

Walking Between Worlds: A Spiritual Odyssey

By Athena Demetrios

An Astonishing Memoir: One Woman's Journey from Darkness to Light
The Powerful Spiritual Experiences and Guidance that Healed Traumatic Childhood Wounds
Impacting Much of Her Life

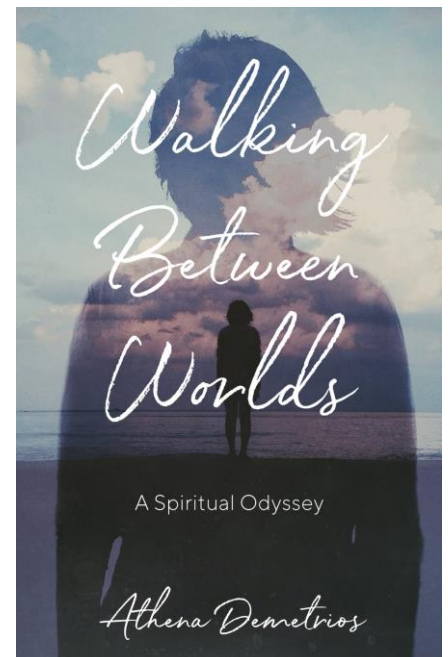
Now a Sought-After and Gifted Channel and Medium, Athena Demetrios Demonstrates the Riches That Can Unfold From the Relentless Pursuit of Self-Discovery

It reads like a novel worthy of a film or TV mini-series. But Athena Demetrios' memoir is no work of fiction. ***Walking Between Worlds: A Spiritual Odyssey*** is a courageous and unvarnished revelation of a deeply painful—yet uplifting—journey from darkness to light, a healing that would not have been possible without the extraordinary multi-dimensional spiritual experiences she opened herself to embrace.

For more than 30 years, Athena repressed the most traumatic memories of her childhood. Raised in abject poverty in a dysfunctional and alcoholic environment, and terrorized by a repulsive boarder who lived in the root cellar bent on repeatedly raping a six-year-old child, Athena succumbed to a downward spiral of melancholy and despair. Without recalling the memories, she had no knowledge of the reasons behind her suppressed rage, and why she pushed people away and engaged in self-destructive love relationships. Struggling with recurring thoughts of suicide, she desperately sought answers.

And they began to unfold... It had been apparent that Athena had a window into other worlds when as a teen, she clearly saw her father in her bedroom doorway on the night following his burial. Now, in her darkest hour, the teachings of Saint Germain awakened Athena to the higher laws of the universe through a powerful spiritual experience. Ready to take the next step, she sought out a trusted psychologist and hypnotherapist to access the repressed memories. The stunning revelations that emerged accelerated her healing journey. And with that door flung open, she began to spontaneously experience previous lives, premonitions, visions, and communication with those beyond the veil—each experience contributing to her healing and spiritual growth.

However, the process was not rapid. It took years of heroic willingness for Athena to confront her demons. Through it all, we see her evolve as a result of the painful interactions in her life—a suitor with a secret, a daughter she pushed away, and the struggle to forgive her alcoholic and irresponsible mother—all the while, becoming a highly successful and in-demand makeup artist for film, TV and commercials.



Guided by a being she calls her “mystical muse,” the charming Dr. James Martin Peebles with his thick Scottish brogue, Athena explored both earthly and cosmic mysteries—and the uncannily familiar sense of having known Dr. Peebles before. Now, ready to step out on her own, she studied to become a channel herself, all the while slipping “between worlds,” with a variety of jaw-dropping experiences.

We share Athena’s odyssey as she continues on to overcome victimhood and peel away the layers of pain and despair through exploration of the spirit—emerging with hope, insight, forgiveness and a newfound love for life.

Today, she lives a fulfilled and spiritually guided life in Chico, CA, as a gifted, sought-after medium and channel for Dr. Peebles. And you will need to read the book to discover the remarkable connection between the two of them! She also leads seminars in higher consciousness and the Ascended Master teachings.

Walking Between Worlds: A Spiritual Odyssey is a compelling read that evokes the spirit of Odysseus’ wandering in search of home and the visceral emotional impact of Jeannette Wall’s bestselling childhood memoir *The Glass Castle*.

Walking Between Worlds: A Spiritual Odyssey, priced at \$16.95, is available on Amazon.com. It is also available on Kindle for \$9.95.

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Title: *Walking Between Worlds: A Spiritual Odyssey*

Author: Athena Demetrios

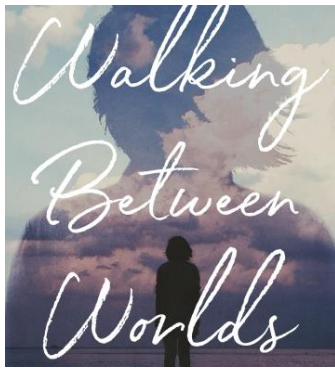
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Athena Demetrios **Biography**

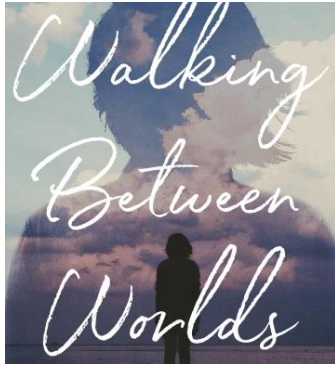


Athena Demetrios is a spiritual intuitive, a medium and a channel. She maintained a successful career in the film industry as a make-up artist while exploring the world of the unseen. Her sensitivity as a psychic began to accelerate when a powerful spiritual experience opened doors into other dimensions.

Awakened in her darkest hour by the Ascended Master Saint Germain and guided by his teachings, she began her journey towards healing and transformation. Through hypnotic regression that enabled her to explore repressed memories of childhood sexual abuse, she regained her power.

Athena became a channel for the grand spirit of Dr. James Martin Peebles, a 19th century spiritual philosopher she affectionately calls her Mystical Muse. Today, she facilitates seminars in higher consciousness where she shares the tools and insights of her own odyssey, assisting and empowering others in the discovery of their own Divine Presence.

Connect with Athena at www.IAMwithin.com



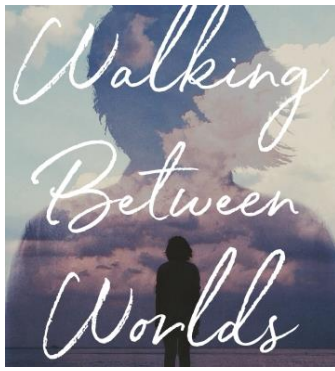
On Air Introduction

Walking Between Worlds **A Spiritual Odyssey That Will Open Your Heart**

It reads like a novel worthy of a film or a TV mini-series but Athena Demetrios's memoir is no work of fiction. *Walking Between Worlds; A Spiritual Odyssey* has been compared to Jeanette Walls' *The Glass Castle* and *The Shack* by William P. Young. It's authentic, unfiltered and compelling.

Growing up in abject poverty, in a dysfunctional alcoholic environment, terrorized by a boarder who lived in the root cellar, Demetrios repressed her traumatic memories, thrusting her into a downward spiral of melancholy and despair. Transcendence and healing would come through reliving the terror of her past through hypnotic regression.

A powerful spiritual experience opened doors into other dimensions which began an odyssey where truth became stranger than fiction. This is a tale of past-life visions, spiritual guides, and communication beyond death. Traveling with her down the rabbit holes of a life lived in relentless pursuit of truth will bring you along with the author into the radiant light of self-discovery, knowing, and being at peace with all that is.



Questions for Athena Demetrios

Feel free to select questions from individual categories for your interview

Topic: Growing Up Poor

1. In your book *Walking Between Worlds*, you describe a childhood lived in abject poverty. How do you think that affected you in your adult life and does it affect your life today?
2. Your father was absent for most of your childhood and lost his wealth through failed businesses, alcohol and gambling. Did you carry any resentment towards him growing up? Do you now?
3. Your mother seems to have been simultaneously an inspiring, creative free spirit and a dysfunctional, somewhat irresponsible parent. Did having your own child help you understand her better?

Topic: Sexual Abuse

1. In your book *Walking Between Worlds*, you describe the horrific experience of recovering memories of repeated sexual abuse when you were just a child. Would it have been better if you never knew?
2. What would you recommend to people who suspect they were abused as children but don't have clear memories of it?
3. When it became clear to you that you had experienced sexual abuse as a child, what was your reaction or your emotional response?
4. Did you ever feel as if you wanted to confront your abuser?
5. Did you find yourself blaming your parents for not protecting you and keeping you safe?
6. How were you able to find forgiveness?
7. Have you suffered from PTSD and if so, how does that affect you now?

Topic: Hypnotherapy/Hypnotic Regression

1. What made you seek out hypnotherapy as a form of healing?
2. Where you surprised at the results?
3. Some people doubt that past lives can be accessed through hypnosis, believing that the power of suggestion is what is really at work. How do you respond?
4. Tell us about one of your past lives and what it was like to learn about it.

5. Do you recommend that people consider hypnotic regression to past lives to address current life issues? Why or why not?

Topic: Paranormal Experience/Awareness

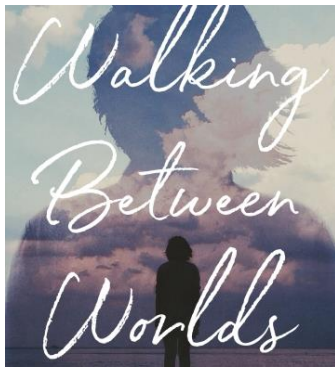
1. In your book *Walking Between Worlds*, you describe extraordinary experiences that began to occur once you had “pierced the veil” through hypnotic regression. How did these experiences begin? How did you respond at first?
2. Did you tell the other people in your life, such as your daughter, about the paranormal experiences you were having? What was their reaction? What about today?
3. You channel a spiritual guide from the 19th Century named Dr. James Peebles. How did you first discover this ability? How does it feel when he comes through—are you conscious of him talking through you or do you lose your own consciousness?
4. What kind of guidance or advice does Dr. Peebles give? Can you give an example of a time he has helped someone with his information, channeled through you?
5. What is the most extraordinary paranormal experience you have ever had? What does it mean to you?
6. You talk about a window into other worlds, what does that mean and how did that happen?
7. Spirits appear to you when they need help in crossing over. Can you explain that further?
8. You recently had two experiences that you describe as the most magical experiences of your life. Can you share what they were?
9. Your mother was an avid believer in UFOs and the paranormal. You also said that she was sensitive herself. Do you think that influenced you?

Topic: Writing the book

1. What prompted you to write this book and why did it take 20 years? What was your biggest challenge?
2. A therapist said your life was not a journey, it was an odyssey. Do you agree with that?
3. Your book begins on the spirit side or what you call your in-between life. Can you explain that further?
4. Your book has been compared to Jeanette Wall’s *The Glass Castle*. How so?

Topic: Excerpts

1. You believe earth is a school and our experiences are our lessons. What have you learned in your own journey?
2. You describe pain as a grand teacher. How so?
3. Are there any thoughts that you would like to share with our listening audience?



[Learn More](#)

Book

- ***Walking Between Worlds: A Spiritual Odyssey***
- \$16.95 available on Amazon.com. It is also available on Kindle for \$9.95.

Website

- www.IAMwithin.com

Readings

- Phone, private and group sessions are available with Dr. Peebles. Contact Athena at IAMwithin.com for details.

Workshops:

- For information on seminars in higher consciousness with the Ascended Masters and Dr. Peebles, please contact Athena at IAMwithin.com.

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