

Press Alert:

FOR IMMEDIATE RELEASE

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If you've ever asked yourself, "Who am I, and where am I going?" this is a book for you.

The Littlest Sailboat, written by Theresa Contaxis, and recently published by [IPbooks](#), is a journey of the soul for all ages. With lustrous watercolor artwork by Jennifer Anne Contaxis to offset the text, ***The Littlest Sailboat*** shares her experiences and adventures with humor and honesty. On a journey toward inner growth and self-discovery, she encounters other boats, asks some simple yet serious questions and meets guides and friends whose wisdom will last a lifetime.

The meaningful story of ***The Littlest Sailboat*** is told in plainspoken language easily understood across the generations. Educational workshops, Q&A, and blogs are being developed for the Sailboat website, and our readers and fans are welcome to tune in and post comments, questions and articles. ***The Littlest Sailboat*** is a wonderful book for spiritual seekers, mental health professionals and clients alike, as well as educators, students and young people, in or out of the classroom.

The Littlest Sailboat has begun its journey around the world to share her universal story. The book is available to order in softcover and hardcover through [IPBooks](#), as well as [Amazon](#), and [Barnes & Noble](#). As a gift for any occasion, the season of love is all year round for the inquisitive joy of ***The Littlest Sailboat***. Order now to learn about what The Littlest Sailboat would like to share with you.

Theresa Contaxis is a prolific writer an interfaith minister who has studied with some of the greatest modern-day thinkers and accessed the wisdom of the world's timeless minds. Enjoy her new book and visit her blog.



Advance Praise for:

THE LITTLEST SAILBOAT:

A JOURNEY OF THE SOUL

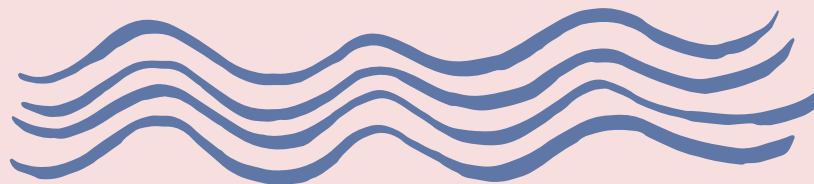


Theresa Contaxis has written a delightful book that all ages can enjoy. It is about the struggle of growing up and maturing which we all go through as we learn how to be free of the hurtful barnacles we collect along the way. It's about how our attitude determines everything that happens to us, up to the point where we can sail through life regardless of the storms, the reefs, and the unexpected waves. It is about learning how to get more in touch with "the wind" i.e., Spirit, and how we can sail through life doing good and receiving good. Thanks, Theresa, for the lovely read.

~ Dr. Jon Mundy, author of ***Living A Course in Miracles***

The Littlest Sailboat takes us on a life journey from fear and insecurity to self-love and inner peace. With childlike playfulness, this book goes to the core of emotional issues that we all must face and overcome. Spiritually, it represents the ultimate human journey.

~ Rev. Susanna Stefanachi Macomb, author of ***Joining Hands and Hearts***, and ***Bless This Child***; Interfaith Minister, Peace Advocate, Author, Speaker, Counselor, Artist



Dear Gentle Reader,



Hello, my name is Theresa Contaxis, author and creator of ***The Littlest Sailboat***. This relatively short but meaningful book has been a work in progress for a long time. But isn't that who we are, in essence, as human beings, a work in progress? It takes time to learn that we are Divine beings living the human experience.

Several times within the past ten years I was told that I was to write a book. In 2020, I joined All Faiths Seminary with the one intention of understanding the world's major religions. We were asked to write a final paper on how we saw ourselves in our ministry. My inner response was, "I don't have a ministry!" Somehow, inspiration hit me, and from a Seminary assignment, *The Littlest Sailboat* was born.

The Divine gets us where The Divine wants us. I believe this book came through me at a unique time when it is needed here on Earth. The Divine is always on time. With the chaos we see in the world today, people are scrambling for answers and solutions. ***The Littlest Sailboat*** navigates the journey we all go through, while returning to the point we began. Full circle.

Excerpted here are some of ***The Littlest Sailboat***'s own words:

Over the years, I completely lost sight of who I was. Did I ever really know? Perhaps not, since I was searching everywhere else but in the right place to find myself. I decided to go for a sail to think about everything....

The Wind was blowing strong, but I did not want to go the way it was blowing.... Suddenly, a big wave came and turned me over. I began to fill with water and was being swallowed up by the Ocean... When I awoke, the water was calm, and the Wind was blowing ever so gently. Within my hull there was some of the Ocean. I thought, "How interesting, having the water within me."

I had been told I came from the depths of the Ocean, though that never seemed to make any sense. Yet, here I was, floating in the Ocean with some of the ocean inside me. That had to mean something, but I did not know what.

As I sail out of the harbor, I look forward to where I will be heading next, no longer afraid of what is in store for me. Where is the Wind taking me now? Don't know, don't care. Wherever the Wind takes me is perfect.

The Littlest Sailboat has many questions and receives inspiring answers. You can learn more about the adventures of **The Littlest Sailboat** when you read this spiritual adventure story. Be among its first readers and order your first edition copy of the book. Sign up now and be on our Guest List for **The Littlest Sailboat's** first public reading and book signing. Zoom option to be arranged.

Check our website, thelittlestsailboat.com for more information.

The Littlest Sailboat is ready to sail to a harbor near you. It's about Divine Time we met. Embrace your journey.

*With Love and Light,
Theresa Contaxis*

About Theresa Contaxis



I began my formal spiritual journey, pregnant with my third child, while on my first spiritual retreat– EMMAUS, based on the teachings of Luke 13, Ch. 24:13-32. The retreat was a defining moment in my life that

forever changed my direction. I had never felt so much love–from the people there, my husband, family and friends–expressed with handwritten letters of their love for me. From that point on, all I wanted was to know more about God–the Divine, the Creator–to share the love I felt and explore that love more deeply. This is the weekend that made me look within and start to see the Truth. My change has not been instantaneous, such as Paul from the Bible who had a miraculous change. I say I am a work in progress, which is what we all are.

Up to that point I had not realized I suffered from loneliness, which caused my depression. I realized I had formed many habits to try to feel better. As many of us, I thought material gratification was the answer, and was trying to make myself feel better from the outside in. That does not, and never would, work because it is not what Life is all about.

The following year I was asked to give a testimony at the retreat. As I was writing it, I could not come up with an ending. Still suffering from loneliness, I felt like a hypocrite standing in front of people saying how wonderful our Creator is and all that has been done for me. I prayed for help and received an answer.

My husband and I were flying somewhere together, but our seats on the plane were separated. I sat next to a man who wore lots of chains and a silk shirt. I immediately judged him as shallow. He wanted to talk, and I wanted quiet. Unable to get that across, I decided to take out my Bible and testimony, thinking he'd get the message. Instead, my seat mate looked at the Bible and started sharing the most incredible stories with me.

Who was the shallow one now? God teaches me with humor. I got off that plane filled with laughter and joy. On this flight, I became aware that I am never alone, and we are all somehow inter-connected by divine mind.

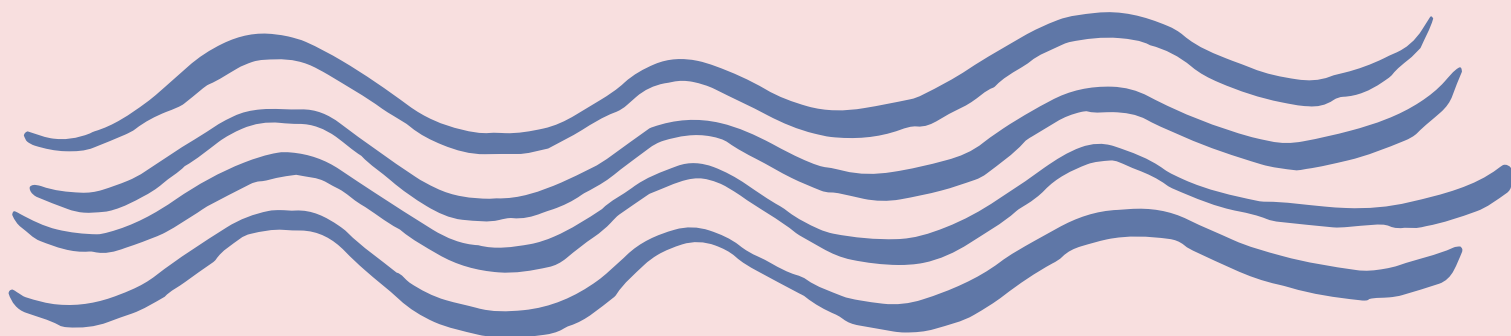
Upon returning from our trip, I was asked to do a practice run of my testimony. Before starting, the whole group prayed over me in the center surrounded by these wonderful people. With eyes closed, I heard an audible, gentle but firm, male voice saying, “Don’t quit, I need your help”. Opening my eyes there was not a man near me. I was bewildered. The next day, my mother said that my children and husband needed me, and I should drop out of this adventure. I got off the phone and started crying, wondering if she was right. Suddenly, I heard the audible voice again. “Don’t quit, I need your help”. There was no one in the room but me, and I had an inner “knowing” that the voice I heard was the voice of the Divine. In that powerful moment, my hunger for the Divine was born.

Since then, I’ve studied under many great known and unknown teachers—learning about mysticism from my first spiritual teacher, Mother Charlotte Mary, studying spiritual counseling with James Twyman, and studying Shamanism with teachers Evelyn Rysdyk and Allie Knowlton. I became a Reverend at All Faiths Seminary International. I have the deepest gratitude for energy healer and spiritual guide Ron D’Amico with whom I have been learning and sharing for many years, and who has been instrumental in my healing all throughout. Many of my teachers I have never met but learned from their writings, some here with us, and some who have left their bodies centuries ago.

It was while I was studying at All Faiths Seminary International that the idea of *The Littlest Sailboat* was conceived. It is a story about the Journey of the Soul, about Life, finding true happiness, sharing Love, and the process of continuing to evolve in Love. Through reading *The Littlest Sailboat* it is my hope that you will find comfort, meaning, Truth and joy.

I invite you to visit [my website](#), where my and other individuals' writings will continue to be posted. There are opportunities to share your writings and responses. All material is monitored and may be edited for space and appropriate content. My only criteria is that it comes from a place of Love. We learn from each other by sharing our hearts. Let's grow together, remembering what Life is about.

*With Love and Light,
Theresa*



Introducing:

THE LITTLEST SAILBOAT:

A JOURNEY OF THE SOUL

by Theresa Contaxis

with watercolor illustrations by Jennifer Anne Contaxis



The Littlest Sailboat is a story told in plainspoken language about some of the challenges we face growing up and the pearls of wisdom we gather along the way. Childlike simplicity enables this book to be read across generations. It is one that friends of any age can enjoy to receive a special message. It makes a beautiful gift for family, a friend, or yourself. An inspiring tale told through elegant metaphors, witness the journey of sharing wisdom and the search for truth, acceptance, meaning, perfection, and, ultimately, love.

The book is narrated by our hero, the Littlest Sailboat herself. As she takes us along her floating voyage, she faces the elements and encounters unexpected friends, teachers and guiding forces. Whatever happens, it is all in the name of, and surrounded by, the guiding spirit of Love.

Bravo to Theresa Contaxis for providing us with this beautiful book, *The Littlest Sailboat*. The story may be an elegant metaphor, but it's also a guide for all of us seeking perfection, acceptance, truth and the ultimate love. I'm sure you'll see yourself in this story and perhaps discover things about yourself you didn't even know. *The Littlest Sailboat* is a true treasure.

-James F. Twyman aka Br. James Francis

CFC Peace Troubadour and NYT bestselling author of *The Moses Code*

Theresa Contaxis has written a delightful book that all ages can enjoy. It is about the struggle of growing up and maturing which we all go through as we learn how to be free of the hurtful barnacles we collect along the way. It's about how our attitude determines everything that happens to us, up to the point where we can sail through life regardless of the storms, the reefs, and the unexpected waves. It is about learning how to get more in touch with "the wind" i.e., Spirit, and how we can sail through life doing good and receiving good. Thanks, Theresa, for the lovely read.

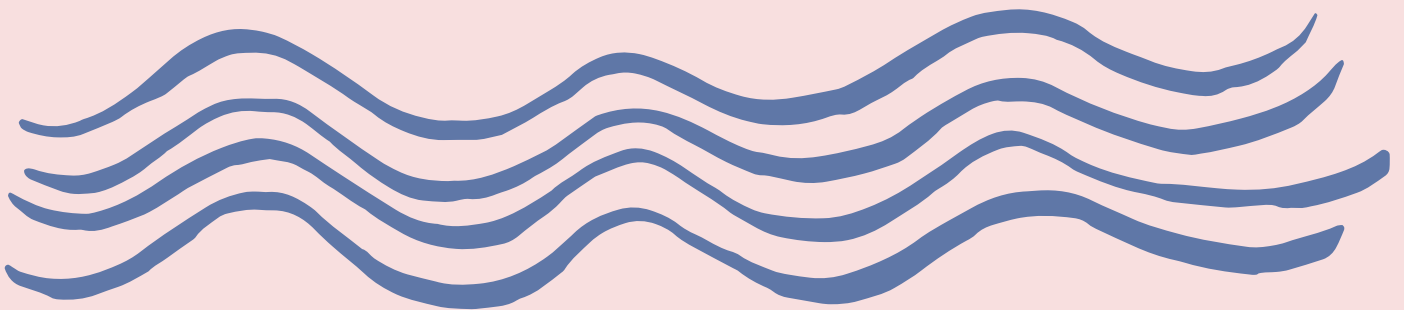
~ Dr. Jon Mundy, author of *Living A Course in Miracles*

Order here!

Visit www.thelittlestsailboat.com to join the Littlest Sailboat and friends as the journey continues!

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THE LITTLEST SAILBOAT: A JOURNEY OF THE SOUL



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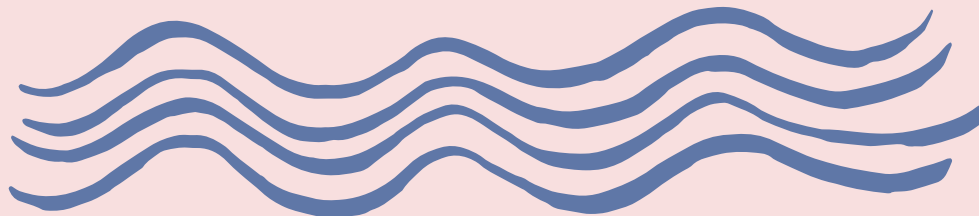
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The Littlest Sailboat is sailing to a port near you!