



# From Ashes Into Light: A Novel

*Gudrun Mouw*

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## **From Ashes Into Light: A Novel** Gudrun Mouw

*From Ashes into Light* is a transpersonal tale of epic tragedy, spirituality, family, and personal redemption. It is told through three distinct voices: the hauntingly tragic story of Ruth, a Jewish adolescent during Kristallnacht in World War II Austria, Saqapaya, a stalwart Native American from coastal California during the time of the Spanish conquest, and Friede Mai.

Friede is born during WW II to a Bavarian soldier and a East-Prussian mother. As those around her struggle with the inevitable chaos and paradox of war, Friede opens her heart to gruesome enemies, at times saving herself and family members from atrocities. With war behind them, the Mai family immigrates to the US, where Friede, her veteran father and ex-refugee mother, struggle with the reverberations of trauma. Friede is unable to find inner freedom until she meets her spiritual guide, a Rabbi, who helps her see that the voices from the past are teachers and the horrors of history are also beacons of light.

Three electric characters weave a narrative of raw consciousness, a moving example of transforming the ripple of suffering through the incredible strength of vulnerability.

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