

# S. J. Miller Communications

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## Book Promotion

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## PRESS RELEASE

### **Zen Love: An Allegory by teZa Lord**

"This true 3-generational story of my family was written purely as an analogy of what is taking place on a much grander scale in the world today," says teZa Lord in her new audio book, *Zen Love: The Journey of a Blended Family*. A personal narrative, *Zen Love* is a microcosm of what's taking place all around us. Her story is, in effect, the story of everyone in the world right now. We are all experiencing a blendedness of our human global family. That is truly the NEW status quo.

Additionally, the United States most recently has been through a time of polarity and partisanship, Lord notes. But she believes, "There can be unity in diversity if we create and respect boundaries, and if we're willing to accept our differences. My family's story, a cohesive amalgam of many unlikely, disparate individuals, is the microcosm of our nation's macrocosm, and the world's."

Lord says that our new president has made it clear this healing is the responsibility of each and every one of us -- not just those who think they're right, and not just those who think as the party members that elected him does. "Each and every one of us, no matter our political or philosophical persuasion, is responsible for the breach that's occurred these past years," Lord says. "Every one of our words and actions have caused the horrendous divisiveness we're all lamenting. So naturally, we also can heal it. With amazing similarities to our culture, the blended family in *Zen Love* shows how awareness heals brokenness."

She points out that, as our country -- and our world -- became gradually more blended, many became confused and angered. But, because the culture of humankind has now learned to embrace diversified cultures, religions, opinions, and the needs of all types of disparate people, our "blendedness" -- as Lord calls it -- contains the solutions to the many challenges that present themselves.

In *Zen Love*, Lord shares the adventure of her life and discovery of the love of her life who, by chance, was a single parent, and tells the story of how she became the "angel mom" (aka full-time *stepmom*) to his two young children. The book documents her lifelong quest to know, work with, and spread to others the great mystery of love which she calls "the antidote to fear."

Lord explains that *Zen Love* "is healing energy in story form" and that it "portrays the *new Earth* of transformed, human 'blendedness' and the world's song that we're singing *now*. Solutions 'present' themselves when we 'raise' our perceptions."

Zen, to Lord, means a balance of mind-body-spirit, high vibration, design, environment, and a consciousness-uplifting. It represents the answers to what's dividing this country.

"What better time for us to focus on these new solutions than in our more introspective and creatively stimulated, pandemic-stressed era?" Lord asks. "The self-isolation, economic crisis, and forced-quieting of people worldwide, brought on by the Covid-19 pandemic, has added to our realization that a huge change is occurring in life on earth. It's happening before our very eyes. We now have the opportunity, and time, to focus on a higher vibration than anger, angst or fear. With this new perspective, our future changes to inspiring rather than depressing, as it was pre-pandemic."

According to Lord, our culture's soul growth requires that we learn lessons about opening each of our closed hearts (due to tribal conflicts and personal life stories, alike); we then can follow our heart and its higher-sourced inspiration rather than the limitations of our logical mind; and as a result, we feel gratitude for the gift of life and love itself. The pandemic has brought a much needed re-set in many areas, globally.

She concludes, "The solution to life's many challenges lies within how we communicate. Our words are either weapons continuing injustices, or are healing balms of understanding and transformation. Each of us chooses which way to use our words. Those who continue to foment separation by name-calling, blaming, fear-mongering, etc. are guilty of widening the chasm between us. Those who choose wisely each and every word coming out of their mouth, realizing that words have power either to harm or heal, are of the latter group ... the healers. We must accept our differences with no more judgment, finger-pointing, blame, or anger. We must choose positives over negatives, focus on forward growth, and we do this by living in harmony. Beginning now, every person realizes we're being asked to choose love over fear. We create unlimited possibilities by healing the world through unity's loving, all-inclusive atmosphere, rather than continuing the past's doomed toxicity brought about by fear."

*Zen Love: The True Journey of a Blended Family*

Audio Book

teZa Lord

ASIN: B08W9MRCPW

February 2021

Author's website: [www.teZalord.com](http://www.teZalord.com)

Amazon page: <https://www.amazon.com/Zen-Love-Journey-Blended-Transcendent/dp/B08W9MRCPW/>

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## teZa Lord, Author

Finding the sacred in the ordinary is the theme of teZa Lord's life and work. A student of consciousness-exploration of all types, Lord's work chronicles how she survived an irrepressibly wild youth, to paint for us her true experiences, using mystical brushstrokes and uplifting words. Her mission -- as an artist who writes, and a public speaking spiritual activist -- is to communicate how to achieve a more fulfilling, balanced, and holistic way of living.

*Zen Love* is teZa's second audio book, and she narrated it herself. Her first audio book was another nonfiction narrative, *In the 'I': Easing Through Life Storms*, about teaching empowerment to juvenile girls sentenced to hardcore lockup. Soon available will be a third audio book, *Hybrid Vigor: A True Reveal of Love*, a compilation of real-life sketches how animals inspire us to be better humans. Her fourth book is *We Are One*, a full-color art manifesto, in which she expresses via "verse 'n' vision" how Oneness is everywhere and includes everything.

teZa's motto is: "Love is the weapon of mass illumination." You can find her online at [www.teZalord.com](http://www.teZalord.com) or <http://linktr.ee/tezalord>. Her cohosted podcast is on iTunes and at [www.ZLORD.libsyn.com/](http://www.ZLORD.libsyn.com/).

## **Suggested Interview Questions**

1. You call your personal narrative, *Zen Love*, an allegory for what's happening in the world. Can you elaborate on that?
2. Right now, the United States is politically divided. How can we heal?
3. You say that, as frightening as the pandemic is, we can find some good in it. What do you mean by that?
4. How can tough times lead to spiritual growth?
5. What can we do to help the process of human evolution?
6. What can the journey of your blended family teach us about the value of what you call "humanity's blendedness?"
7. Can you explain how we can find unity in diversity?
8. What does the title *Zen Love* mean?
9. You say that your nonfiction book is not a how-to book. Why is that important?
10. Your motto is "Love is the weapon of mass illumination." What does that mean?