

# News from Blue Heron Productions

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## FOR IMMEDIATE RELEASE

### “12 GOLDEN KEYS FOR A NEW WORLD”

Unlocking the Door to Conscious Freedom  
~ Change Your Life, Change Your Planet

Written by M. J. Milne



Blue Heron Productions

Publication Date: 2010

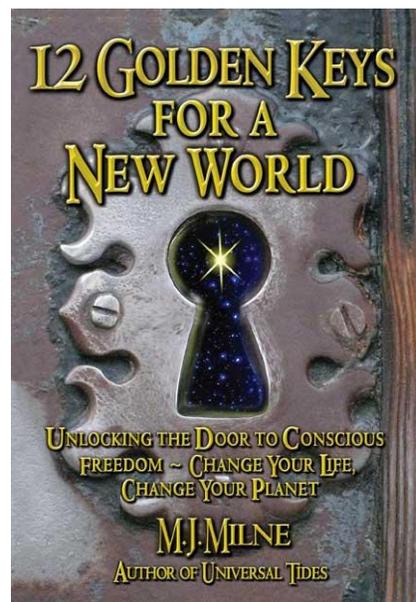
Price: \$24.95 / CAD

Subject: Body, Mind & Spirit/Inspirational/Spirituality

Softcover: 6" x 9", 312 pages

ISBN: 978-0-9739654-1-4

**Description:** Prepare for a new world and discover your place within it. Overcome life's challenges by using 12 strategies for accessing your personal oracle—Soul—which guides you to live with passion, purpose, and freedom. The 12 Golden Keys are non-denominational, universal truths connected to ancient teachings that are in harmony with all life. Learn to *Live to Live*®, transforming chaos into contentment. Website: [www.12GoldenKeys.com](http://www.12GoldenKeys.com)



### **What is this book about?**

M. J. Milne offers a book about 12 strategies to create your world, your way! This book is a powerful toolbox for tackling the challenges of a world in transition, and the perfect catalyst to reignite your spiritual quest. The 12 Golden Keys unlock the door to those secret worlds we long to enter. They prepare us for a new world and help us discover our place within it.

- Unlock the secrets of how to live consciously with passion, purpose, and freedom.
- Discover how to take your place within the new world age by using guided exercises; plus, read the many inspiring stories from other co-creators of this New Earth.
- Live your life's purpose and co-create the desired outcome to attain more contentment, wealth, and wellness than you have ever imagined.
- When you change your life, you help change our planet!

Once the gate is unlocked, you begin the adventure of a lifetime! We are on a spiritual quest for survival. Take a giant evolutionary step forward with these 12 Keys; they are for people of all spiritual paths and religious backgrounds.

**M. J. MILNE** is from North Vancouver, BC. She studied at the Emily Carr University of Art + Design, Simon Fraser University, and the University of British Columbia. Milne has traveled extensively, served as the grassroots publicist for Canadian music groups, and produced and directed special events. She has published magazine articles, written screenplays, the popular new-age/science-fiction novel *Universal Tides*®: *Barbed Wire Blues*, and the recent inspirational/non-fiction book *12 Golden Keys for a New World*.

[www.12GoldenKeys.com](http://www.12GoldenKeys.com); [www.universaltides.com](http://www.universaltides.com); E-mail: [info@12goldenkeys.com](mailto:info@12goldenkeys.com)

# Media Release ~ Blue Heron Productions



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## **BUS DRIVER MEETS STRANGE PASSENGER**

***M. J. Milne's story reflects everyone's struggle to understand life.***

What would you do if you were at work and a mysterious person appeared from out of nowhere and told you he was an "ascended master" who was here to reveal some shocking secrets of existence and the power of Soul?

When such a "teacher" appeared before M. J. Milne, she chose to listen to him and ask a lot of questions. As a result, Milne underwent a powerful spiritual awakening. Twenty-five years later, the result is found in her startling book: *12 Golden Keys for a New World: Unlocking the Door to Conscious Freedom—Change Your Life, Change Your Planet* (Blue Heron Productions, 2010; ISBN 978-0-9739654-1-4).

For 12 years Milne worked as a professional bus driver in North Vancouver, B.C. During a normal work shift, she met a spiritual master who waited for her at a bus stop three days in a row, but he never boarded the bus. On the last day, he gave her a telepathic message. After she heard this "calling" her life unfolded differently.

Milne says, "My life totally changed. I really didn't have a choice. Once your eyes are opened, it's impossible to live in the old way. A powerful spiritual awakening is happening across our planet. Everyone can learn how to use these twelve techniques."

The *12 Golden Keys* offer strategies on how to handle worry, fear, and stress, understand the death of a loved one, make excellent business and life decisions, and overcome challenges with health, money, and relationships, to name a few.

Milne says, "No matter what you believe in, listening to your inner guidance can and will help you make the correct decisions. For example, before the tsunami hit the beaches of Indonesia, the local shamans listened to their dreams and visions, and went to higher ground *before* the wave hit. This learning to listen to messages is one of the great secrets of life. And we are rediscovering how to listen and follow them."

*12 Golden Keys for a New World* could answer your questions and point you in the right direction to experience your own personal awakening.

**M. J. MILNE** was born in Vancouver, B.C., and has traveled extensively. She served as the grassroots publicist for a Canadian music group, and has produced and directed special events. She has published magazine articles, written screenplays, and the revolutionary new-age/science-fiction novel *Universal Tides* in which the 12 Golden Keys first materialized. For more information go to: [www.12GoldenKeys.com](http://www.12GoldenKeys.com)



## ***Praise for 12 Golden Keys for a New World***

"M. J. Milne's book is an important practical guide with a valuable message about how the power of soul can influence and transform your life. I consider this path of the 12 Golden Keys to be a universal spiritual practice, a journey into healing the mind, body, and spirit."  
– JAMES TWYMAN, Peace Troubadour & *New York Times* bestselling author

"M. J. Milne's book is a primer on how to find our way through the daunting world of the twenty-first century. She uses her own experiences to show the twelve golden keys in action. Exercises, personal stories from all over the world—everything to make it as easy as possible to follow the path to conscious freedom."  
– CLÉLIE RICH, poet, editor, and member of *Room's* editorial collective

"I love how this book is a practical yet also spiritual guide to living on this wonderful planet of ours! And the thirty stories from real people are each truly amazing!"  
– RAYMOND AARON, *New York Times* bestseller, *Chicken Soup for the Parent's Soul*

"This book is just what our current world situation needs—a way to bring inner and outer practical shifts in this time of large scale world change. Read it now to have the solutions you will need to usher in a profound, new, and powerful way to live—regardless of external conditions." – SATYEN RAJA, author, *Living Ecstasy*

"M.J. Milne's book is a powerful toolbox for tackling the challenges of a world in transition, and the perfect catalyst to reignite your spiritual quest. The Keys unlock the door to those secret worlds we long to enter."  
– MICHAEL HARRINGTON, author, *Touched by the Dragon's Breath*

"The 12 Keys provide tools to live a joyful life." – BABE GURR, musician, *Chocolate Lilly*

"M. J. Milne's book inspires me to pay more attention to my spiritual growth—knowing I'll reap priceless benefits. Her anecdotes illuminate the book's very practical information about how to experience the power of Soul. I highly recommend *12 Golden Keys for a New World* for any seeker of wisdom." – JEANE MANNING, journalist, author of *Breakthrough Power*

"An innovative approach to higher consciousness. The keys give access to the subconscious in a way that accelerates your transformation."  
– NANCY SHIPLEY RUBIN, psychic & counselor

"The 12 keys give you the tools to unlock blocks and move toward a more fulfilling and prosperous life." – JODI SMITH, JLS Entertainment

"What a powerful book! Your intuitive treasures awaken us to the spirit within and guide us to discover our own inner wisdom. Reading the 12GKs is like listening in on a conversation between our self and Soul in search of clarity. It's honest. It flows. And it inspires."  
– JANET MATTHEWS, co-author of *Chicken Soup for the Canadian Soul*

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## About the Author



**M. J. MILNE** was born and raised in the rainforests of Vancouver, BC. Her writing and artistic abilities, love of travel, and interest in the worlds of Spirit emerged early. She studied at the Emily Carr University of Art + Design, Simon Fraser University, and the University of British Columbia. Later, her imaginative landscape paintings were sought after by art collectors.

During her stay in northern BC, working in an isolated gold mine, her connection with nature heightened. Her search for spiritual answers began soon after a series of profound occurrences transformed her life. Seeking to understand them and their usefulness in her everyday life, she began an intense spiritual journey. Realizing that the answers were not to be found in the experiences of others, M. J. was led along a pathway to find the answers within herself. She is now dedicated to teaching those guided to her how they, too, can remove society's veil to see their own inner truth as Soul.

M. J. Milne has traveled extensively, served as the grassroots publicist for a Canadian music group, and has produced and directed special events. She has published magazine articles, written screenplays, and the revolutionary new-age/science-fiction novel *Universal Tides*® in which the 12 Golden Keys are introduced. Milne still resides in the Vancouver area, near a forest. For more information go to: [www.12GoldenKeys.com](http://www.12GoldenKeys.com)



## Backgrounder Info ~ Q&A

### ***What is the key statement of your new book 12 Golden Keys for a New World?***

Live consciously to live your purpose and, thus, improve your life, which in turn helps improve our planet for the betterment of all.

We have forgotten we are powerful visionaries. By using the 12 Golden Keys you will remember that practicing *conscious freedom* co-creates your life every moment. Our perception is expanding into what the Mayan call a Galactic Consciousness. This is the all-seeing Soul viewpoint the ancient Egyptians taught us—how to make conscious decisions from a higher vantage point instead of strictly from Mind. There is a divine plan whereby free choice is the cog that drives the wheel forward, and the road that stretches out in front of you constantly changes. We are shedding our fear, and exchanging it for a new reality based on divine love, on helping one another and, thus, confirming our interconnectedness and spiritual freedom. It's a survival issue.

### ***So if we can co-create our life, can I have a million dollars instantly?***

There are no limitations except the limitations you impose upon yourself. By listening to the messages from Soul, you can co-create your life with Source, God, or Spirit, or whatever you want to call it. Filmmaker George Lucas in *Star Wars* called it the Force. The book about the 12 Golden Keys will introduce you to 12 strategies to do precisely that. Listening for Soul messages helps you to live in the present moment and to co-create health, happiness, and even money, if that is what you require. Sample exercise: Pretend you are an old-fashioned broadcast tower and you're broadcasting what you need to pull it into your life.

### ***Are the reports about the Mayan Prophecy, or Planet X, or a pole shift true? Should I build a survival shelter like the backyard bomb shelters of the 1950s or Y2K?***

Most of what you're hearing is based in fear. Turn it over. See what's underneath. See who's spreading the information. Is it rumor or disinformation? Find out who tells a reasonable truth. Then ask: Who gains if we follow our fears? And then listen for the results. Where is your inner guidance system guiding you? When you listen to Soul, I mean really listen, in other words by doing the important 12 Golden Key exercises, then you will know what is right for you. We are all in this together, but we have individual purpose. Your experience might be to build that bomb shelter, whereas mine is totally different. Our Soul purpose is to BE; whereas our life purpose is to DO. Trust in your individual truth that Soul tells you every moment. You were born an original. Don't die a copy!

### ***But the earth changes are real, right?***

Many don't realize that Earth is edging further into the Milky Way Galaxy—anything can happen! However, there is more going on than the physical and obvious earth changes. There are also *inner* changes happening. Do you know that your external life is now aligning with your internal purpose for being here? This shift is taking place either slowly, in which case you hardly notice it, or, it's a dramatic shift and your life or your body feel like it's falling apart. Major changes are happening all around you. Once again, listen to what Soul is telling you. Soul is the witness who is watching over your shoulder right now. Choosing love, not fear is the real shift of the ages. We are shifting from our heads to our hearts. I hope we make the transformation, because we will amaze ourselves!

# One-Page from **Blue Heron Productions**

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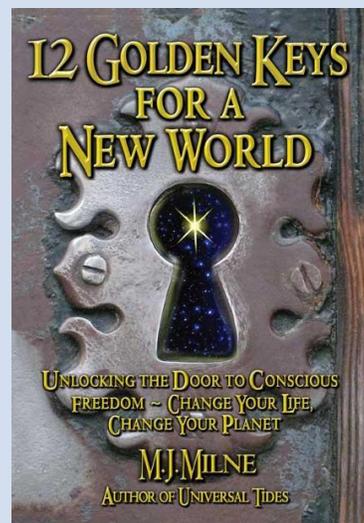
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