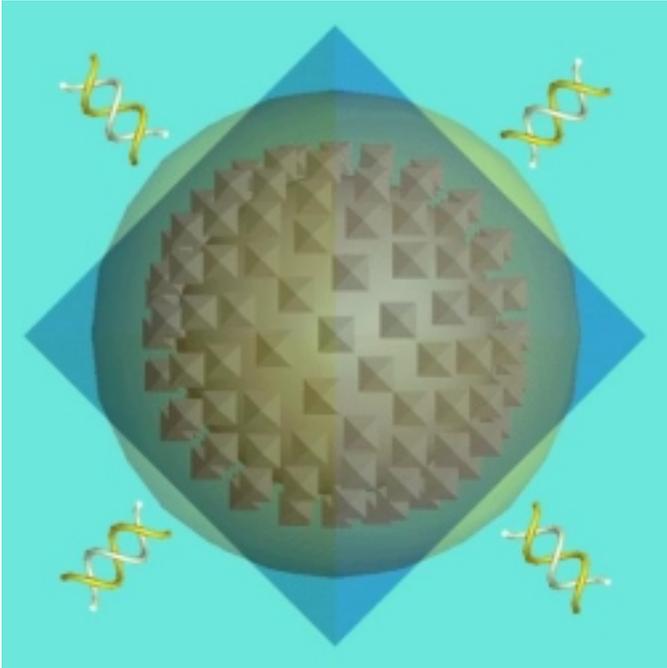




Soulestial Musings™

~ January 2014 ~

Self-Expression



Self-expression is your key to happiness. Human beings need to express themselves creatively, mentally, etc.. Creative pursuits = music, art, writing, theatre, and dance. Mental pursuits = brain games and challenges. Attend an opera. Write a poem. Sing, drum, or dance. Solve a puzzle (crossword or otherwise). Find your unique creative outlet or favorite mental pursuit. Express yourself!

Quote

“Life is meant to be danced and celebrated.” ~ Ted Andrews

Dancing the Divine

To dance is to lose one's self. There is healing within and without. Let your soul fly free as your feet find the music. Once that happens, the music finds you. It enters your body and fills you so that you become one with it. There is the dancer. There is the dance. There is the feeling of being danced. Then there is simply ... dance. When you reach that state, you are being dance. You are the dance.

When you've become the dance, then you are dancing the divine. Because you are the divine! In this state, there are no thoughts, no words, no worries. You simply are the dance. The music is inside you, not outside of you.

The sun rises and sets in your soul. The stars shine and fade in your eyes. The moon rises and sets in your

consciousness. Galaxies pulse through your veins. Your body vibrates with the cosmos. And the beat is the rhythm of your own heart. Your energy flows as your feet kiss the earth. Make no mistake. This is holy ground.

The dance is a language all its own and is as old as time itself. You are poetry in motion. There are no words to get in the way. When dancing as the soulful divine, your soul's essence shines. It lights the way for others, giving them permission to become the dance. Remember, you are the dance. Be dance. Dance!

Crane

Cranes are known for their elaborate mating dance full of joy and enthusiasm. They put on quite an acrobatic display. Sometimes, other birds join in the fun! Watch these sandhill cranes and whooping cranes dance together.

http://www.youtube.com/watch?v=0_mQckM3BtM

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. Stay tuned for dates!

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.

