

A woman with her hair in a bun, wearing a long yellow dress with a small floral pattern and a dark decorative border, stands with her back to the camera. She is leaning against a stone wall on the right. In the background, there is a blue ocean under a blue sky with light clouds. A crow is flying in the sky to the left of the woman. The title 'Apollo & Me' is written in a large, black, cursive font over the sky.

# Apollo & Me

Loved by a forgotten  
god across lifetimes ...  
what would you do?

CATE MONTANA

# Apollo & Me

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## SYNOPSIS

Combining magic and myth, passion and romance, *Apollo & Me* is a modern cross-time love story between a gorgeous Greek god and a woman entering the stage in life where any sort of romance seems impossible. Entertaining, shocking and liberating, *Apollo & Me* masterfully exposes the wounds women and men must heal in order to reach sacred union and true love—all while exploring one of the greatest mysteries of all: the nature of the world and the creative relationship between the gods and man.

American author Kathryn Adams has a last-minute plan: chill out on a Greek island and recover from her latest book launch. Apollo, the devastatingly handsome ancient Greek god of wisdom and light, has an agenda he's been cooking up for over a thousand years: Come back to Earth, obtain redemption for his betrayal of Kathryn in a previous life as a Delphic temple priestess, rekindle their love and get her to join forces with him in a desperate gamble to save humanity from the evil doomsday plot of one of his fellow gods.

From their shocking mortal-meets-god reunion on Mount Parnassus where Apollo tests Kathryn's ethical fiber by offering to restore her lost youth if she will worship him (she refuses) to Apollo's intense and ultimately healing seduction of Kathryn on the island of Paros, from hidden temple catacombs in the bowels of Mount Parnassus to an inter-dimensional, cross-time goddess ritual Kathryn must perform with her 3<sup>rd</sup> century BC former priestess self in a last-ditch attempt to save the dying Apollo, this is a thinking woman's romance—a mystical tale of love and feminine liberation that shines a much-needed light on the depressing legacy of religious shame and sexual prejudice driving many of the gender issues exploding into the media, politics and our own homes today.

## ABOUT THE AUTHOR

Cate Montana, M.A. is an author, journalist and teacher whose main focus (up until now!) has been evolutionary ego psychology, consciousness, quantum physics, gender archetypes and the Divine Feminine.

She is the author of *The E Word: Ego, Enlightenment & Other Essentials* (Atria/Enliven Books 2017), and *Unearthing Venus: My Search for the Woman Within* (Watkins 2013), co-author of *The Heart of the Matter: A*



*Simple Guide to Discovering Gifts in Strange Wrapping Paper* (Hay House 2013) with Dr. Darren Weissman, and co-author of *Ghetto Physics: Redefining the Game* with Will Arntz, co-creator of the hit indie film *What the Bleep Do We Know!?*

A former network television production engineer and editor for ABC, NBC, CBS, ESPN, BBC and HBO, Cate also spent many years as a newspaper reporter in the Pacific Northwest. Over the course of her life she has traveled extensively, meditated (a lot), worked with plant medicines with shamans in the Amazon jungles of Peru, the Andes in Ecuador and the deserts of New Mexico, studied yoga and participated in ancient alchemical Goddess-based consecration rituals in India, explored pre-historic South African ruins on horseback, hiked solo through England's sacred sites, shot raging rivers by kayak, camped alone across the US and Canada, lived in isolated cabins in the wilderness, raised wolves, trained Thoroughbred horses, married and divorced ... and well, lots more.

She has a master's degree in humanistic psychology, is passionately in love with all things Greek, and lives on the island of Maui in Hawaii, the farthest point of land from any other landmass in the world.

## WHAT READERS HAVE TO SAY ABOUT *APOLLO & ME*

A mind-blowing love story between a gorgeous Greek god and a woman entering a stage in life where such a romance seems impossible, *Apollo & Me* masterfully exposes the wounds we must heal to reach sacred union and true love. Exhilarating, vastly entertaining, shocking and liberating. – **Emily Trinkaus, 50, astrologer**

A thrilling, transformative adventure that has given me a new level of confidence and value in my own strength as a woman! – **Tara Hollander, 39, musician**

A life-altering story of love and romance mixed with magic, science and primal energies, *Apollo and Me* is a mind-expanding, heart-opening journey through the richness and power of divine love and union with all the messiness and empowerment that entails. – **Annette Gravelle, 49, entrepreneur**

*Apollo & Me* blows the doors off the issues of aging and femininity, taking the reader on a viscerally profound, multidimensional journey. – **Louise Saint-Onge, 65, EFT therapist**

In a time of pop culture massively smearing the feminine as a sex thing in a push up bra or worse, *Apollo and Me* is a fresh contrary vision. A fascinating tale of transformation! - **Forest Cloyd, 55, handyman**

The most fulfilling book I've read in years! – **Anne DeBoise, 44, real estate broker**

*Apollo & Me* is sexy and provocative and brilliant! I absolutely LOVED the book! – **Marlie Avant, 67, artist**

Powerful, spiritually informed, and a delicious love story—I couldn't put *Apollo & Me* down and didn't want it to end! – **Fran White, 70, owner Lemuria Book & Boutique**

*Apollo & Me* marks the return of the wild feminine soul and a life where women finally find self-love and freedom from guilt and shame forever. – **Jesse Heron, 69, artist**

So powerfully expressive I had to wonder, 'Is this a true romance?' And the heroine is marvelous! Self-deprecating and funny and so real I think any woman reading the book will see themselves and think twice about letting their small inner voice belittle them ever again! – **Millie Adcox, 73, writer & actor**

I've read a lot of spiritual books, but never one as thought provoking as *Apollo & Me*. Not even close! The heroine is so real—unlike any I have ever read before! I'm so looking forward to the next installment! – **Sara Hooker, 57, hair stylist**

## BOOK REVIEW

by Millie Adcox, RWA member, romance author & critic

*Apollo & Me* is a thinking woman's romance and yet so powerfully evocative and expressive I had to wonder, "Is this a true story? Did this really happen?" The sexual tension is intense, raw, and in a couple places explicit, yet somehow appropriate for this astonishing romance between two entities—one a god the other human—from two completely different worlds, mindsets, and epochs.

The heroine, Kathryn Adams, is a writer, a mature woman of late middle age seriously dedicated to walking the spiritual path. Her life has been filled with travel and experiences most people just dream about. Then, while on what appears to be an ordinary trip to Greece for a much-needed vacation, the entire fabric of her reality is shattered and her life takes a turn far beyond even her wildest imaginings.

It's not unusual for women to fantasize about having a man who looks like a Greek god enter their lives. But to be smacked with the reality of having the genuine article materialize right in front of you? And then have him catapult you into other realities and timelines and ask you to take part in a crazy scheme to foil an evil doomsday plot hatched by one of his fellow gods? Not your everyday fantasy at all!

At first Kathryn worries she's just hallucinating the whole thing. Soon, however, Apollo proves he is who he says he is, and Kathryn finds herself thrust into a realm of magic and ancient goddess rituals she has not gone looking for. And yet she is propelled forward, at first by curiosity and then by her increasing love and obsession with Apollo. And hers is definitely a requited love!

The relationship between Kathryn and Apollo is a rich and powerful one that develops slowly, spanning lifetimes and completely breaking down the ever-perpetual "god over man" and "male over female" model of dominance set forward by Western societies and religions. In fact, their relationship ends up being a catalyst for Kathryn's sexual healing as she remembers past lives where she was brutalized as a woman and second-class citizen—something that Apollo feels responsible for and a theme that still is playing out across the world's political stage today.

The heroine's character arc is filled with magic and is all about stepping into authentic feminine power. And yet at the same time, Kathryn's character is quite approachable—self-deprecating, funny and so real I think any woman reading this book will see themselves and think twice about ever letting that small inner voice belittle them ever again!

The writing draws you in from the very start and bam! there you are with the characters experiencing the breathtaking sights and sounds of modern and ancient Greece as if you were really there, entwined in a mystical power struggle between titanic forces of myth and magic. This book was a great ride that enveloped me immediately and never let me go. I can't recommend it enough.

## BOOK EXCERPT

Even before I undid the gate latch, I saw Apollo waiting on the covered patio wearing his usual jeans with a white shirt unbuttoned to his navel, bare feet on the teak coffee table, watching me.

This time a solid dose of fear mixed with my usual excitement seeing him. “Hi,” I said, casually dropping my daypack on a chair like it was an everyday occurrence having a Greek god waiting for me on my porch—or a *psychopathic hypnotist who somehow knows where to find me all the time*, I thought nervously.

I ran my hands over my hair, hoping to smooth out what I knew was a mess of salty drying tangles. For the life of me I couldn’t think of anything to say. “How are you?” seemed silly. And “nice day” was self-evident and dull.

“Nice day,” he said, eyes unwavering.

“I’ve just been swimming.” *Duh*. “Would you like something to drink?”

“No, thank you.”

I stood there fidgeting, for all the world feeling like a naughty child confronted by its parent. And his next words confirmed there was good reason for my defensiveness.

“I am not accustomed to taking refreshment from someone who considers me a blood-sucking, mind-twisting, psychopathic vampire hypnotist.”

*Oh-oh.*

“Yes, oh-oh. What in the world have I done to make you suddenly so afraid of me?”

In that moment, in the light, pumped from my swim and rock-climbing daring-do, hormones triggered by all the sunshiny vitamin D I’d absorbed, excruciatingly aware of my body’s reaction to the sight of his well-muscled form under the casually opened shirt, I was definitely not afraid.

I was pissed.

All my pent-up worries and frustrations and attraction boiled up in an instant, spilling over. “What have you done? You’ve gotta be kidding me! What *haven’t* you done?” I glared at him, hands on hips. “You show up out of freaking nowhere. You read my mind, zap me into some sort of infinite black hole, offer me eternal youth and PRESTO! change my body back 30 years like ... like something out of *The Picture of Dorian Grey*. Then you ask me to worship you. Then you take the offer of eternal youth away. Then you leave. Then you come back. Then you leave . . . what the hell am I supposed to think?”

I was on a roll, waving my arms and stamping around the patio.

“I can’t even *think* when I’m around you. I get all hormonal like a teenager with cotton candy for a brain. And all the while you’re playing me like a violin just like every other god has done when they got involved with a mortal.” My voice rose in pitch and decibel level, “And who’s the one that always ends up getting turned into a toad or a tree stump or dying some horrible death in the end? Not the eternal goddamned god, that’s for sure!”

“And you have the unmitigated gall to waltz in here and ask me why I’m afraid of you? Gee, uh ... duh ... let me think!” I stopped, hyperventilating.

There was a long pause.

A part of me wanted to laugh. I always get the urge to laugh at the most critically serious moments of my life—like there’s something way down deep inside me that knows better than to take any of this human drama stuff seriously. And I could see the answering flicker of the truth of this in his eyes. But he didn’t laugh.

Instead he said, “If I were any kind of man at all I would get up, come over there and kiss the hell out of you right now until all this stupidity faded away to nothing.”

My eyes widened and my knees threatened to buckle.

“But that would simply be one more example of my terrible influence over you and proof positive that all your accusations of psychological and sexual manipulation are true.”

We stared at each other for a very long time.

Impasse.

I picked up my pack, muttering, “I’m going to take a shower,” and stalked off with as much dignity as my Jell-O knees could muster.

## AUTHOR INTERVIEW

### 1. Where did your idea for *Apollo & Me* come from?

This is going to sound weird, but it’s what happened! I was on deadline writing a completely different book, a non-fiction title about the ego and enlightenment for Simon & Schuster. A friend had invited me to stay at her vacation house on the island of Paros in Greece for three months to finish writing, and, of course, I jumped at the chance! I’ve always had a “thing” for mythology and the Olympian gods and Greece.

Before I went to Paros I spent some time in Athens and then headed to Delphi for a couple nights. After spending one day at the ruins of Apollo’s temple complex, I took a hike up Mt. Parnassus the next morning to get away from the crowds.

So, there I was, sitting up on the mountainside overlooking the temple of Apollo and ... I had a vision. I kid you not. I’m sitting there, wide awake, and out of the blue I see this gorgeous hunk bounding over the rocks toward me. He sat down right next to me and said, “Hi! I’m Apollo. I have things to tell humanity. Let’s talk.”

That was it and it just blew me away. I’d never had anything like that happen to me before. As soon as I recovered from the shock, I hiked back down the trail, got to my hotel room, grabbed my computer and started writing. I had to know what Apollo wanted to say!

### 2. Do you have a plan in your head of where the story is going before you start writing or do you let it carry you along as you go?

I had zero ideas about what this book was going to be about. I didn’t even know it was going to be a book. I simply wanted to find out what Apollo’s message was, and writing is one of the ways I get information. The story just unfolded through me. That happens when I’m writing non-fiction as well. But with non-fiction at least I know what the book is about. But Apollo? The whole thing just picked me up and carried me away.

I wrote for a couple days in Athens then got to Paros and had to totally switch gears for three months. But two days after finishing *The E Word* I got back to Apollo. I finished writing the first draft of the book in South Africa on the overnight train from Johannesburg to Cape Town. It was all very intense and Ian Fleming-ish and romantic!

### **3. What genre are your books and what drew you to that genre?**

Most of my writing has been straight non-fiction about psychology, consciousness, spirituality, quantum physics and alternative health. Heady stuff. But it was what I was into and wanted to know about. Now, after more than 35 years reading and writing in the Mind/Body/Spirit genre, I'm actually kind of done telling people how it is. That's one of the things I loved about writing this story. Apollo got to be the authority. And that's fine by me. The longer I travel this path and the deeper I dive, the less I seem to know.

Given my background, as you can imagine, a romance was about the last thing I ever expected to write. But *Apollo & Me* came through as a love story that demanded to be written. So, who was I to argue? Same thing happened when I wrote my first solo book, *Unearthing Venus*, which was a memoir. I'd never once used the "I" word in 25 years of journalism and suddenly life was demanding I write a memoir about tapping into the consciousness of the divine feminine. So I swallowed hard and did what I was told.

In retrospect, I can see the perfection of writing a romance. There is still so much judgment about the body and sexuality in spiritual and religious circles. As much as we all talk about how "Everything is Spirit," there's still an unconscious bias that says "Heaven good, body bad." You know? I want to help change that and have my books build a bridge between heaven and earth, spirit and flesh. No more keeping people filled with confusion and shame and living so much in their heads—myself included!

### **4. A lot of readers think the book is autobiographical and that it all really happened. Can you talk about that?**

Well, certainly the seed scene, my meeting Apollo on Mount Parnassus was real. From there the story just evolved. I wouldn't say I "channeled" the book. But then I can't say that I didn't either. I wrote from the wee hours in the morning sometimes until midnight, only taking short breaks. When that happens you're completely in the zone and information just flows through you effortlessly.

Of course, I was familiar with all of the information Apollo talks to Kathryn about—divine mystical oneness and quantum physics and tulpas, that sort of thing. But then that's exactly why Apollo picked Kathryn this particular lifetime to spread his warning about the true nature of the gods and some of their agendas.

As far as the book being autobiographical, I couldn't separate Kathryn from myself and I didn't really try. It just didn't seem right to tell Apollo and Kathryn's story in third person as if it were happening from a distance. And just as her knowledge base is mine, so, I confess, are her hang-ups!

The book turned out to be tremendously healing for me to write. Apollo forced me to go into the epigenetic depths of my body's DNA as well as my soul to unearth and write about ancient feminine wounds and shame—wounds and programming I think all the women of this world share and need to consciously heal, and the men too, before we can move on to a more enlightened existence together.

So, I can see why readers would think this is autobiographical. To a certain degree, it is. And don't ask me to what degree. I'm as unsure about that as the readers are!

**5. Some of the points Apollo makes about religion in general and in particular the god Jehovah are pretty outrageous. What do you think about that?**

I love how you separate me from Apollo on this one! But to answer your question, there is a long-standing theory (and please don't ask me where it originates because I don't recall!) about how some "gods" are etheric entities capable of taking human form and that their power and continued existence depend upon convincing human beings to worship them—thus feeding them, quite literally, with their emotional energy. I believe this is one of the foundational stories behind the whole myth of vampires. When Apollo told Kathryn about this and named names, I was really surprised and, to be honest, kind of freaked out thinking, "Oh, oh, this is going to piss some people off!"

But frankly the whole religion thing needs to be torn apart and dismantled sooner or later. It's crazy that humanity is living in the age of atomic bombs while still arguing over which god is the real god and killing people over it. We've got to get over our antiquated, superstitious, fear-based projections and accept the responsibility for who and what we really are: spiritual beings that are inextricable with Divine Intelligence and co-creators in existence. Until we do, our species is going nowhere fast.

**6. What dream movie cast would you like to see playing the characters?**

Oh, God, I confess I have a "thing" for Sam Heughan, the Scottish actor, who plays Jamie Fraser in Diana Gabaldon's *Outlander* TV series. I saw him as Apollo from the start. As for Ekaterini? I'm not sure. She's older but lovely in both mind and body and has this witchy, intense yet ephemeral aura about her. Maybe I'd go for my namesake Cate Blanchett.

**7. Talk a little about yourself and what got you into writing?**

I was raised on a farm in Virginia and horses were my life. But when I got a poem published in an equestrian magazine (I was 12 years old) I knew writing was my real dream and life's work. Then after college I fell into television production (long story involving a handsome DJ at a local radio station) and ended up working as an editor in network sports television traveling around the world for NBC, ABC Sports and ESPN. But eventually I quit television, took a huge pay cut and started work at a local newspaper in Atlanta as a cub reporter. After 20 years as a journalist writing articles for newspapers and magazines, books were the next inevitable writing step.

**6. Do you have a favorite time and place where you write?**

After working in a busy newsroom, I can write anywhere. But I prefer a quiet space with a great view, surrounded by nature. I always thought I was a night owl, because working in television I was often still up in the editing bay working until 4 a.m. But when I got serious about writing I discovered I'm a morning person. When I'm in the throes of writing a book I'm a maniac at the keyboard. I can be at the computer from 4 a.m. to midnight and hardly take a break. My derrière pays a price though! For regular work (I'm still a part-time journalist and a book editor) I work

from about from 7 a.m. onwards until about two in the afternoon,

### **7. Do you read much and if so who are your favorite authors?**

I read a lot. When I was a kid I read historical novels like my mom. We used to have competitions. We'd fight over a book and see who could get to page 50 first. Whoever won got to read the rest in peace! As an adult I was deeply interested in mysticism, psychology, self-help, quantum physics and consciousness, and I read for educational purposes. Now, writing about those topics for work, I mostly read books that are entertaining—which for me translates as science fiction and thrillers. I also enjoy a good fantasy, and yes, the occasional romance. Favorite authors? James Mitchener, Isaac Asimov, J.K Rowling, Rumi, Lois McMaster Bujold, Robert Heinlein, Ursula K. LeGuin, John Le Carré to name only a very few.

### **8. What book/s are you reading at present?**

I just moved to the island of Maui so I'm reading Mitchener's epic tome *Hawaii*, Michael Crichton's *Airframe*, and a book about the biggest marijuana drug bust in US history that a close friend's brother wrote after he got out of prison called *Folly Cove*.

### **9. What is your favorite book and why?**

That is an unanswerable question. I have far too many favorites to narrow it down to one. But if you insist, probably Harper Lee's *To Kill A Mockingbird*. The first time I read it I was 13. I was raised in the South, so I could identify with the setting and atmosphere and the racial tensions and the themes of judgment and marginalization. I thought Scout was the coolest girl on the planet, very adventurous. But it was her father, Atticus Finch, who caught my imagination. My step-father, bless his soul, was an angry man and a full-on racist. I remember being so shocked by his opinions as a kid. Atticus was like a balm of rationality and reason, goodness and integrity and he soothed my troubled teenage soul.

### **10: What advice would you give for someone thinking about becoming a writer?**

My best advice comes from American author Mary Heaton Vorse who said: "The art of writing is the art of applying the seat of the pants to the seat of the chair." Write. Write every day. It's the only way to learn and improve. Be meticulous in your copy editing. And when you're submitting a query letter to an editor, follow their guidelines to the letter. Don't try to be cute or think you can convince an editor to publish something you've written that isn't what s/he is looking for just because you're such a great writer with such a great idea. It doesn't work. Unfortunately, rejection slips are a writer's best friend. It doesn't seem like it at the time. But they force you to get your act together.

### **11: What are the best Social Media Sites for people to find out about you and your work?**

<https://www.facebook.com/therealcatemontana/>

[www.catemontana.com](http://www.catemontana.com)

