



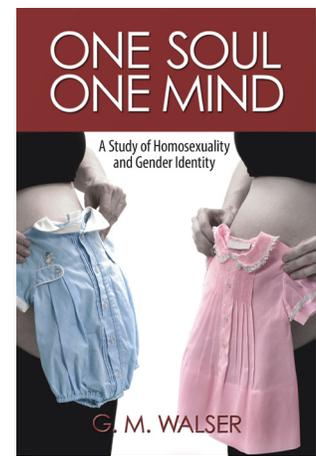
ONE SOUL ONE MIND



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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One Soul/One Mind: A Study of Homosexuality and Gender Identity
G. M. Walser | ISBN 978-1-61254-889-0 | HC \$22.95
Body, Mind & Spirit/Healing/General | www.OneSoulOneMind.com



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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.

