



Soulestial Musings™

~ July 2013 ~

Freedom



Freedom has a lot of meaning — personal, speech, choice. Humans have been gifted with free will to make choices. It's up to you to exercise your freedom. Choose!

Quote

“I am never upset for the reason I think I am.”

~ A Course in Miracles

Contact

Call (512) 343-7679 or email Kim@SevaSoulas.com.

Visit our Web site at www.SevaSoulas.com.

Private one-on-one tutoring is now available, either in person or via Skype.

Forgiveness is Freedom

Humans often get caught up in being right, digging in heels, refusing to see another's point of view. It hurts when we make each other wrong. When we refuse to forgive, we hurt ourselves more than we hurt anyone else.

Where are you in your life? Do you feel the need to be right? Are you insistent on your point of view? Do you choose anger and resentment over love and forgiveness?

Most of us have experienced unforgivable events in life. Usually, there is at least one that is impossible to let go of.

Here are some steps you can take:

- Identify the issue. What is it?
- Acknowledge your feelings. They are valid.
- Process your emotions. Beat a pillow or a drum. Do something physical to move the energies.
- Evaluate your perception. Is your hurt real or imagined? Perhaps it was a misunderstanding.
- Put yourself in their shoes. You may not know what was going on in the other person's world.
- Forgive yourself and others for their shortcomings and transgressions, large or small.
- Release the issue. Let go and let God.

Try any or all of the following:

- **Journal** – Work it through on paper. When you're done, you can burn it, shred it, flush it, etc.
- **Altar of Forgiveness** – Place person on an altar. Bathe them in goldenrod and send forgiveness. Bathe them in pink and send love. Repeat until there is no emotional charge.
- **God Box** – Cannot let go? Put it in a golden box and give it up to God. Do not take it back!

And remember, never take anything personally. Ever.

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

Divine Intervention

Divine Intervention is an intensive course in self-mastery, transformational healing, and shamanic principles. It is a healing modality passed down through generations from the Mayans and Aztecs to Mexican Curanderos to healers of today. Participate in miracles and magic on this path blended of both heaven and earth.