



Interview with author and wisdom teacher Kala Ambrose

- October 5th, 2010 5:36 pm ET
- By [Cendrine Marrouat](#), Canada Independent Artist Examiner

"Spirit of Hawaii" a meditation CD by Kala Ambrose
Photo: courtesy of artist

Kala Ambrose was born in Louisiana, United States. This inspirational speaker is the voice of the highly acclaimed "The Explore Your Spirit with Kala Show." Not only has she written an award-winning book, titled "9 Life Altering Lessons: Secrets of the Mystery Schools Unveiled," but she has also created a trilogy of sacred site meditation CDs independently. In this interview you will get to know more about her and what she does.

Cendrine Marrouat: Hello Kala, thank you for stopping by. First, tell us a little more about you.

Kala Ambrose: Hi Cendrine, in brief, I was born with intuitive ability along with remembering my past lives as a wisdom teacher from the temples of ancient Egypt, Greece and other areas. I've spent the majority of this lifetime working to be in service to humanity in a variety of ways including teaching the ancient wisdom teachings from Egypt and Greece, writing books and articles, creating the [Explore Your Spirit with Kala show](#) to allow others to share their stories, and creating a series of Guided Meditations and Inspiration Bags. I'm on a mission to educate, entertain and inspire!

CM: Let us start with your meditation CDs. What first sparked the idea to record them?

KA: While teaching the ancient esoteric lessons to students, I often led them in guided meditations. They began to ask me if I would record the meditations for them, so they could listen to them often. Each year, I take students on a retreat and on this particular year, I had planned to take them to the beach and so I created a guided meditation that they each could listen to in a private time and place of their choosing while we were all at the beach. I recorded the meditation, they tried it at the beach and it went over so well, that I decided to record other meditations to share with people who were interested in guided meditations. In addition, people had been writing in from the Explore Your Spirit show, saying

that they found my voice to be very soothing and relaxing and so I thought it would work well for meditation.

CM: What is the story behind the titles of the CDs?

KA: The three CDs were created purposefully as a trilogy set of guided meditations. They were crafted to work with the heart chakra, helping it to open and then to proceed further to connect with the spiritual planes. The journey begins with the [Spirit of Hawaii](#). Hawaii is one of the most beautiful and sacred places in the world and I've spent a good amount of time there. In the Hawaiian meditation, you meet your guide, a beautiful woman who connects with you, while you spend time on a tranquil beach.

The second CD is the [Egyptian Mystery Temple](#). During this meditation, you travel to an ancient and sacred temple in Egypt as well as interact with a guide who helps connect you to past life memories. Many people connect with Egypt and remember a past life there and if they don't remember the full details, this meditation seems to help them get there.

The third CD is [Tibetan Mountain Journey](#). This is the most active of three guided meditations, you travel through ice caves and waterfalls and explore deep parts of yourself and connect deeply with the heart chakra.

CM: On your Website, you mention that "this series of Guided Meditations [is] designed to illuminate the soul, awaken the mind and guide the listener within on a wondrous journey." What exactly do you mean by that?

KA: The CDs are meant to connect the listener to themselves at the soul level. Spirit guides are present in the meditations and during the course of each meditation, time is given for the listener to interact with their guide and receive messages. The CDs were created to be active journeys, guided meditations where the listener explores nature and goes on a journey, which stimulates the mind during the process. The vision of the trilogy was to take the listener on a journey into themselves, while entertaining them with the beautiful sights and sounds of nature while inspiring them with interactions from meeting guides along the path.

CM: Where can people find more information about the CDs?

KA: More information about each CD can be found on [Explore Your Spirit](#). The CDs are available through Amazon.com and links are listed next to each CD on Explore Your Spirit.

Cendrine Marrouat: You host a show called "Explore Your Spirit with Kala." You interview renowned authors, artists, teachers and researchers regarding metaphysical and paranormal topics as well as new discoveries in the scientific and spiritual arenas. What do you wish to achieve through this broadcast?

Kala Ambrose: The mission statement of Explore Your Spirit is – ‘We are all One, One Energy, from One Light. Let us band together as Humans, with love for all of humanity, living each day in harmony as we explore our spirit.’ My vision when creating Explore Your Spirit was to share this concept through the idea of ‘Many Paths, One Destination’. What I mean by this, is that we all must choose our path in life and we all learn in different ways. Each path and journey is to be honored and respected as we can never fully know what is the right path for another person. While we all choose different paths, our end destination is the same, to seek to know more about ourselves on a deeper level, as well as to connect further with the universe in whatever regard we conceive it to be. My hope is that, by allowing a great variety of authors, artists, teachers, researchers and visionaries to come on the show and share what they know, the information will be helpful to people along this journey.

CM: Where can people tune in to listen?

KA: A new show comes out on The Explore Your Spirit with Kala Show every Friday at 8pm Eastern Time. Just visit ExploreYourSpirit.com and you’ll see the show listed under 'New Show'. Click on that link and you can listen to the show via streaming or download as an mp3. Missed a show? Not to worry. All of our shows are available to listen to for free via our archives and we have over 300 shows on there available to download on ExploreYourSpirit.com. In addition, new shows are available each week via Apple iTunes.

CM: You spent some time in Western Canada and have a growing listenership and readership from Canada. Have you noticed a difference between Canadians and Americans with regards to spiritual and metaphysical topics?

KA: I love Canada! I have friends there and fans of the show and my book who live in Canada. I’ve lived in Alaska and Washington State and spent time traveling through Western Canada between those two states. As well, before moving to where I am now in North Carolina, I lived in Florida and had many Canadian friends who lived part of the time in Florida during the winter months. The biggest difference I would say between Canadians and Americans in regard to metaphysical topics is how they take in and assimilate the information when it is presented. Some Americans can be more emotional when first introduced to new information and their energy hops around absorbing it, saying 'oh what is this' and they have to feel it emotionally, while some Canadians take in the information and absorb it first on the mental level, discerning the meaning of it all, before playing with it further. Neither is right or wrong, just different ways of taking in information and connecting with it. I’m not big on generalizations of people, I prefer to see each person as a unique individual, regardless of where they were born or live.

Cendrine Marrouat: What are some words / quotes you live by?

Kala Ambrose: I have two that I live by, the first is my personal vision statement, which is:

"Spirit does not exist in just one location; rather it is all encompassing, living within and amongst us in each moment, thought and action. I believe that Spirit is raised to its highest level when individuals gather with wisdom, compassion and a discerning desire to provide service to humanity". – Kala Ambrose

And the second is what I see coming in our future and why I do all that I do to help bring this time into being:

"In this new decade, we are moving into a new Age of Enlightenment. The Aquarian information from the gods can no longer be contained, the Divine Feminine is being released in all her glory and we will once again see a Renaissance period, where great art, architecture, philosophy, literature and science will develop and flourish. During this decade the greatest minds will stir, to share, to illuminate and to build and create works and ideas that will be marveled around the world." - Kala Ambrose

CM: Where do you see yourself in five years?

KA: At my desk writing another book. I love to write, it's my greatest passion and there are so many books in me wanting to come out.

CM: Where can people find more about you?

KA: There's an all About Kala page on [Explore Your Spirit](#) and come join me on Facebook, I love to chat on there.

CM: Any last words?

KA: I have two new books coming out in 2011, one on Auras and Chakras and the other on Ghost Hunting North Carolina. I also create Inspiration Bags. [Inspiration Bags](#) are filled with the blessings and magic of the universe. Inside each bag is a unique blend of herbs, crystals, oils, gemstones, seashells, and exotic botanicals carefully blended to create the energy desired. Each mystical bag has been energized and sealed to stimulate the universal energy created. Place your bag in an area where you can see it at least once a day to attract good energy into your life.

In addition, since I'm from Louisiana, I love to share the custom of Lagniappe, to cheerfully give something extra. Right now, if your readers sign up for the free Explore Your Spirit newsletter on [ExploreYourSpirit.com](#), they will receive a free download of the Spirit of Hawaii Guided Meditation. It's just my way of sharing abundance and gratitude and paying it forward. My hope is that each person will be inspired after listening to the CD and that it helps them on their journey to explore their spirit. Many people write to me after listening to the meditation,

letting me know how much it helped them and that each time they listen to the meditation, they have a new experience.

Thank you Cendrine for allowing me to share this time with you and your readers. I wish the best of all that life has to offer to all of you.

End of the interview.