

LET YOUR SPIRIT MOVE YOU

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Wake up that sleeping beauty – CREATIVITY - with a kiss of INSPIRATION! Spark the tiny ember and set your HEART FIRE ablaze! Breathe energy back into the winter of your SOUL so as to SPRING into LIFE!

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There is an inherent truth in all beings. The MAGIC of COMMUNICAION! We thrive and grow because of it and yearn to change our world with its application. The SPOKEN WORD is literally an energy that carries messages from a place of GRACE and DIVINE POWER! As master STORYTELLERS, it is our destiny to provoke listeners to feel ALIVE and come together in a collective celebration of the spoken word through INSPIRED COMMUNICATION!

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We SPEAK in order to MOVE each other and the world at large. We communicate; to teach, to change, to love, to include, to alter, to protect, to inspire, to provoke, to direct...all ACTIVE objectives. Voicing is energy and actually alters, through ebb and flow, the tides of our COLLECTIVE CONSCIOUSNESS! WORDS have incredible POWER! Discover Masaru Emoto's experiements using the power (effect) of words, ideas, and music made visible in water molecules. It is fascinating what the spoken, written, sung, or prayed words do to the crystal formation of water. Check it out on line! If this is the case, then tape words of beauty and grace to the water bottles you drink and make beautiful your body and mind as we know, we are made up of 70% water! When we put beauty and love into our bodies they respond. In turn, when we communicate that beauty and love outwardly through thought, word, music, prayer, the EARTH and its inhabitants respond. By choosing our thoughts and intentions, we heal ourselves and others. Change the world through your voice!

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We know these truths and yet people worldwide unknowingly experience a disconnect between heart, body and soul. A dormancy has settled within us, a lethargy of spirit, a closing of emotional doors. This disconnect allows a certain complacency to become the norm. Look around the busy streets and you will find it hard to locate a smiling face that shares its LIGHT. We have forgotten that JOY is not something that lives outside of us, lurking in some fantastical forest, but is an unlimited wellspring within our very being, waiting for us to turn on the faucet! We ALL have so much to be joyful about and yet we will defer to the negative in every case! (Perhaps because electricity flows from a positive terminal of a battery to the negative terminal of the battery, however the positive electrons are limitless.) When did we lose sight of LAUGHTER?

Children laugh on average 300-400 times per day and adults pale in comparison at 15 times per day and usually at the expense of another. When was the last time you laughed till you cried, REALLY laughed and felt the incredible life flow-JOY feeds you and everyone around you. Allow yourself to 'bust a gut', just because it feels good and share that free expression with others. So many of us cover our mouths or stifle a laugh for fear of an honest expression. You don't lose anything when you laugh, you FEED THE WORLD! Try it, EVERY DAY. Start with a smile for yourself and your glorious life and then share that smile with others and i promise 9 times out of 10, you'll receive the gift of a smile in return, because you awakened the universal truth within each and every one of us - JOY! Then allow the laugh to come, like a sun rising each morning, it will grow and burst forth and feed you with so much light, your spirit will awaken! Become that BRIGHT person again!

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With laughter at your fingertips and a smile upon your face, your energy becomes effervescent and people are drawn to you, as moths to a flame. You are waking up your soul! At a certain point in my life I felt 'asleep', yearning for brightness. I decided I had to take on a personal fear of mine and remind myself that I could DO ANYTHING! So, I jumped out of an airplane, parachuting by myself and felt the exhilaration and freedom available to me when one chooses the positive, life affirming action. I choose whether to live in the positive or the negative! WOW! What a ride - and let me tell you I WOKE up and felt such JOY! Once you restimulate your JOY muscle (everyday, like working out at the gym, it becomes stronger) try flexing your LOVE muscle. Yes, unfortunately, we are also a LOVELESS world, where petty arguments, grasping, selfish, power mongering hatred prevails.

When was the last time you took the time to truly LOVE your fellows? Really give time and energy for those less able than yourself? We are here to learn this important truth and yet we allow negative emotions to overshadow the light of LOVE. It costs us nothing to tell someone they are loved. Take a moment each and every day, start small and remind someone how special they are, how beautiful, how helpful, how honest....Tell them you love them and mean it, from the core of your being. There is so much gratitude when giving love. I feed starving souls and it is a free gift that again, we have an infinite well to water the thirsty. LOVE those around you, love the world, but most importantly LOVE yourself everyday!

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Once joy, laughter and love become the norm, you will be vibrating at a different frequency energetically! You, yourself will feel invigorated, inspired and truly awake in your life and those around you will also either rise with you or fall away to remain in a place of lower vibration. Remember, not all creatures can live in the sunshine. It is unfair to ask a blind mole to come into the light where it cannot see and it is equally unfair to keep yourself underground in the cool darkness yearning for sight! You laugh and love and probably sing and dance by this point, delighting in ALL things! This is where RISK must come into the equation. You can feel deeply but if you are afraid to express these incredible emotions, you are still stuck.

We don't want to risk expressing our true emotion for fear of judgment. If we are judged, we may fail and not be included. RISK everything to express your truth! Children are free to PLAY without the judgment of a conscious observer. Be FREE and able to scream with joy, cry with love and sing your fears. Truth sets us free. Express yourself without boundaries placed on you by family, friends, peers, teachers, bosses, political or religious sects, YOURSELF! Release your inner child, play in the metaphoric streets till after dark, risk it ALL to FEEL ALIVE and jump out of that airplane!!!!

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WOW! You are AWAKE! Truly AWAKE! LOVE in your HEART, a SMILE upon your face, LAUGHTER on your lips and the FREEDOM to RISK expressing it ALL to the world around you! COMMUNICATE your energetic messages as the glorious storyteller you are-CHANGE THE WORLD! You are DIVINE and an INSPIRATION to ALL that share your ENERGY! This is GOD energy, the ALL THAT IS AND NEVER WAS energy, the GREAT MYSTERY, the ALL-KNOWING TRUTH, BUDDHA NATURE, ALLAH, SHIVA, ALMIGHTY, OMNIPOTENT, whatever you call it-it is what protects us, sustains us, feeds us, SAVES us! Awaken this light in you which will in turn help awaken it in others. PRAY in support of this incredible LIFE FORCE within us ALL, that it remains PURE and CONSTANT and ALL-GIVING through the SPOKEN WORD, for this is your SOUL on FIRE (INSPIRED) and truly ETERNAL!

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