



Phone: (323) 577-9770  
Email: Alcabal@AlcabalPress.com

*AlcabalPress.com*

**FOR IMMEDIATE RELEASE**

March 1, 2017 | Sherman Oaks, CA

Visit [www.AlcabalPress.com/press-kit](http://www.AlcabalPress.com/press-kit) for contact details, review copies, photos, and an author bio.

## **AUTHOR INVENTS INTUITIVE SEVEN-STEP POETRY PROCESS FOR SELF-TRANSFORMATION**

Author Xianna Michaels brings her innovative, mystical, meditative poetry process to the printed page for the first time in *The Alchemy of Illuminated Poetry®—Seven Steps to Your Personal Gold*, scheduled for launch in June.

Begun as her own meditative writing practice for self-awareness and healing, *The Alchemy of Illuminated Poetry®* is a seven-step process based on an alchemical model that uses the technique of drawing with the non-dominant hand to access the intuitive right brain, and uniquely revitalizes the use of poetic constraints such as meter and rhyme to spark creativity and yield unexpected revelations.

Encouraged by her own calligraphy and design teacher, Michaels, a long-ago award-winning historical novelist and high school English teacher, began to teach this process and eventually received registered trademark status for it as well as the Xoem® verse form which she developed along with it. When she realized that her students were receiving profound and surprising insights from the process just as she was, she decided to write this book to share it with a wider audience.

*The Alchemy of Illuminated Poetry®* invites the reader to set aside the demands and cacophony of the outer world, pick up a pen and enter his or her own inner world. These seven steps guide the practitioner through a process of spiritual alchemy which can help transform whatever one defines as the lead in one's life into Personal Gold. So many people today are searching for tools for healing, self-transformation and connection to the Higher Self or the Divine. This unique process is just such a tool. Whether it be to shed light on a conflict, an emotional source of physical pain or a new direction in life, *The Alchemy of Illuminated Poetry®* process becomes a fascinating journey of expanded awareness and leaps of intuition.

Xianna Michaels—a poet, novelist, artist, calligrapher, teacher, and publisher—holds a Master of Arts degree in Linguistics and now creates and teaches poetry, art and verse fairytales in the pursuit of spiritual and even mystical connection. She is the author of the



Phone: (323) 577-9770  
Email: [Alcabal@AlcabalPress.com](mailto:Alcabal@AlcabalPress.com)

*AlcabalPress.com*

verse novella *Lily of the Valley* and the children's book *Mindel and the Misfit Dragons*. Michaels created her publishing company after realizing her writing style didn't fit into a typical publishing category. Knowing she had to share her stories with the world, she founded Alcabal Press, LLC. To learn more about Xianna Michaels, visit [XiannaMichaels.com](http://XiannaMichaels.com). For more on Alcabal Press®, visit [AlcabalPress.com](http://AlcabalPress.com).

**Summary:**

**Title:** *The Alchemy of Illuminated Poetry—Seven Steps to Your Personal Gold*

**Author:** Xianna Michaels

**Publisher:** Alcabal Press®

Trade Paper, 140 pages, 30 illustrated pages

**ISBN:** 978-1-941067-02-4

**Publish date:** June 2017

**Contact:** Phone: (323) 577-9770 | email [alcabal@AlcabalPress.com](mailto:alcabal@AlcabalPress.com) | 13351 Riverside Drive #605  
Sherman Oaks, CA 91423