

A BRIGHTLY GUIDED LIFE

By Ingrid Honkala, PhD.

ABOUT INGRID



Ingrid Honkala, PhD was born in Bogota, Colombia, where she grew up with her parents and three sisters.

Despite many hardships she accomplished her dreams, becoming not just a successful marine scientist, world traveller, and a mom, but also a mentor and a giver of light. Throughout her life she has been guided to meet and help many people on their journey to become aware of a deeper reality and reconnect with their inner wisdom.

PROFESSIONAL ACCOMPLISHMENTS

Fleet Numerical Meteorology and Oceanography Center: Oceanographer

Naval Oceanographic Office: Oceanographer, Coastal/Ocean Forecasting Branches & Marine Optics Branch.

NASA: Marine Bio-Optics Laboratory Research Assistant.

University of Southern Mississippi & NASA: PhD with a granted NASA Fellowship.

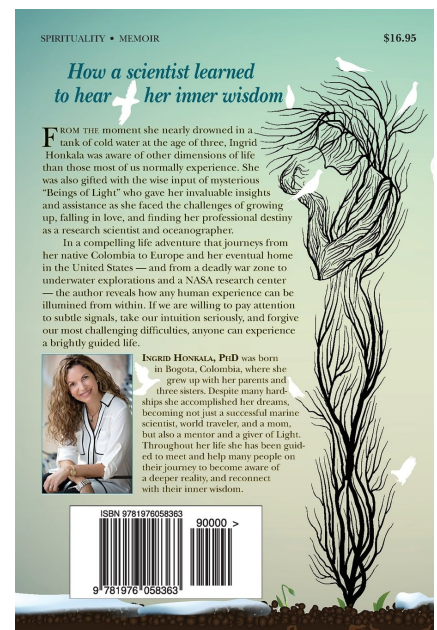
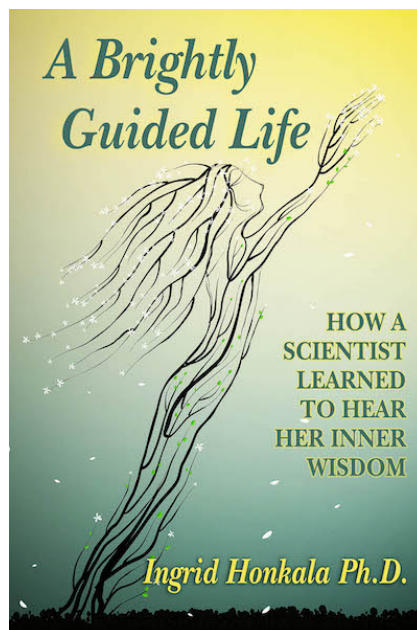
Turner Collie & Braden Inc.: Research Analyst.

Colombian Navy: Chief of Marine Biology & Ecology Department.

Environmental Ministry of Colombia/
UNESCO: Research Analyst.

BOOK SYNOPSIS

From the moment she nearly drowned in a tank of cold water at the age of three, Ingrid was aware of other dimensions of life than those most of us normally experience. She was also gifted with the wise input of mysterious “Beings of Light” who gave her invaluable insights and assistance as she faced the challenges of growing up, falling in love, and finding her professional destiny as a research scientist and oceanographer. In a compelling life adventure that journeys from her native Colombia to Europe and her eventual home in the United States — and from a deadly war zone to underwater explorations and a NASA research center — the author reveals how any human experience can be illumined from within. If we are willing to pay attention to subtle signals, take our intuition seriously, and forgive our most challenging difficulties, anyone can experience a brightly guided life.



BOOK BLURB

This autobiography reveals how after having a near death experience at the age of two, the first glimpses of heaven were revealed to me and the doors that allow me to communicate with Beings of Light were opened. Since then a myriad of experiences that many could call as mystical and perhaps impossible have crossed my path. However the Beings of Light have made it clear to me that I am not here to convince anyone about anything but to be a giver of light.

To accomplish this purpose I have been guided through an amazing journey of unimaginable challenges, awakenings and miracles where along the way I became the vehicle to help others to rise up from some of the deepest states of hopelessness and bring them back to life. Through helping others I was also able to become aware of my own shadows and overcome them as well. For all of this I am forever grateful. So I want to continue awakening, growing and giving anything I can to anyone that is open to listen.

INTERVIEW QUESTIONS

What happened to you during your near-death experience (NDE)?

I drowned in a tank of frigid water, when I was almost three. At the beginning there was darkness since the tank was deep and very dark, and then a soft light, like the light of a candle was lit and it illuminated my whole watery surrounding, I saw bubbles surrounded by light which made me look around to find my lifeless body. I was then lifted and carried by flowers blooming from nowhere in a forward direction towards a very soft and soothing light. Next, I appeared at the maid's room and then saw my mom walking and running back home. This was followed by the scenery of the city streets, the people and the mountains; wherever, I put my mind I went until all of a sudden, I was engulfed by an absolute pure, intense and bright light. I realized that I was also made of that same pure bright light. I learned that before I was born as Ingrid I was a Being of Light and then the whole experience became very familiar to me. I became aware that this was not the first time I had been in the realm of the light. I had been there many other times and it felt like going back home. Note that everything I witnessed about the maid and my mom's whereabouts were confirmed to me later.

Did you have any encounters with other beings during your NDE?

I sensed that I was not alone and felt the presence of other beings, but I could not see them. I sensed familiarity with these beings, but I only could see light. Only later when I started to communicate with Beings of Light I realized that they were the ones I sensed during my NDE.

What are you most excited about putting your time and attention on these days?

Recently I have come out of the spiritual closet where I was for years because I was afraid of being bullied and ostracized, which happened to me as a young child as a result of talking about Universal Truths that people couldn't understand at the time. When I was nineteen the Beings of Light told me that one day I was going to pass their teachings to others. Some of the first words they said to me were: "Someday your life experience will talk for you." Today the meaning of this message is clear to me, that my hardships are enabling me to relate and help others. It brings me great joy to help others to reconnect with their inner wisdom by sharing what I have learned through my life experiences and the Beings of Light.

Do you believe in an afterlife after your NDE?

Yes, an afterlife definitely exists. I became aware that I had always existed and what was happening at that moment was normal. The whole experience was familiar to me; there was nothing to be fearful for. It was like returning home. At some point I became completely aware that I didn't have a defined form but I was still a being. I was completely alive. There is no death, there is only life.

What are your choices about religious practices today?

I don't follow any religion in particular; I am open-minded and love to learn about all beliefs and religions. I respect everyone's beliefs and use practices of meditation and prayers from different religions. I am compassionate and gentle and simply love to learn, give and share. While growing up I was guided by the Beings of Light to discover many different philosophies, religions and beliefs and to realize that they all share the same Universal truths, only dressed in different names, rituals and practices. Although I was raised as a Catholic, I turned away from the Catholic church at a young (age 11) because to me God was pure love and I couldn't accept the idea of sin, guilt or punishment. To me only Love is real.

TESTIMONIALS

"Having Ingrid as a friend has been a blessing in my life. I greatly value her wisdom, and her perseverance is such an inspiration to me. She reminds me, "Let's go slow because we're in a hurry." Well, Ingrid has to be the most effective, productive person I know.

She indeed walks her talk. I admire how she focuses on solving problems in the most loving way, never staying at the level of the problem. Ingrid genuinely loves to help people, helping already so many. She is truly an amazing Light Worker!" *Lana Cagle*

"Dr. Ingrid Honkala's journey has not been easy, but as she is here to share with us the hardships of her journey, she is also here to show us the wonders that every challenge brings with it. She is one of the lucky human beings who has been able to acknowledge the guidance that has been offered to her along the way by celestial Beings of Light.

All of us can relate to her life story, the only difference is most of us don't FEEL or HEAR the support and guidance from the unseen. I believe it has always been there and all we need to do is ask for help from the unseen, be it angels, God, Jesus or Beings of Light." *Mary Marlow*

The moment I met Ingrid Honkala I sensed an undeniable surge of positive energy as it radiated outward from her inner core through a set of clear eyes and a wide smile. So, it came as no surprise when she recently announced that she had taken her personal experiences and produced a book bursting with life lessons.

Ingrid's journey is one that many of us can relate to on a very real spiritual level – especially when we take the time to seek answers from within, using compassion, forgiveness and truth as our "Light." *Brandon Maeda RN/MSO*

FROM CHAPTER ONE

"When all of this happened to me I was just a baby. I didn't have any preconceived notions about a near-death experience (NDE). At the time I was too little even to understand that I had essentially died. All I knew was that I'd left my body and went to a place of indescribable well-being. However, this experience didn't feel unfamiliar to me; somehow I comprehended that the current life that I was living was just a continuation of a very long existence.

As I grew up and remembered my drowning, I could never get away from the question, 'How could I have seen my body lifeless if I was still alive?' This experience made it clear to me that there was an existence beyond the body. Like the shell of a crab is an extension of the crab itself, our body is also but a shell, and when it is not needed it will fall away. Before I was three, I was gifted with knowing that I had existed for a very long time. In fact, I have come and gone in different realms many more times, wearing many different shells."

CONTACT INGRID

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WHERE TO BUY

Amazon.com

barnesandnoble.com

Paper: \$ 16.95

Kindle: \$ 8.95



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Scientific Research

https://www.researchgate.net/profile/Ingrid_Garcia-Hansen_Honkala

For full version of Ingrid's scientific career got to her Bio page at www.ingridhonkala.com