



Soulestial Musings™

~December 2011~

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Peace



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Peace is a common theme during the holidays. Your own personal peace is a very personal thing. It's important to carve out time for yourself, to disconnect from the outer world and connect to the inner world. There's a song called *Peace Be Still*. By being still, you allow yourself access to that inner place of peace. With the cultivation of inner peace comes a host of benefits — peace of mind, clarity, calmness, serenity, and more.

Quotes

“Peace cannot be kept by force; it can only be achieved by understanding.” ~Albert Einstein

“If we have no peace, it is because we have forgotten that we belong to each other.” ~Mother Teresa

From BrainyQuote.com

Dolphin

A combination of water, breath, and sound make the dolphin a unique creature. Their connection with water is very symbolic. Dolphins are associated with the energies of creation, passion, and fun. You can watch dolphins play and frolic with one another. They invite you to bring more playfulness into your life, to breathe, and communicate.

Poet's Corner

Powdered Lace

These tiny stars of finest lace,
Find it convenient
To land on my face;
They cover eyelashes, cheeks, nose, and chin,
With the finest of powders
— a dusting so thin!

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Christmas Spirit

Christmas is Christ Consciousness reborn in each of us, including you. It is a time to shine your light for all time, year round, day in and day out, beyond December 25th. As you gather with friends, family, and loved ones, be that Spirit of Christmas. Shine your light so bright, that the light of Christ Consciousness is contagiously caught. It could be a spontaneous spark of a smile that lights up a stranger's day. It might be the mischievous laugh to warm another's lonely heart. It may be a loving light touch that reminds someone they are not alone. Remember, the little things in life really do matter. Each moment is precious. Be the Spirit of Christmas December 25th and year round.

Upcoming Events

Stay tuned for upcoming classes in 2012.
Visit our Web site and read about Light Language.

Contact

Call (512) 343-7679 or email Kim@SevaSoulas.com.
Visit our Web site at www.SevaSoulas.com.