

ONE SOUL ONE MIND

FOR IMMEDIATE RELEASE

Brown Books Releases *One Soul, One Mind: A Study of Homosexuality and Gender Identity* by G.M. Walser

A loving mother shares the sincere soul-searching and topical research that brought her to a place of understanding and acceptance of her daughter's homosexuality

Dallas, TX — *One Soul/One Mind: A Study in Homosexuality and Gender Identity* (Brown Books Publishing Group) is a lesson from the heart told through the author's own experiences and her honest, unfiltered progression of emotions regarding her daughter's gender differences. Debut author **G.M. Walser** is neither a biologist nor a scholar, but an intelligent, nurturing mother with an inquisitive nature and determination to search for answers to burning questions about homosexuality and gender identity, with the hope of promoting respect, acceptance, understanding and compassion for LGBTQ children and adults.

Walser, a conservative woman, devout Christian born in Ecuador, and American citizen for many years, first noticed her second daughter's tomboyish behavior at age three. These initial observations set her on a determined path to understand gender identity differences—why and how they occur—and ultimately, lead her to acceptance.

"It was a challenge, at my age—and being a Christian woman—to have to talk about homosexuality and gender identity. My acceptance of my daughter's homosexuality was a long process," says Walser.

She long suspected that her daughter's sense of self was somehow affected by her strong desire to bear a boy during the pregnancy, but she had no evidence to back up her theory. After 26 years of interviews with mothers of LGBTQ children and intense study of doctors, scientists and established authors, it is something she now feels able to explain—a story waiting to be told.

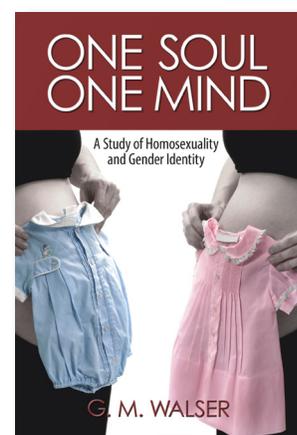
While Walser hopes someone in the scientific community will take notice, she has already reaped the true reward of all her efforts. "It changed my life for the better with all the peace and happiness that has come to me in truly knowing my daughter and who she is."

"My pregnancy had been an undoubted success in producing a truly beautiful and gifted human being," says Walser. "What was evil and upsetting about it was coming from other people—ignorant people, misinformed people . . . and if I were to be completely honest with myself, I had to acknowledge that I used to be one of them."

A member of the Silent Generation, Walser witnessed the evolution of homosexuality from being taboo to achieving marriage equality, and is able to bridge the gap—and in the process makes a profound discovery which brings understanding and compassion to a topic that can be confusing and controversial. "I hope readers will gain a clear understanding of the roots and cause of homosexuality and gender identity, and with that knowledge they can be more accepting and respectful of other's differences."

For more information and to purchase *One Soul/One Mind*, visit www.OneSoulOneMind.com.

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G. M. Walser | ISBN 978-1-61254-889-0 | HC \$22.95
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MEET THE AUTHOR



G.M. WALSER

G.M. Walser is a retired public accountant in commerce and business administration with forty-five years of business experience. Throughout her professional career, she was the owner and manager of three successful businesses.

Also, as a portrait painter born with artistic talent, Walser has many other skills and more than 20 years of experience in natural and intuitive healing. She trained in natural medicine, received certification as a nutritional consultant and master herbalist, and earned a bachelor's of science degree in holistic health.

Walser was born in Loja, Ecuador, and now resides in the Dallas area. She is the mother of two adult children and the grandmother of one. *One Soul/One Mind* is her first book.



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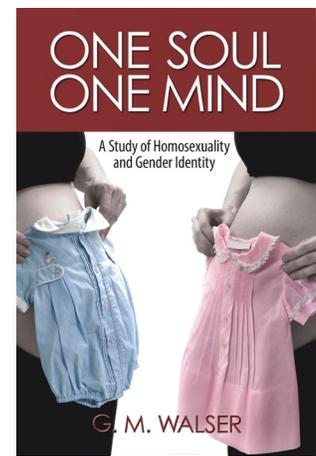
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Q&A WITH G.M. WALSER

1. What inspired you to write *One Soul/One Mind: A Study of Homosexuality and Gender Identity*?

What inspired me to write *One Soul/One Mind* was the desire to stop the bullying, discrimination and burdens that some LGBTQ children and adults suffer. Many young people with gender identity differences are very often abandoned and rejected by their own parents and families, which adds to their emotional stress and to the many challenges they face. I also wanted to share the evidence that I have been gathering for the last 26 years. Through my studies and research, it became clear to me that I was responsible for my second daughter's gender identity differences and that many parents, without knowing it, are responsible for gender identity differences in their own children. These facts, experiences and attitudes have motivated me to write this book. It's sad to realize that we suffer and cause others to suffer because of our lack of knowledge.



2. How are you qualified to write a book addressing gender identity issues?

I am qualified to write a book concerning gender identity issues because:

- First, and foremost, my God-given intelligence and intuition guide me.
- My first-hand experience as a mother of a child born with gender identity differences.
- My heightened awareness being always in tune with my child's behavior and development.
- Twenty-six years of research with mothers of LGBTQ children.
- Many years of intense study of authors, doctors and scientists who have made a parallel connection of mind, body and spirit.
- And finally, my education in the science of holistic medicine, which helped me to put the puzzle together, and made it easier to come to an understanding of how we are connected in mind, body and spirit.



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3. Why is it important for you to include your daughter in the book?

My daughter's experiences were key in illustrating evidence of my holistic theory; it was very important to share her inner feelings that were directing her behavior. In other words, it was important to show what was in her mind, how she felt and saw herself growing up, and how she feels about herself even now.

4. How much research went into writing this book and how did you go about it?

I started my research when my daughter was about 5 years old, and it went on throughout her childhood, adolescence and beyond. The first time I heard a mother sharing an experience that was similar to mine, I began to pay more attention to these children that had similar traits and behavior like my daughter's. When some of these mothers came to my place of business, or in other settings if given the opportunity, I would ask my research question, "While you were expecting, what thoughts did you have, concerning the gender of the child?" Again, and again, I was getting the same answer. It took me many years of research and hard thought before I felt sure of my conclusions.

5. What was the biggest challenge you faced while writing and researching *One Soul/One Mind*?

One of the biggest challenges of writing and researching *One Soul/One Mind* was, at my age and being a Christian woman, to have to talk about homosexuality and gender identity. I was mindful of the teachings of the Bible, which had left no doubt in my mind that homosexuality and gender identity behaviors were not something to be proud of or happy about. Another challenge was the way in which I had to do my research. I had to invade the privacy of some of my clients, friends, family members and sometimes strangers.

But the biggest challenge of all was to have to expose my daughter's private life. I thank my daughter for realizing how important it is for me to share my theory on homosexuality and gender identity with everyone around the world, to promote compassion and acceptance for LGBTQ children and adults.

6. What is the significance of the title, *One Soul/One Mind*?

The significance of the title, *One Soul/One Mind* can be found in Leonardo Da Vinci's writing: "The same soul governs the two bodies." Both mother and child, physical and mental. Before I read Thomas Verny and found out about the writings of Leonardo Da Vinci in the *Quaderni di Anatomia*, I was aware that mother and fetus were of one mind, in other words "in a state of oneness." Therefore, the "One Soul" of Da Vinci, and "One Mind" from my conclusion, had the same meaning. Mother and fetus were of *One Soul/One Mind*. Furthermore, with knowledge and understanding, we can all become of *One Soul/One Mind*.





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7. How can *One Soul/One Mind* help other mothers struggling to come to terms with their own child's homosexuality and gender identity?

By writing *One Soul/One Mind* I made it my mission to educate mothers, fathers, and people in general, to show that there is nothing that LGBTQ children and adults have done to be the way they are. To share the knowledge that enlightened me as a mother, that many of us, as parents, without knowing it, are responsible for gender identity differences in our own children, and to promote respect, tolerance and understanding of their traits of character.

8. You were born in Ecuador in the 1940s and had a Catholic upbringing and later while in the U.S., accepted southern Baptist theology. How were you able to align or adjust your personal belief system in order to accept your daughter's homosexuality?

My acceptance of my daughter's homosexuality was a long process. Because of the teachings in the church and of the Bible I was quite concerned about the future she would have, but through my studies and research I came to realize that I was part of, or the entire cause of my daughter's gender differences. This new knowledge made me more compassionate, sympathetic and accepting of her life.

9. Coming to terms with your daughter's gender identity is only one of many challenges you have faced in your life. How did those struggles shape the person you are today?

Life is never easy; we all have challenges and daily struggles. My faith, determination, and acquired knowledge were key factors in resolving all the challenges that came my way; they made me stronger and helped me survive. Now, the only thing I like to do, because of its importance, is to pass that knowledge on to future generations.

10. What do you hope readers will gain from your book?

I hope the readers will gain a clear understanding of the roots and cause of homosexuality and gender identity, and with that knowledge they can be more accepting, compassionate and respectful of other's differences. I also hope that the reader will gain a new appreciation for the importance of a holistic approach that embraces the mind-body-spirit connection to manage and maintain good health and achieve longevity.





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EXCERPTS FROM *ONE SOUL/ONE MIND*

I now realize that my daughter is the source of all the insights that have changed my life for the better: all the peace and happiness that have come to me in truly knowing who she is, how she feels about herself, and how much she has loved me. She thanks me now for the way I have always shown my love, and I thank her for all the love and support she has shown me in my struggle to survive.



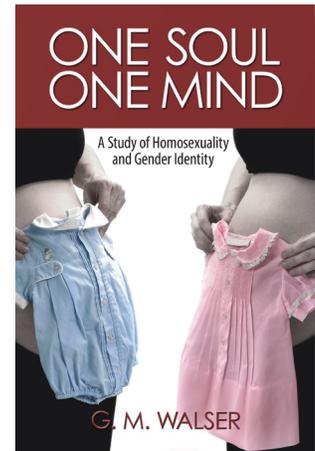
It is shameful to know that much of the suffering in this world is due to a lack of knowledge. Knowledge is the secret to understanding creation. We suffer and cause others to suffer unnecessarily not only because of ignorance but also because of our lack of compassion. My motivation in writing this book about gender identity and homosexuality in general is to promote respect and empathy for people who are at risk for violence, abuse, and exploitation. In addition, I want people to understand that there is nothing these children and adults have done to be this way. We are all born with differences—mental, physical or spiritual. Sexual orientation is not a choice for them; instead, that is who they are from birth, and even in utero.



The path to understanding my daughter taught me the most important things I needed to know about myself. My deepest desire is to spark a meeting of the minds that control our beliefs, feelings, and attitudes about gender identity so that we may become of “one soul/one mind.”



I’m writing about my life and my second daughter to focus on the way that knowledge, intuition, and faith—mind, body, and spirit—have worked together to help me find the right path. Despite the suffering that my marriage brought me, I never stopped looking to God for help and thanking him when I received it. And I was never ungrateful for the great blessing of my two daughters and especially of my baby girl. I was grateful not only for the person my baby turned out to be but for the things I learned from her that changed my life.



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EXCERPTS FROM *ONE SOUL/ONE MIND* (CONTINUED)

The first time I heard about wanting a specific gender for an unborn child was in the fourth year or so of working in my salon. A new client came in with a child that I thought was a boy. The child was dressed like a boy and behaved like one. Then her mother called the child by name, and I realized it was a girl. While I was taking care of them, the woman said to me, “We wanted a boy, but God sent me a daughter. A daughter who behaves just like a boy!”

This was exactly what had happened with me, I thought to myself.



People who have religious or political reasons for finding fault with homosexuality are eager to portray homosexual feelings as the entire responsibility of the people who have them, who could change their feelings at will if they were motivated by the right morality—which is always a morality that is in step with the political or religious background of the people who would like to see them changed. Thus, a kind of bullying has been taking place on a huge scale, with those in positions of authority finding fault with people who cannot help themselves and couldn’t change their feelings if they tried. This bullying creates hardships for young homosexuals, but it brings hardship for those who bully them as well, since these bullies must bear the brunt of much resentment, especially from members of society who are better educated and more apt to understand the scientific and sociological truths of the situation.



Shopping with her for clothes or shoes was fraught with frustration for me. When I suggested a certain garment or shoes, she would reject my suggestions, telling me that they looked “too girly” for her.

“But why wouldn’t they?” I would reply. “You are a girl!”

“Yes,” she would tell me, “but those things are not me.”

I already knew what was going on and had come to understand her tastes and expect her choices. I believe I still held the idea in the back of my mind that I could somehow influence her thinking through thoughts of my own.



Just as I began to feel more and more certain with the passing years that there was nothing wrong with my daughter being who she was and behaving as she chose to behave, I began to realize that there was nothing wrong with the intuition that had asserted itself the first time I noticed my daughter’s tomboyish behavior at age three. At last, I felt blessed by my understanding, and I was grateful that I had done nothing to suppress or encourage it despite the fact that it had made me uncomfortable at times. More than anything, I felt grateful for my second daughter and all that she had taught me with the mere fact of her being.



EXCERPTS FROM *ONE SOUL/ONE MIND* (CONTINUED)

God, our Creator, meant for humanity to be like a symphony, in which everyone plays a note and these notes, played together, make beautiful music. Yet some of us seem to have missed the Creator's intention. The stubborn ignorance of such people has made our world a chaotic and hateful place. I understood that as a parent of beautiful children and as a woman who understood her responsibility to others, it was my duty to do all I could to stay in harmony with other people, to love them, and to help them even when they were in some way responsible for painful inner feelings. This teaching was plain to me in the Bible and impossible to ignore.



I would never be a scientist any more than I would be a professional painter after making that critical decision all those years ago. But if I stayed firm in my quest to understand the science that was involved in what had happened to my daughter and learned everything I could about the possible mechanisms involved, I might come up with things that would someday get a scientist's attention.

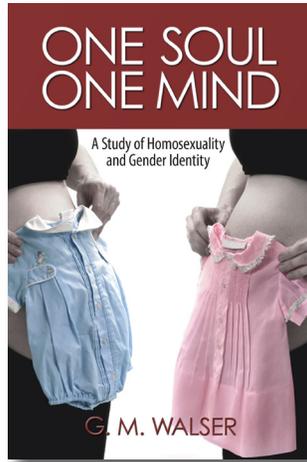


My pregnancy had been an undoubted success in producing a truly beautiful and genetically well-endowed human being. From my child's point of view, nothing bad had ever happened to her. There was nothing wrong with the world as she found it. What was evil and upsetting in it was coming from other people— ignorant people, misinformed people . . . and if I were to be completely honest with myself, I had to acknowledge that I had once been one of them.





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Do you have a child with gender identity difference? Have you ever wondered where these differences come from? Join author G. M. Walser as she guides readers through her own experience with a child with gender identity differences and her path to understanding and accepting her daughter’s homosexuality. One Soul/One Mind explores gender identity and sexuality the why of it, the when of it, and how it happens through the eyes of a mother seeking answers. Aided by scientific research and spiritual inspiration, Walser examines her own life and choices as well as the experiences of other mothers to develop a holistic theory of how her daughter came to be the person she is. Now, Walser hopes to use her discoveries to lead families in similar circumstances along their own road to understanding. Join her as she opens the door to conversations about our beliefs, feelings, and attitudes toward gender and sexuality. Only through understanding our differences may all people become of one soul, one mind.



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