

The Little Book Series #1 **SHE WHO WAS AFRAID**

Discover The Secret To A Joy-filled Life!



By Wendy & Jillian, ABBA and Company

Other Books

Our Original “Earth Angels” Book

(Available on Amazon or Kindle)

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#3 The Soul Train

#4 When Heaven Can't Wait

#5 The Truth Revealed

#6 The Soul Catcher

#7 An Angel Named Honey

#8 The Soul Survivor

Little Book #1
SHE WHO WAS AFRAID



Earth Angel Definition:
*A messenger sent to earth in human form to
share God's messages with the world!*

**As Given To Us By The Holy Spirit
Gwen Michalek
&
Edited and Illustrated by
Jill Emerson**

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Introduction

“There comes a time in one’s life when we look back upon the journey we have made so far and wonder what it would be like if we had chosen a different path? What would our life look like?

Many times we hear ourselves saying, “If only I knew then what I know now?” Or perhaps we are afraid to move forward for fear of what may or may not happen.

Yet, as we continue our journey on the Pathway to the Divine, we discover much of what we feared has never come to pass. Could it be then the same in the future? Perhaps it is not so much a matter of the choices one makes along the way as it is what one learns as a result of the choices they have made. For in truth, we are all here to learn!

*She Who Was Afraid felt strongly if she could but share the principles our Father had given her it would help others to master the “art of joy-filled living”. She remembered how Jesus had told her she would KNOW when the time was right to share what she had been taught. Now she was certain...**THE TIME IS NOW!**”*

Love

Wendy & Jillian

Chapter 1

Rule #1

Honor the Freedom of Choice

She Who Was Afraid had much to worry about as she traveled on the Pathway to the Divine. It seemed there were always so many obstacles to overcome. Just when she thought she was on the right path, more often than not, she would find herself wishing she had taken a different one. This happened quite often as *She Who Was Afraid* was free to choose which way she would like to go! Sometimes this freedom could be most frustrating, as there was much to consider in order for her to make the right choices and alas, there was much she had yet to learn.

All souls were free to choose what direction they would like to take and so it was all humans were endowed with the gift of free will. Free will would be the catalyst that would determine the lessons one would learn in the School of Life. Therefore, free will was necessary in order for one to understand the wisdom of the Father. *She Who Was Afraid* understood what her purpose was and longed to learn what was necessary in order to overcome exactly that which her name implied, that being of course, FEAR!

Yet, one does not achieve that which they are meant to learn simply by acquiring knowledge. For if that were the case she knew she would have mastered this most difficult lesson long ago. One does not gain wisdom through knowledge alone, but rather, through experience. Wisdom, she was finding, was only obtained from what one learns as a result of the choices they make as they travel on the *Pathway to the Divine*.

She Who Was Afraid did not consider “free will” much of a gift, especially when it seemed she had made the wrong choice. It appeared that when she did so the lessons became increasingly more difficult. Yet, on the other hand, she liked being able to do what she wanted, wherever and whenever she liked. Although, if the truth be known, there were many times her choices did not end so well.

The older souls had warned her about the freedom of choice and that it was quite an honor the Father had endowed one with such a gift. Yes, it was a gift that should not be taken lightly. **Honor the Freedom of Choice** was the first of the three rules the Elders had spoken of. All souls would eventually need to adhere to these rules when enrolled in the School of Life. It wasn't that *She Who Was Afraid* didn't appreciate the trust the Father had placed in her. However, it was most difficult knowing one was responsible for the choices they made on their journey.

She Who Was Afraid did not regard herself as fearful, as of course the name implied. Yet, she knew it was appropriate for fear was what she was trying ever so hard to overcome. It seemed to her she was to be forever plagued with this most dreadful affliction. In short, it was proving to be a most difficult lesson to master in the School of Life. She knew if she didn't get it right this time there would be no more opportunities to do so as soon the School of Life was about to end.

Prior to entry into the School of Life *She Who Was Afraid* had been warned about Satan and his legion. More than ever before, he would be seeking out those souls who claimed allegiance to the Father. One could be certain Lucifer and his demons would do all they could to discourage the many souls who were in pursuit of enlightenment, a knowledge which could only be obtained through the Divine. Satan was well aware his time on earth was coming to an end and that soon he and his legion would be cast from earth in much the same way as he, at one time, had been cast from heaven. Satan was a mighty enemy and would not be easily overthrown. In truth, he would prove to be the mightiest enemy of all!

Be that as it may, there were many souls who enthusiastically enrolled in the School of Life knowing they would be in the midst of the Greatest Battle of all time. This battle would be the final battle between good and evil. *She Who Was Afraid* would be among the many souls enrolled in the School of Life who would be sought after by Satan and his legion; the purpose, being of course,

to lure as many souls as possible away from the Divine.

Lucifer in his quest to conquer mankind would use all that was of the world, that which was of the exterior, to convince man God did not exist. He made certain the Holy Spirit would be the least understood of the Trinity and as a result man would look to the exterior for the answers he was seeking.

Chapter 2

The Gifts

She Who Was Afraid remembered all too well the Father speaking to her about the “gifts” that would be given unto her. These gifts would help her accomplish that which she was meant to learn, as well as help others who would cross her path. One of the gifts she would be given would be an innate sense of **KNOWING**. This **KNOWING** could not be learned nor could it be earned for it would be given to those who would come to be called **Earth Angels**. Jesus assured her she would always have a sense of **KNOWING** He was by her side as she traveled on the Pathway to the Divine.

She Who Was Afraid, as well as the other Earth Angels, would never be inflicted with that which the many Doubting Thomas’s would anguish over. She would intrinsically **KNOW** of His existence and love for her. It would not matter what others would think on this subject as she would have an automatic sense of **KNOWING**, as all Earth Angels would **KNOW** in their hearts that which was the reality. These Earth Angels would not have to wonder and doubt as so many souls would be inclined to do. They would have no need of proof as Jesus had formed a covenant with these souls; **these precious souls who were to be God’s soldiers in the greatest battle ever known to mankind.**

She Who Was Afraid was having a difficult time understanding why she would need such a gift and most important how this gift would help her to overcome what she had been sent to learn. After all, she knew Jesus existed and could not imagine ever doubting He was the reality. Yet, far be it for her to question His judgment in this regard. She wondered if it would not be far better to have the gift of faith, or perhaps patience or even, she thought, trust. As if Jesus could read her mind He exclaimed, “*Your faith will be sorely tested as this is the gift I give unto you. Yet, you must remember **faith without trust is like an empty***”

vessel upon the sea.”

Jesus went on to explain how Lucifer would use her gifts against her to create a barrier to the Divine. She must understand that which is the reality and that which is but an illusion. Hence, *She Who Was Afraid* must always keep in mind that which is the truth. **Truth comes from seeking what is of the interior, not that which is of the exterior.**

Satan is the mastermind of deception. He cannot know what comes from the interior as this is the holiest of sanctuaries. For this is where the Holy Spirit will reside. The Holy Spirit will be your counselor and guide as you travel on the *Pathway to the Divine*. This is where you will find the answers you are seeking.

As you travel on the *Pathway to the Divine*, you as an Earth Angel will be asked to share your gifts with those who cross your path. I simply ask you to share what comes naturally, that which has been given unto you. **For when all willingly share that which has been freely given unto them, then and only then, will My kingdom reign on earth as it is in heaven.** Together you will be a mighty force to be reckoned with as you will be protected by the Breastplate of My Holy Spirit.

As Earth Angels you will combine forces with those who have a wide variety of gifts and talents. There will be the encouragers, the comforters, the nurturers, the gatherers and many, many, more. When the time is right you will join forces with one another. The Holy Spirit will lead My Earth Angels as they share their God given talents with all they come in contact with.

Wow, thought She Who Was Afraid, there was much to look forward to on the Pathway to the Divine!

Chapter 3

The Enemy

Satan, by now, was well aware of the band of Earth Angels who inhabited the earth. Until recently he was able to deal with each of them fairly easily as it was simply a matter of identifying what their individual gifts were. Once established, he could use these very same gifts to create dis-ease and doubt within each precious soul. Up until lately this had been relatively easy to accomplish as the Earth Angels were not aware of the tactics he would use.

All Satan had to do was identify their natural gifts and create situations which would promote the opposite within. One such specific Earth Angel was *She Who Was Afraid*. Until recently, *She Who Was Afraid* had not been much of a soul to be reckoned with. That was of course until he had gotten wind she would soon be known throughout the kingdom for her loyalty and extreme faith in the face of adversity. Could it be she would become a mighty force to be reckoned with?

Satan knew that fear was indeed the mastermind of deception, **deception being one of the strongest tools in his arsenal. Fear keeps one from acting in accordance to that which is the reality, as it creates a barrier to that which is of the Divine.** Much of what one fears is not the reality but rather that which is a figment of one's mind. Fear promotes dis-ease within which keeps one from experiencing "*the peace that surpasses all human understanding*". This is a peace which cannot be found in the world, it can only be found when one seeks the truth, that which comes from within.

The subconscious of one's mind does not know the difference between what is fiction and what is the reality. For what one believes to be true will, in fact, become a reality as man acts in accordance to what he believes.

It was of course up to Satan and his legion to keep the truth from God's precious souls. For if man were to discover what was the true reality, this would surely be the end for Satan and the many demons who were wreaking havoc throughout the earth.

Chapter 4

Rule # 2

Make Right and Mindful Decisions

She Who Was Afraid understood the second rule she would need to remember was the importance of **making right and mindful decisions**. As she traveled on the *Pathway to the Divine* she had learned how important it was to make the right choices. Of course, she had learned this through trial and error as many times the choices she made generated a most difficult lesson. Sometimes, the more difficult lessons would have to be repeated more than once.

In order to make right and mindful decisions *She Who Was Afraid* found it was much easier if she could simply live in the moment. Yet, this was far easier said than done. To master the art of living in the moment required practice. Practice makes perfect, or so they say. Yes, *She Who Was Afraid* knew she was far from perfecting this most important art.

Many times she would reflect on the choices she had made in the past. These were the choices she wished she had done differently. Perhaps then, she would have learned to overcome this so called “fear” which seemed to follow her around, no matter how hard she tried!

True, she had been given the “gift of faith” for her journey, yet this gift often seemed to be a double edged sword. For although she knew without a doubt Jesus was the reality and the Holy Spirit dwelled within, there were far too many times she would be riddled with fear.

This usually occurred when she allowed her mind to dwell on the “*if onlys*” of the past. She knew there was no such thing as a mistake as Jesus had said. **Mistakes were simply part of one’s lesson plan and once learned you were then meant to share**

your new found wisdom with others. Even though she knew this to be true, she couldn't keep herself from thinking "if only" she had done differently these lessons would not have been needed. Yet, wasn't what she had learned to date a sum total of the very choices she had made? In many ways these choices had helped her to formulate her very own lesson plan.

She Who Was Afraid was beginning to understand what Jesus meant when He said, "***There indeed was no such thing as a mistake. All who inhabited the earth were in the process of learning. All souls were enrolled in the School of Life.***"

She was beginning to understand, to ponder on, how the "if onlys" created a huge distraction and filled her with remorse and dis-ease. In fact, the "if onlys" had acted as a barrier to that which was of the Divine.

The opposite of faith, she knew all too well, was fear. Interesting she thought that most of what she had feared had never come to pass. What then was faith but the belief in that which could not be seen? Fear, on the other hand, was a product of one's mind.

Perhaps there was nothing to fear but fear itself?

When *She Who Was Afraid* was riddled with fear she would be consumed with thoughts of what might happen. What if this happened? What if that happened? When she was especially over wrought, she would be rendered immobile. So much so, at times, she would be unable to breathe for fear of what might happen. *She Who Was Afraid* would be so distracted by what might occur that peace would escape her. This proved most disconcerting as she knew she had been blessed with the "gift of faith".

Fear, she was discovering, was the illusion. Faith was the reality. If she could but trust all was as it should be there would be nothing to fear. She knew without a doubt the Father was always by her side, guiding and comforting her as she traveled on the *Pathway to the Divine*.

She Who Was Afraid was beginning to understand the importance of **living in the moment**. When she did so she was

able to make **right and mindful decisions**. When she practiced living in the moment chaos and confusion eluded her as she could trust she was being guided by the Holy Spirit who dwelled deep within the recesses of her being.

She Who Was Afraid was beginning to see how Satan operated. **Chaos and confusion were sure signs one was under attack from the adversary.** To exercise one's faith one must trust all is as it should be. For does the Heavenly Father not make all things work together for good?

Chapter 5

Rule # 3

Exercise the Power of No!

This was the third and final rule one must adhere to in the School of Life. This rule would become increasingly important on the *Pathway to the Divine*. NO, was not a popular word for Earth Angels, especially, for those who always wanted to please.

However, there were those times when NO was required. In fact, there were those times when the Father would say NO to a specific prayer request. While this was not always a welcome response it was in fact what was necessary. *She Who Was Afraid* had come to understand while **the Heavenly Father would not always give one what they want, He would always give them what they need.**

She Who Was Afraid did not care for confrontation. Many times even the thought of saying NO to someone would send waves of trepidation up and down her spine. Yet, the farther along she got on the *Pathway to the Divine* she could see the importance of doing so in certain situations.

As an Earth Angel she knew how important it was to be balanced. In order to be balanced it would often require she say NO to those things that would interfere with what the Holy Spirit was trying to impart. *She Who Was Afraid* remembered all too well the times when she had asked something of the Father and in the end the answer was NO. She recalled how she would lament over His answer, yet in hindsight would come to see the wisdom of His decision. **While NO is not always a popular response, when done in the right vain, it is indeed a powerful response.**

She Who Was Afraid had been in the School of Life long enough to see how the culture was now reflecting the ramifications of a “say yes” society. She could see the very laws which the Father had put into place, since the beginning of time, were now being altered to suit the demands of the culture. She knew without a

doubt these laws should not be changed as they provided the guidelines that would insure man exemplify that which was of the Divine. **Who was man to question the very wisdom of the Father?**

She Who Was Afraid had indeed learned much in her travels on the *Pathway to the Divine*. As her name implied, she had spent many hours being held captive by one of Satan's strongest weapons. Now she understood what she feared truly did not hold any power over her. For was not her faith far stronger than any fear? **She was beginning to understand she simply needed to say NO to fear and YES to faith!** It was merely a matter of trust, for in truth *She Who Was Afraid* had all the faith she would need as she continued her journey on the *Pathway to the Divine*!

Chapter 6

She Who Has Abiding Faith!

She Who Was Afraid had learned much on the *Pathway to the Divine*. She knew all too well the tools the adversary would use against her; tools of discouragement, depression, deception, and many more. Most of these she had experienced, at one time or another, in her travels on the *Pathway to the Divine*. These weapons she had, until recently, been most preoccupied with. Yet, now she was beginning to understand much!

She Who Was Afraid had come to understand how Satan could use the gifts she had been given against her. She knew all she had to do was look at the opposite of her gifts and she would be able to build a strong offense against what would have, at one time, rendered her immobile!

She had learned her lessons well and knew these lessons would assist her as she continued on this most sacred of journeys. *She Who Was Afraid* understood this was, after all, the most important journey a soul would ever make.

As a result of how well she had mastered her lesson plan, she would hence forth and forever more now be known throughout the kingdom as ***She Who Has Abiding Faith***.

The lessons she had learned on the *Pathway to the Divine* were not easy lessons, of that one can be certain! They were necessary lessons in order to learn what would be needed to accomplish ones' mission on earth.

She Who Has Abiding Faith would now be able to share her new found wisdom with those who crossed her path.

Chapter 7

Conclusion-The Others

Jesus knew there were many now who would be coming together in these most tenuous times. These were the souls who understood the essence of life. These were the souls who had learned their lessons well.

Many had been sorely tested as they traveled along the Pathway to the Divine and yet, Jesus knew they would succeed as they had acquired the wisdom they would need to complete their mission on earth.

Just as *She Who Has Abiding Faith* was sent for these times there would be many who would join her against the forces of evil. *She Who Has Abiding Faith* would connect with others who understood the importance of sharing God's messages with the world. She knew how important it was for all to embrace the gifts the Father had given them as these gifts would be the very weapons that would be used in the end to defeat Satan and his many demons throughout the universe.

She Who Has Abiding Faith had already formed an alliance with those who **KNEW** the time had come to unite with one another.

Perhaps, you have the gift of encouragement, or you are a comforter, nurturer or have the gift of gathering people together. **Whatever your gift, when you use your gifts for the glory of God, you are indeed one of the many Earth Angels inhabiting the earth.**

For as an Earth Angel you are simply meant to share God's messages with the world. What a better way than to share the gifts which have been given unto you?

These were the Earth Angels who would share God's messages with the world.

EARTH ANGEL **Could This Be You?**



Definition of an Earth Angel:

*A human being whose purpose on earth is to
Share God's messages with the world!*

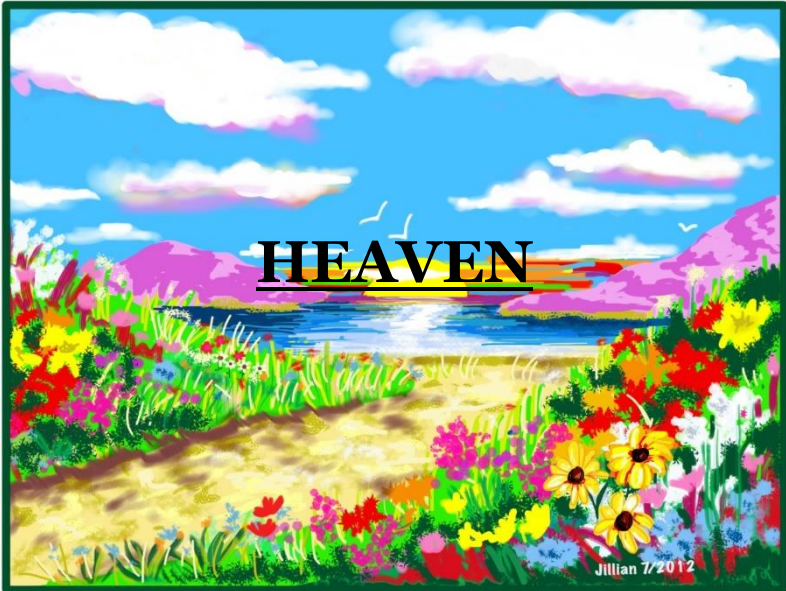


**UNITED WE MUST STAND
FOR DIVIDED WE WILL SURELY FALL
IT IS UP TO US TO ANSWER THE CALL.**

**WHAT HAS BEEN FREELY RECEIVED SHOULD
BE FREELY GIVIN
THIS MY FRIEND IS THE SECRET
TO LIVIN!**

**“WHEN YOU USE YOUR GIFTS
AND I USE MINE,
TOGETHER WE CAN MAKE
A NEW WORLD
SHINE!”**

-ABBA and Company



**I awoke this morning in a strange kind of place
Why oh why does everyone walk around with such a
smile on their face?**

**The streets are all paved in silver and gold
While here it appears no one grows old.**

**There are familiar faces it seems I should know
Perhaps they are faces from long, long ago?
There is a such peacefulness here
I can't quite understand
It seems to be present throughout much of this land.**

**The meadows how they sparkle all covered in dew
Everywhere one looks there is such a
spectacular view.**

**I feel at home in this place,
it is as though I have returned
From where I ask and what have I learned?**

**You have come from the School of Life
a passerby volunteers.
Do not be alarmed for you do belong here**

**You have successfully completed the
Pathway to the Divine
But as you are discovering this is not
the end of the line.**

**You will learn much here if you but stay the course
For in heaven you will find there is no remorse.**

**All are enrolled after all in "God's School of Life"
Yet here you will see there indeed is no strife.**

**Rest here awhile, in this most sacred place
Before you return to finish the great race.**

**Do I want to go back?
I can't really say
Maybe I will just think on it for one more day.**

**Written
by
*Gwen Michalek***

ABBA and Company Mission Statement

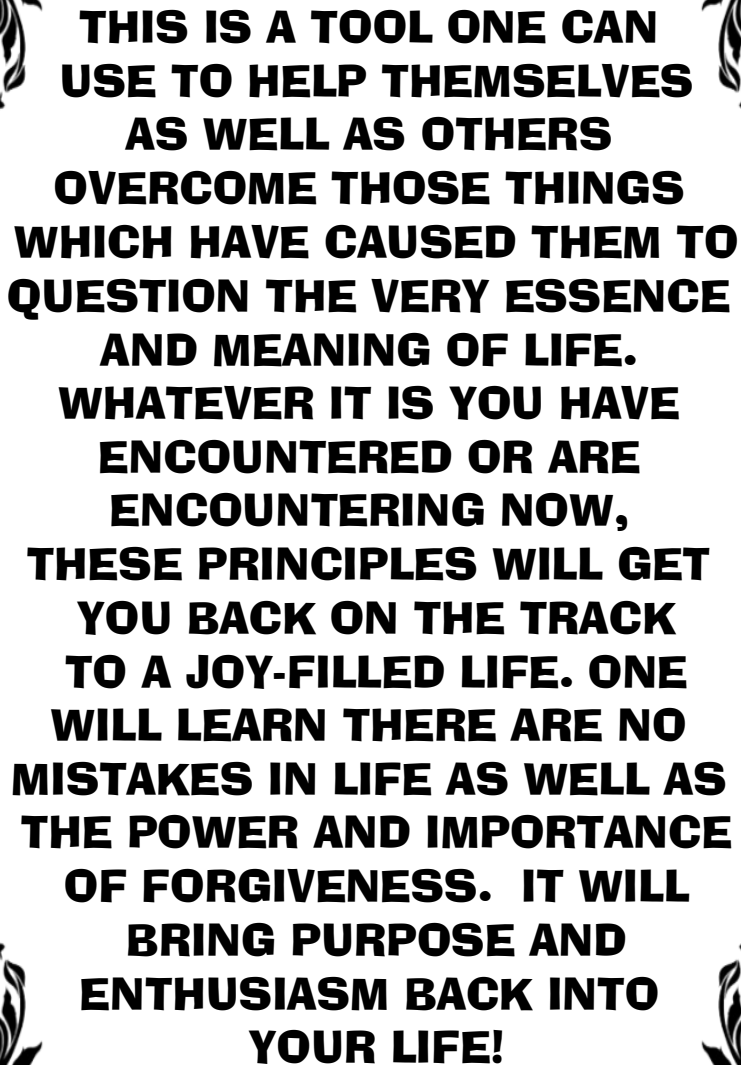
ABBA and Company has been founded as a result of its supreme commitment to the betterment of mankind. The primary objective is to teach others to maximize their potential for the good of self and others. ABBA and Company believes that all individuals are created with an inherent gift which when nurtured and encouraged will provide a significant contribution towards the improvement of mankind!

ABBA and Company

ABBA and Company specialize in "JOY". We offer a series of workshops on "*Joy for the Soul*" which will feed and nurture your soul. Our purpose is to help prepare the way for the Lord's return.

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A decorative border with intricate floral and leaf patterns surrounds the text. The border is composed of four corner pieces and two horizontal pieces at the top and bottom, all featuring detailed scrollwork and leaf designs.

**THIS IS A TOOL ONE CAN
USE TO HELP THEMSELVES
AS WELL AS OTHERS
OVERCOME THOSE THINGS
WHICH HAVE CAUSED THEM TO
QUESTION THE VERY ESSENCE
AND MEANING OF LIFE.
WHATEVER IT IS YOU HAVE
ENCOUNTERED OR ARE
ENCOUNTERING NOW,
THESE PRINCIPLES WILL GET
YOU BACK ON THE TRACK
TO A JOY-FILLED LIFE. ONE
WILL LEARN THERE ARE NO
MISTAKES IN LIFE AS WELL AS
THE POWER AND IMPORTANCE
OF FORGIVENESS. IT WILL
BRING PURPOSE AND
ENTHUSIASM BACK INTO
YOUR LIFE!**