**Short Biography**

Mary Ruth Velicki writes to provide clarity, direction and hope for anyone on a healing or spiritual journey. She shares from experience. She has healed from debilitating pain and suppressed trauma using a holistic approach, and she has worked with clients as an integrative physical therapist.  Her works include a three-part book series (*The Healing Series*) and ahealing blog.

**Long Biography**

Mary Ruth Velicki writes and speaks about healing the body-mind-spirit. She brings her professional and personal experiences to this effort. For over twenty years, she worked as a traditional physical therapist, specializing in the rehabilitation of adults with neurological disorders, and she developed and taught graduate courses in this area of practice for several universities. At age forty-five, debilitating pelvic pain (interstitial cystitis) pulled her out of her regular life and sent her on a decade-long healing journey. Over the years, she learned how to tune in to the connection between her body, mind, and spirit to heal on all levels. She shared her journey of holistic healing along with the physical measures she adopted in the memoir, *Healing through Chronic Pain*.

After the memoir was released, Mary Ruth began speaking about holistic healing and working with patients in an integrative way combining her physical therapy skills with the holistic bodywork and energy work that helped her to heal. Through these experiences, she began to appreciate that holistic healing has universal characteristics. She gathered up these observations and shared them in the self-help book, *Healing with Awareness*.

In the third book of the series, *Healing with Spirit*, Mary Ruth uses her experiences to describe how spiritual awareness can expand throughout the healing process. She demonstrates the process of spiritual transformation, during which reactive, fear-based perceptions are gradually replaced by a sense of wholeness, connection, wonder, and joy. The book is scheduled to be released in 2021.

After the series was written, spontaneous, spiritual information continued to flow in, and Mary Ruth shares these insights on her blog. All this content describes how to sense our spiritual nature and to create ourselves and our lives in more expanding and uplifting ways.