

An inspiring story of a woman's willingness to examine the source of her emotional wounds, and to discover the meaning of love that frees her heart. Amid her quest for God, she finds someone she never expected to meet: Herself.

**The Bridge Between the East and West: A Journey to Truth through His Love**

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**THE BRIDGE BETWEEN THE EAST AND WEST:**

**A JOURNEY TO TRUTH THROUGH HIS LOVE**

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2<sup>nd</sup> Edition

Hardcover ISBN 978-1-60145-756-1

Paperback ISBN 978-1-60145-757-8

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2011

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## Chapter One

### God is Love

*“Whoever is without love does not know God; for God is love.”*

- 1 John 4: 8

**I** am not afraid to talk about God. God is the source of life and healing love in my life. This book is about that love. God **is** Love. What do you feel when you read these words? I will repeat them one more time.

*God is Love.*

Perhaps my words are making you feel angry right now. I have met many people over the years, including close friends, who are very angry with God and refuse to give Him a chance. They have suffered enormously in their lives so they feel betrayed by Him and cannot experience His love or protection when they need it the most. I truly understand their anger and empathize with them. I also have endured very difficult and dark periods. I have often found myself feeling angry with God, feeling abandoned by Him to the point of reaching despair; but through my life’s journey, despite what I have endured, God has demonstrated that He *is* Love. He has confirmed to me that everything in my life - good and bad - has its purpose. As you read about my life, you may also realize, looking back in your own life, that you have not been abandoned by God either. My greatest hope for you is to find some answers to *your* life’s questions through reading about mine. I pray that

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my journey serves as an important step toward achieving inner-peace and healing for all my readers.

Maybe you are uncertain who God is, or, maybe you agree with me that God is Love; regardless, I welcome you to accompany me on this journey through my life to my own discovery of God and His abundant love for each of us. This book is for everyone who is willing to open his or her heart to experience God's healing love.

The purpose of this book is not to convert you or convince you of my *own* beliefs as I relate them to you. I am inviting you to join me as I share with you *my* spiritual journey so far in this life. It fashioned *my* beliefs and led me to live and experience God's immense and immeasurable love for me and for everyone else around me. My life's journey has stretched over several different continents, from Jordan in the Middle East, to the United States in the West and, hence, the first part of the title of my book "*The Bridge between the East and West.*" The "bridge" represents my life.

As I open my heart and share with you *my* life's journey toward God, I pray you will also try to open your heart as you read my story. I challenge you to step outside of your social paradigm that might have restricted your beliefs and open your soul to a new way of seeing things, a new meaning for life and your life's mission.

Prepare yourself to see the world through *my* eyes as I take you to other countries and introduce you to different cultures. Prepare to smile or even laugh. Prepare to feel some anger and sadness. Allow your tears to flow. Get ready to be *challenged* to look deeply within your own heart. I pray that by the time we conclude this journey together, you will be filled with more faith, more hope, more inner-peace, more joy, and most importantly, more LOVE.

### **WHAT IS LOVE?**

Unfortunately, in today's world, the word "love" has lost its meaning. We use it for everything; I love these shoes, I love golf, I love my dog, I love my iPod, I love this movie, I love this song and I love sushi.

When I refer to God as being LOVE, I take this word very seriously; I would like to restore it to its original and full meaning. Unfortunately, throughout history, many have used God's name to destroy life and sow seeds of hatred, when in reality God is the heart of life and love.

My life's journey has showed me that LOVE entails forgiveness, sacrifice, mercy, compassion, hope, faith, trust, understanding, self-giving, healing, truth, vibrant life, peace and joy. These are a few of the words that describe God who is the essence of LOVE. Love is the heart of everything alive. Love is the core of our being. Love is the oxygen that is essential for our existence.

All the books in the world could never teach us about God or His love if we never had an intimate knowledge of Him. Once we actually experience His love and open our hearts to receive Him, we never remain the same. With love, God has changed my heart and has healed the woundedness that encompassed lies I believed about myself and my surroundings. Only God's truth dispels my false beliefs. Only His light dissipates the darkness in my heart. Only His love restores my life and transforms my wounded holes into wholeness.

Of course, whenever defining love, it feels natural to recall St. Paul's famous words about the characteristics of love that are so frequently read during Christian wedding ceremonies:

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*“Love is patient, love is kind. It is not jealous, [love] is not pompous, it is not inflated, it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury, it does not rejoice over wrongdoing but rejoices with the truth. It bears all things, believes all things, hopes all things, endures all things. Love never fails.”<sup>1</sup>*

### WHO AM I?

I am not a theologian or a historian and I certainly am not a therapist or a psychologist. By profession, I am a lawyer and also a real estate broker. I am very blessed that my life’s journey has led me to become fluent in four languages, English, Arabic, Spanish and French. Through these blessings, God has allowed me to share His love with people of different cultures. My university degrees and what I do to earn my living do not define who I am as a human being. Any profession points only to one skill and everyone’s life is in a constant change of motion. I now define myself by my relationship with the One who is the reason behind my existence on earth. He gives meaning to my life and everything that occurs in it. He is the One who has strategically planned my birth and my specific mission in life. He is the only One who knows the exact minute and even second when I will finally *graduate* from earth to my heavenly home. Of course, I have not always defined myself in this manner. God has proven to me He is my Heavenly Father in many ways throughout my life, particularly, in the midst of a horrific incident that could have traumatized me forever. I am first and foremost a daughter and a child of God, our Heavenly Father. You, the reader, are my spiritual brother or

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<sup>1</sup> 1Corinthians 13: 4-8

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sister and also a son or a daughter of our Heavenly Father, regardless of what creed, religious background or beliefs you may currently practice.

As you will read in later chapters, I experienced some extraordinary miraculous events that changed the course of my life and occurred while I was backpacking through Europe with some friends. My reasoning mind could not fathom what I witnessed with my eyes or experienced in my heart. My notion of God changed forever and I have been invited to share these powerful experiences throughout California and even Mexico.

Let us begin our journey as I welcome you to the country of my birth, our first destination.

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