

Brenda L. Balding Invites Readers to Awaken Their Inner Voice of Love Through Her Reflective New Journal

Discovery is Vital – Awaken Love’s Inner Voice Offers a Guided Journey of Self-Reflection, Choice, and Personal Transformation

Brenda L Balding, RN, MA



DISCOVERY IS VITAL

Awaken Love's Inner Voice

Tomah, Wisconsin Sep 7, 2026 (Issuewire.com) - What if the words we encounter in everyday life could become invitations to pause, reflect, heal, and discover a deeper connection with ourselves?

Author, registered nurse, Reiki energy healer, and advocate for personal growth **Brenda L. Balding** explores that question in her reflective new book, ***Discovery is Vital – Awaken Love’s Inner Voice***, a focused journal designed to encourage readers to listen more deeply to their own inner wisdom and cultivate a life guided by love rather than fear.

Building on her passion for self-discovery and her experiences supporting others through life’s challenges, Brenda L. Balding presents 12 meaningful words including **Enthusiasm, Should, Forgiveness**, and others as starting points for personal exploration. Each word is connected to a story from her own life, accompanied by a photograph that touched her heart and carried personal meaning.

Rather than simply reading about self-discovery, readers are invited to actively participate in the process. Each chapter includes thought-provoking questions and space for personal journaling, allowing readers to explore how each word resonates with their own experiences, emotions, relationships, and choices.

At the heart of the book is a powerful realization: **we have a choice in how we respond to what life brings us.**

Brenda encourages readers to recognize that they can approach life’s circumstances with love and excitement or with fear and dread and that both responses can offer opportunities to learn.

Discovery is Vital – Awaken Love’s Inner Voice is not intended to provide all the answers. Instead, it creates space for readers to discover their own.

Through reflection, questioning, and intentional awareness, the journal encourages individuals to pause and consider what their inner voice may be telling them and how that voice can become a source of clarity, connection, and personal growth.

A Journey Rooted in a Life of Service

Brenda L. Balding has been a **registered nurse since 1971** and has also worked as a Reiki energy healer for five years. Her professional and personal journey has been deeply connected to serving and supporting others through some of life’s most challenging experiences.

She is the author of two books and has contributed articles to two anthologies. Her first book, ***Discovery is Recovery – Brain, Emotion, and Self-Reflection Through the Creative Process***, explored the relationship between creativity, emotions, and self-reflection.

Her continued exploration of personal discovery led to the creation of ***Discovery is Vital – Awaken Love’s Inner Voice***, allowing her to take the conversation further by focusing on the inner connection she calls “**Love’s Inner Voice.**”

Brenda also created the “**Love’s Inner Voice**” **podcast/YouTube**, a platform centered on the heart journey of self-discovery and topics such as grief, acceptance, forgiveness, “should,” and other experiences that can shape an individual's emotional and personal journey.

Her broader mission is to encourage people to strengthen their own **Love’s Inner Voice**, a sacred connection that can support their highest good and contribute to the wellbeing of their families, friends, communities, and the world around them.

Three Simple Practices for Navigating Life

Brenda L. Balding shares three actions that help her reconnect with her inner voice when strong emotions or difficult circumstances arise:

- **Take a deep breath.**
When strong feelings emerge, pause and create space before reacting.
- **Pause — Perhaps an Unseen Solution Exists.**
Instead of immediately responding, allow yourself time to consider that there may be possibilities you cannot yet see.
- **Notice the options.**
Ask yourself what you can learn, what you can let go of, and what you might transform.

From there, Brenda encourages making a conscious choice and moving forward with gratitude.

These practices reflect the philosophy behind her book: self-discovery does not necessarily require dramatic change. Sometimes, it begins with something as simple as **a breath, a pause, a question, and a willingness to listen.**

An Invitation to Shine Your Light

Brenda L. Balding wrote this book with a desire to deepen her own connection with Love’s Inner Voice while sharing lessons and experiences from her life following the publication of her first book.

The 12 words featured in the journal became meaningful doorways into deeper reflection, helping her explore how love can illuminate experiences, relationships, challenges, and choices.

Her hope is that **Discovery is Vital – Awaken Love’s Inner Voice**, along with her previous book and contributions to anthologies, will encourage readers to recognize their own capacity to shine their light.

For readers seeking a meaningful way to slow down, reflect, and explore their relationship with themselves, the journal offers an opportunity to step away from the noise of everyday life and listen to what may already be speaking within.

Brenda's message is ultimately one of gratitude and possibility: **the journey inward can create a ripple outward.**

A deeper connection with one's own inner voice can influence how we relate to our families, friends, communities, and even the wider world.

With gratitude for every reader willing to explore this journey, Brenda offers her book as **a gift of reflection, connection, and love with the hope that its impact continues through an unknown**

ripple into the community and the world.

About Brenda L. Balding

Brenda L. Balding has been a registered nurse since 1971 and is a Reiki energy healer, author, and advocate for self-discovery and personal growth. She has authored two books and contributed articles to two anthologies. Through her writing, speaking, and **Love's Inner Voice** podcast/YouTube, she encourages individuals to explore their inner wisdom, navigate life's challenges, and cultivate a deeper connection with love, gratitude, and personal purpose.

Brenda has also participated in the **Hay House Convention/Book Fair** and an interview with **Logan Crawford**, where she discussed her first book, ***Discovery is Recovery – Brain, Emotion, and Self-Reflection Through the Creative Process***.

The Spotlight Network on Discovery is Vital by Brenda L. Balding:

<https://www.youtube.com/watch?v=2ZKjPdhDwlk>

About the Book

Book Title: *Discovery is Vital – Awaken Love's Inner Voice*

Author: Brenda L. Balding

Genre: Guided Journal / Self-Discovery / Personal Growth

Available at: [Amazon](#)

The book features 12 meaningful words, personal reflections, photographs, thought-provoking questions, and journaling space designed to encourage readers to explore their own experiences and deepen their connection with their inner voice.

Learn more about Brenda L. Balding and her work:

[Brenda L. Balding – Official Website](#)



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