

“The First Knightess” by Sara Macêdo: A Spellbinding Journey of Time, Love, and Self-Discovery



Tomah, Wisconsin Oct 15, 2025 ([IssueWire.com](https://www.issuewire.com)) - In her captivating novel “The First Knightess”, Brazilian-born author Sara Macêdo invites readers into a richly woven tale where time bends, love transcends eras, and self-discovery becomes the ultimate quest.

Set between present-day reality and the legendary court of King Arthur, “The First Knightess” follows Seicha, a young woman with an extraordinary gift—and a troubling inability to distinguish dreams from memory. As she navigates two worlds, she is swept into a mystical romance with Sir Lancelot while simultaneously trying to make sense of her life in the modern world. Her journey, filled with ancient legends, inner turmoil, and forbidden truths, serves as a powerful metaphor for breaking societal patterns and embracing one's true path.

Far more than a fantasy romance, the novel explores themes of identity, intuition, and emotional awakening. Through Seicha's mystical encounters and struggles, readers are encouraged to reflect on their own truths and the courage it takes to forge a life of authenticity.

About the Author

Sara Macêdo is a Brazilian with Italian citizenship, currently living in Denmark. She works in recruitment, connecting talent with opportunities through a human and multicultural perspective. She is also a writer, passionate about storytelling and self-expression through words. Married and a mother of two, Sara is an animal lover — with a special affection for horses. Combining sensitivity, international experience, and a strong sense of communication, she is dedicated to fostering meaningful connections both professionally and personally.

Looking back, Sara realized it wasn't just the influence of the fantasy genre that inspired “The First Knightess”, but also a reflection of her own life's paradox. Like Seicha, she found herself navigating between two worlds—two cultures—after moving to another country. Her journey between eras became a symbolic mirror of her own transition and the identity shifts that came with it. Through this story, she wanted to explore the emotional and spiritual growth that often arises from change and challenge. Seicha's inner quest—marked by love, mystery, and a touch of the magical—echoes the universal pursuit of self-understanding. Love and spirituality are deeply woven into her path, just as they are essential threads in all our lives.

Message from the Author

“To my readers: I hope this story touches your heart, sparks your imagination, and reminds you that growth often begins when we step into the unknown. May Seicha's journey inspire you to embrace your own.

Wherever you are in the world, thank you for picking up this book. I hope it speaks to something inside you — whether it's courage, curiosity, or the desire for something more.”

Recently, Sara Macêdo appeared on the Prime Seven Media Spotlight with esteemed host Logan Crawford. In this engaging interview, she shared the heartfelt inspiration behind her novel “The First Knightess”. With warmth and introspection, Sara guided audiences through the unique journey of Seicha—a young woman navigating two worlds, two eras, and a love that transcends time. Drawing from her own experiences of cultural transition and personal growth, Sara revealed the deeper themes woven into her story: the courage to embrace change, the search for self-knowledge, and the power of love and connection that crosses boundaries—both real and imagined. (Logan Crawford TV Interview Link: <https://www.youtube.com/watch?v=DwOXtQXC7Bs>)

Discover love, legend, and self-discovery collide in this sweeping narrative that challenges everything you think you know about time, fate, and who you're meant to be. You can find "The First Knightess" on Amazon at the following link <https://www.amazon.com/First-Knightess-Sara-Mac%C3%AAdo/dp/B0D8Q71R7Q>



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