything is Possible*, a novel based on a true love story (2011) and *Zesty Womanhood at 40 and Beyond: Second Act, New Role* (2011) and a book on healing entitled *Radiant Survivor: How to Shine and Thrive through Recovery from Stroke, Cancer, Abuse, Addiction and Other Life-Altering Experiences* (2013). Erica considers herself the Radiance Muse, inspiring you to live life brilliantly.

Yin Radiance: The Journey to Inner Balance

“Erica is not only a great person, she is an awesome life coach. She has helped me in more ways than one, just being around someone who radiates so much positive energy and truly cares about you and how you develop yourself in this world is just amazing! Great lady, great inspiration to be around. Everyone should have the opportunity to be around someone who is willing to offer so much great advice and share their own life experiences. And her books are amazing! ... I am honored and thrilled to have met her ... the things that she has taught me will be a part of my new journey in life! And the way I am able to live it out! Thank you ERICA!!! You rock!”

- Denise Lavender-Briggs, Office Manager

The female psyche seeks unity, wholeness and balance. With the resurgence of this Yin energy as women reclaim their inner power, no longer is womanhood being defined by masculine principles. Women are looking deep into their souls to where the true source of creativity, sexuality, beauty and love lies... where the Divine female resides. The Yin Radiance program helps you embrace this Goddess essence from which all of life springs forth such that you manifest the radiant life that is your birthright.



In the [Yin Radiance: The Journey to Inner Balance program](#), you will:

- Discover who you are
- Discover who you want to be
- Connect with the inner aspects of your psyche
- Identify beliefs you may have embodied that may have led you away from your sacred feminine essence
- Return to that beautiful feminine place of your soul through your own personal journey to inner balance

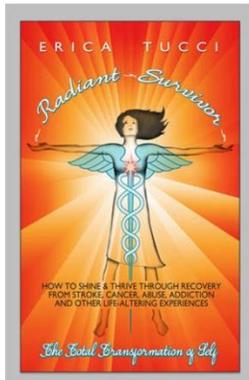
Radiant Survivor: How to Shine and Thrive through Recovery from Stroke, Cancer, Abuse, Addiction and Other Life-Altering Experiences

"Erica Tucci brings the reader through the realities and frustrations of suffering a life threatening illness but adds that ray of light at the end of that dark tunnel as hope is always there if you believe and find your own true strength."

- Kevin Sorbo (aka Hercules from the TV series), Actor, director, producer and author of True Strength

"Survivors have common qualities and are an excellent resource for all of us. Erica's experience can help us all to learn about survivor behavior and thriving in difficult times."

- Bernie Siegel, MD and author of A Book of Miracles and The Art of Healing



[*Radiant Survivor: How to Shine and Thrive through Recovery from Stroke, Cancer, Abuse, Addiction and Other Life-Altering Experiences*](#) is a book on healing that will give hope and encouragement to those facing trauma in their lives, be it big or small. As they make their way down their path of rehabilitation, this book will help lead them to an awakening to a new life. It's a compilation of stories, Erica's as well as others who have faced their own tragedies and have survived and thrived, in spite of the odds. There are discussions on:

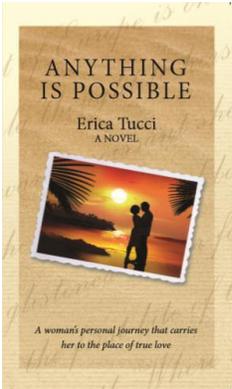
- Believing in yourself and never giving up
- Understanding the limiting beliefs that hold you back from being all that you can be
- Being grateful and having the right attitude
- Knowing that your experience is part of your sacred contract with the Divine
- Surrendering and letting go
- Establishing your support system
- Seeing recovery as a process
- Wondering what to do if you don't fully recover
- Finding out what is really important in life
- The caregiver's perspective

And more!

Anything is Possible

“Anything is Possible is an engaging narrative of a life and love lived in accordance to one's own feminine inner journey. It is the story not only of an adventure embracing one's difficulty of external life, but of confronting the inner complexities of one's inner life, as well. It is the story that every woman should come to realize.”

- Dr. Nancy Qualls-Corbett, Jungian analyst and author of *The Sacred Prostitute*

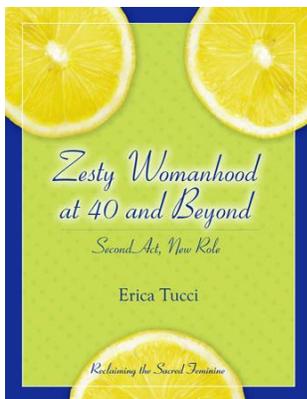


[Anything is Possible](#), a novel based on a true story, traveling across time and space, reveals how love that appears unexpectedly and facing enormous obstacles can transform two people during the course of their relationship. With its endearing tale and introspective passages, it will grip the hearts of the readers, draw them into a deep inner conversation of compelling self-truths, and reveal how one woman, through these profound insights, was brought closer to her authentic essence within. Ending bittersweetly, the final destiny is known only by Providence.

Zesty Womanhood at 40 and Beyond: Second Act, New Role

*“There is a rising balance between the Yin and the Yang in the world through the increasing emergence of feminine energy and wisdom. Erica Tucci has captured this evolution beautifully in her book *Zesty Womanhood at 40 and Beyond* as she reveals how her own personal experiences as a woman returning to her center of power are a reflection of many women at the same crossroads in life.”*

- Rachael Jayne Groover, founder of *The Yin Project* and author of *Powerful and Feminine: How to Increase Your Magnetic Presence and Attract the Attention You Want*



The fifth decade of a woman's life is a truly sacred time. After years of being the caretaker of all in her world, it's now time to be the caretaker of her own soul, applying all the wisdom she has gained to explore the new territory before her. [Zesty Womanhood at 40 and Beyond: Second Act, New Role](#) calls upon the reader to look deep into her soul to where the true source of creativity, sexuality, beauty and love lies... where the Divine female resides. When she reaches the realm of the Goddess within, her vision goes far beyond her hormonally charged, aging body, her memory-challenged mind and the expectations of reaching mid life.

Interview Title and Questions

From Trauma to Triumph!

1) You had a stroke in June 2011. Can you tell us about it?

I will talk about the physical aspect of it here. But there is also a very strong spiritual component to it that I talk about below.

2) Being where you are now in your recovery, how has the experience impacted your life?

Taught me to slow down, be patient, surrender, be grateful, believe in myself, live in the present moment, know what's really important in life.

3) What was the most important aspect of your healing?

It helped me find an inner balance between the masculine and feminine. We all comprise both sides, represented physically and psychologically. I'll talk about operating out of my masculine side, represented by the right side, and how my masculine side was decommissioned so that the feminine could rise and take its rightful place, establishing a balance. What was happening to my physical body reflected what was going on in my psyche.

4) Tell us more about the masculine vs the feminine as it relates to your stroke and its impact.

Have gone from being aggressive, action driven, controlling to being more vulnerable, receptive, emotional and nurturing...going from being ego-based to heart-based.

There's another huge aspect of my stroke that's related to the hole in my heart, the physical cause of my condition. I had a past life regression two years before my stroke, in which I saw the hole in my heart symbolically. And how it was about heartbreak from being spurned by a man I loved. And about how that same man was once again in my life in this lifetime – the story told in my novel, how I manifested my own reality.

5) Such an interesting journey you've had during your recovery. So where has it taken you now? What does your life look like now?

I am finally getting back into the world but with a completely different mindset – again moving from that masculine ego-based “what's in it for me?” mentality to a more caring, nurturing “how can I serve others?” ethos. My deep desire is to inspire others as they journey down their own life path.

6) You say that your mission in part is to help woman heal by finding their authentic voice? How does one do this?

Have a stroke like I did! Ha! ha! No, actually, stop living by the masculine principles that have dominated our world for centuries. Go within and seek the Great Goddess...through meditation, yoga, walking in nature, etc. I have a meditation called Being with Great Mother. Reclaiming your sacred feminine is about finding your inner spark and allowing it to radiate both inwardly and outwardly so that you can be a beacon of light for others. It's about finding who the authentic you is under all the societal and cultural dictates we live under.

7) You call your stroke “a gift from the heavens”. What do you mean by that?

It made me realize what is really important in life. It's about relationships – with yourself, others and of course, Spirit. Not about the fancy car or house or number of degrees you have or other exterior accoutrements. Those are nice to have, but are they really nourishment for your soul?

8) Can you elaborate further? How has this “gift” helped nourish your soul?

Life is full of challenges, big and small. These challenges are what help us evolve. They are opportunities for personal betterment on every level. If I hadn't had a stroke, I wouldn't have found the inner harmony that allows me to live a life of “true” abundance – that richness that comes from within, not without.

9) Haven't you ever gone through the treacherous waters while seeking that inner unity, that inner peace?

Oh Lord yes! I have had emotional meltdowns that make Mt. Vesuvius look calm! The anger, despair, sadness. The screaming and yelling! I have questioned “Why me?” “Will I be like this forever?” etc. But it's important to go through these kinds of emotions. Like Kuebler Ross' stages of grieving (denial, anger, bargaining, depression and acceptance). Just don't get stuck in them. In fact, make friends with your emotions, then send them on their merry way. You don't forget them as they are a part of you. But when they have served their purpose, it's time to say goodbye so you can be released from their grip. I have another meditation called Dancing with Your Skeletons.

10) Interesting way of looking at one's emotions and how to handle them. But how do you deal with the reality of your situation?

I see my experience as karmic. We all made a sacred contract with the Divine before we were born. You have a blueprint of your life that you have carried into your life and have followed, whether consciously or unconsciously. In other words, you are not a victim of circumstance in your life. Looking at my stroke in this light has made it easier to accept the reality of it, in spite of the difficulties.

11) So you feel that you caused your stroke?

I feel that I was living an unbalanced life, operating primarily from my masculine side, with my feminine side being subjugated, much like the way our world is. We are all microcosms of the great macrocosm that is our world. I was not in alignment with my divine way of being. So Spirit bonked me on the head and said “if you aren’t going to try to find your inner unity yourself”, we’re going to help you along.” And boy, what a bonk it was. This leads me to another point...

12) Which is?

To be in alignment with who we really are, we must connect with Spirit, our own inner divinity. We are co-creators with the Divine and we need to be willing to surrender control if we wish to live a sacred life. It doesn’t mean that we don’t do our part. Surrendering to the Divine, being receptive to what was provided to me, has been my most difficult task, which of course makes sense since I was always operating out of my masculine side, that part of me that wanted always to be in control. Trying to let go and surrender, being receptive and being able to just “go with the flow” and having faith that it will all work out as it should is a major undertaking for one who feels the need to control, but that is what is necessary if one wants to live a balanced life.

13) Does that mean that we should discount our masculine side?

Oh certainly not! When I say leading a balanced life, it is knowing when to call forth the Emperor in you (your masculine side) and when to call forth the Empress (your feminine side). I am using two cards in the Tarot that depict the two aspects of our psyche. For example, in a situation that requires analysis and decision making, you would want to call up the Emperor. If you are caring for your children or you are in the throes of a creative project, the Empress would help you. They walk hand in hand. When there is an inner marriage, a unity, between the male and female aspects of your psyche, that is when we become “whole”. That is when we are living a sacred life.

14) How do you live a sacred life when you have had some life circumstance that has traumatized you?

Remember what I said about your sacred contract, that your circumstance was a part of your agreement with the Divine. You should look at the circumstance as an opportunity for you to really delve deeply into your soul to find out who you really are. It is something that has happened to you. And see that anything that happens to you is a means for phenomenal growth depending on how you respond to the challenge. Go through the grieving process of what you may have lost through your circumstance. Hopefully, you will come to realize that your circumstance isn’t who you really are. I live by the mantra “I am on a magic carpet ride

with Spirit at the helm.” If you really connect with Spirit, you will see that your situation was/is divinely orchestrated. It is part of your life plan, your sacred life plan.

15) What are some things one can do to help them when facing a life challenge?

a) Never give up no matter how hard a challenge is. Look at it as an opportunity to gain strength and fortitude. Like the saying goes, “What doesn’t kill you makes you stronger.”

b) Find gratitude in everything possible, even when all seems so gloomy. There is a silver lining in everything.

c) Keep a positive attitude even in the face of challenge. However, don’t discount your emotions.

d) Cherish every moment of your life. You never know what’s going to happen from one minute to the next. I certainly didn’t expect to have a stroke.

e) Establish or participate in a support group, whether it’s with just one person or many. It’s helpful to be around others who have or are facing the same challenges as you. But it is also good to be around family and friends in everyday situations. In other words, don’t let your circumstances prevent you from living life to its fullest.

f) Get a coach who understands your circumstance and can help you through the ups and downs.

g) Surrender and let go. Have faith that Spirit has your back and will support you every step of the way.

h) Remember, you made a sacred contract with the Divine before you were born. You ARE NOT a victim!

i) And finally, know what is really important in life – your relationships.

16) What are some tips that the audience can take away with them today?

a) Find out who you really are under all the outside conditioning. Delve into your psyche through means that work for you, whether it be meditation, visualization, therapy, communing with nature, yoga, tai chi, tantra, bodywork, reading, etc. Do what it takes to find your center.

b) If you have faced/are facing a life-altering experience, know that your circumstances are not who you really are. Use it to help others facing their own circumstance. As you help others to heal, you are healing yourself.

c) Live life to its fullest, no matter what the circumstances. Know that there will be ups as well as downs. Honor the rough times but don't let them overcome you.

d) You have a divine purpose in life. Seek it out and share it with the world.

Other Items

Community Service Involvement

Social Media Ambassador of American Stroke Association

Giveaways

First two chapters of *Radiant Survivor*

Yin Radiance gift package by signing up for my Sacred Feminine community

Being with Great Mother meditation

Dancing with Your Skeletons meditation