



CRYSTAL CLARITY

Module 1 - Course Introduction

Hello, my name is Karlene Millwood and I'm the Founder of Karlene Millwood International. A little bit about me before we get started. If you're wondering whether you made the right choice to enroll in this course, let me put your mind at ease. I was once where you are now. What do I mean by that? There was a point in time when I had so much going on in my mind that I was sure I was going crazy.

What made it worse is that I constantly had these voices in my head talking incessantly. I thought I was schizophrenic or worse, but one day something said to me, "Write down what you're hearing." I started writing frantically to keep up with the voices and suddenly they weren't so loud anymore. You know what? That was the beginning of my first book, *A Bucket Full of Mangoes*.

The characters in the book were the voices I was hearing. They simply wanted to tell their story through me and the moment I wrote them down, the voices became quiet. In addition to that, I am multi-talented and use every one of talents for something. I play guitar and write my own music, I'm a playwright and screenwriter, poet, author, consultant and the list goes on. Others have tried to tell me to choose one of my talents and focus on it. When I tried I honestly felt incomplete. I felt bored so I went back to using all of them and then I felt whole again.

So I know what it means to feel a little bit confused about what to do with all you've got and that's why we're here today in this course titled, *Crystal Clarity*. To help you get clear.