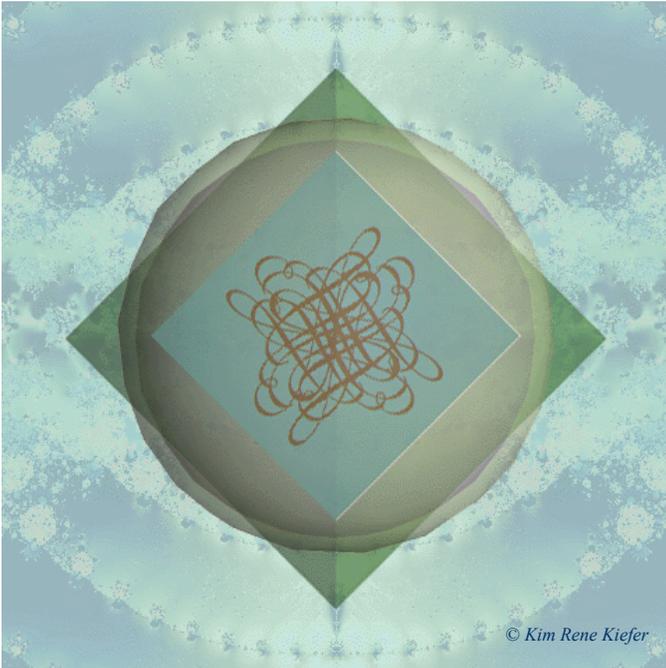




# Soulestial Musings™

~ April 2013 ~

## **Mother Earth**



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Honor Mother Earth and heal your relationship with her. In many shamanic traditions, it is right relationship with the earth that governs weather and rain. Our planet is made up of fire, earth, water, and air — from her fiery core to her earthy crust to her watery inlets to her airy skies. How much of her reflection do you share? You are mostly water, return to the earth, and breathe her air. You possess the fire of digestion, as well as Spirit. You too are part of the Web of life on Mother Earth. Tread with care.

### **Cicada**

From deep within earth, cicada patiently waits to emerge. Once free, it signifies great change. Embrace all your opportunities. Chirping in the treetops, the cicada joyfully heralds a gift. Perhaps an old friend has resurfaced in your life. Open your heart and allow the gift of happiness.

### **Quote**

“Each night, when I go to sleep, I die. And the next morning, when I wake up, I am reborn.” ~ Mahatma Gandhi

### **Contact**

Call (512) 343-7679 or email [Kim@SevaSoulas.com](mailto:Kim@SevaSoulas.com). Visit our Web site at [www.SevaSoulas.com](http://www.SevaSoulas.com). Private one-on-one tutoring is now available, either in person or via Skype.

## **Reduce, Renew, Reclaim, Recharge**

Each year, on Earth Day, we are given an opportunity to assess our environmental impact, our carbon footprint, our connection to nature.

Many of us lack a grounded connection to the Earth. This connection is vital to your well-being. It's so simple for you to reconnect. What can you do?

- Take a walk outside
- Go for a hike
- Swim in the lake
- Gaze at the stars
- Work in your garden
- Plant flowers or a tree
- Lay on the ground

What is your environmental impact? Look at what is realistic in your life. Perhaps you can recycle, compost, ride the bus, or any number of things. By reducing waste, renewing resources, and reclaiming energy, you can reduce your impact and recharge your life at the same time.

Here are some resources to check out:

**Made in a Free World** – Complete their online survey to see how slavery around the world is linked to your lifestyle. <http://madeinafreeworld.com/>

**Nature Conservancy** – Use their carbon footprint calculator to determine your environmental impact. <http://www.nature.org/greenliving/carboncalculator/index.htm>

### **Light Language**

Learn to read and write in light. Communicate at light speed. Redirect your life. Change the lives of others. Impact your community. Make a difference in the world.

The following Light Language classes are available:

- LL1 – Beginning Light Language
- LL2 – Intermediate Light Language
- LL3 – Advanced Light Language
- AP – Advanced Principles of Light Language