

A Soulfulness Approach To Mind-Body Practices



INSTRUCTOR:
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A Webinar Presented for Embodied Philosophy

OVERVIEW & OBJECTIVES

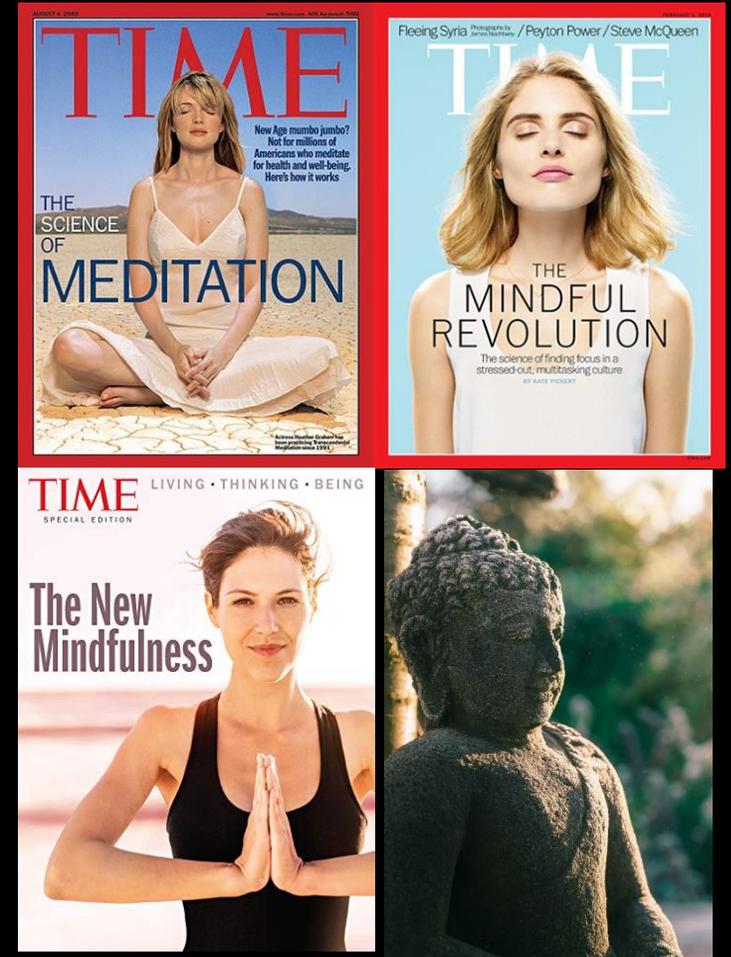
This seminar will introduce soulfulness as an orientation to contemplative and embodied practices that is characterized by soul-level experiencing, deep connectivity, and inspired expression. Soulfulness is conceptualized as an interconnected experience of enlivened inner attunement that illuminates authentic lived experience and radiates into outer manifestation. Soulfulness is inspired by the culture, wisdom, and spirituality of the African diaspora. It is offered as a source of resistance to the soul assaults of oppression such that the trauma and harms of oppression do not extinguish our inner fire, tame our energy, or steal our joy. An overview of the SOUL-centered (Soulfulness-Oriented, Unitive, Liberatory) practice framework will be presented with special attention given to the relevance of soulfulness for BIPOC populations. The seminar is appropriate for wellness and healing professionals, as well as those seeking to expand their personal practices.

Objectives

- Describe the soulfulness approach to contemplative and embodied practice
- Explain how soulfulness is relevant to healing racial trauma and practice with BIPOC populations
- Identify what characteristics would make a practice “soulfulness-oriented”

THE CULTURE OF MEDITATION & MIND-BODY PRACTICE

- Cultural positioning of secular mindfulness and mind-body practices more generally: white, thin, “blissed-out”, healthy, “beautiful” people
- “McMindfulness”, the commercialization of mindfulness including the promotion of convenience, expedience, personal success, and individual happiness
- Recent study on relationship between mindfulness and lower feelings of guilt
 - “Could all of that inward focus cause you to downplay the harm you caused that person, letting it float away like a leaf on a stream?”
- Elevates individual well-being and “detachment”
- Mindfulness does not always “take” with BIPOC communities (e.g., too much “me” and not enough “we”; worshiping a false god; doesn’t “feel” culturally-familiar)



MIND-BODY PRACTICE and BIPOC Populations

- Growing research on mindfulness and mind-body interventions among Black, Indigenous, and Peoples of Color (BIPOC)
- Most is on Mindfulness-Based Stress Reduction (MBSR)
- Mixed findings
- We need diverse voices, experiences, and cultural expressions, sensibilities, rhythms, and “vibes” if we are to enhance the inclusiveness, cultural-attunement, and relevance to diverse cultural communities
- Recent launch of the Blackfulness app (supported by research funded by National Institute of Minority Health and Health Disparities of the National Institutes of Health under award number R44MD012284).

What does MindBody/Contemplative Practice Sound Like, Feel Like?



“I Got Soul”

(from *Superbad* by James Brown)

“I got somethin’ that makes me wanna shout”

“I got somethin’ that tells me what its all about”

“I got soul”

“And I’m superbad”

“I wanna kiss myself”

A Contemplative Interpretation of *Superbad* by James Brown



“I got somethin’ that makes me wanna shout”

(I am connected to an inner aliveness that is compelled into expression.)

“I got somethin’ that tells me what its all about”

(I am connected to an inner wisdom where I can find personal and collective truths.)

“I got soul”

(I am connected to the deepest essence of my being, a life energy that stirs and moves me.)

“And I’m superb”

(I know my innate dignity and worth, that I am a person of value with gifts to share in the world.)

“I wanna kiss myself”

(I love ME; I treat myself well, with loving care and affection, giving myself what brings me joy.)



WHAT IS SOULFULNESS?

Perspectives on “soul”

Well, I think soul is certainly a feeling that is transmitted in one way or another...It's something that's very empathetic—and it's deep. Soul is deep.

~Aretha Franklin

What is a soul? It's like electricity - we don't really know what it is, but it's a force that can light a room.

~Ray Charles

SOUL

Psychological, spiritual, and cultural perspectives on “soul”:

Authenticity and “realness”

Source of truth and wisdom

A sense of aliveness, an inner liberation, being “moved” from within

An inner resource for healing and refuge

Sense of resonance and connection with shared lived experience (personal and cultural)

Where we experience our transcendent interconnectedness with humanity, nature, Spirit

Inspiration for creative expression

Our deepest core where our humanness and spiritness come together

What is Soulfulness?

“An interconnected, embodied, and spiritually-infused, experience of inner aliveness, truth, and liberation”

Soulfulness is conceptualized as a quality of experiencing in a deeply connected and connecting way, an enlivened inner attunement that illuminates authentic lived experience and radiates into outer expression.

It is a life-enhancing, interconnected aliveness that is characterized by deep connectivity and inspired expression.

It is a source of resistance to soul assaults of oppression, a facilitator of connection to ourselves, community, culture, humanity and our interconnectedness with all life, as well as both an expression of and path to liberation– experientially, relationally, spiritually, and collectively.

Soulfulness, inspired particularly by the cultural and spiritual expressions throughout the African Diaspora, is offered as an orientation to meditation and other contemplative practices (like journaling, creative expression, conscious movement, & chanting) that centers soul-level contact, reconnection, and experiencing.



Why “Soul” fulness?

- Culturally, “soul” resonates powerfully with many BIPOC
- The concept of “soul” is embedded in the worldview of African, Native American and many indigenous peoples around the world (Duran, 2006).
 - In the US, it has strong roots in African American experiences and reflects diasporic African cultural expressions where it is associated with an expressive aliveness and connectedness born of lived experience (e.g., soul music, soul food, soul brother/sister, soul power) (hooks, 2003; Rudinow, 2010)
- Culture is part of the soul”. (Duran, Firehammer, & Gonzalez, 2008, p. 288)
 - Connection to culture is experienced in the soul
 - Cultural expressions enliven and provide a pathway to soul experiencing and soul healing
- Offered as a culturally conscious orientation to mindbody and contemplative practices that centers soul-level experiencing, contact and reconnection with “soul”.
- It can a doorway into mindbody and contemplative practice that may be more accessible and experienced as more natural than beginning with separate somatic or mental processes

FOUR DOORS INTO EXPERIENTIAL PRESENCE

- Mindfulness: Attention (Noticing, Naming Activity of the Mind)
- Bodyfulness: Sensory and Somatic Experience
- Heartfulness: Compassion and Lovingkindness
- **Soulfulness: Inner Aliveness, Spiritual Interconnectedness, and Deep Knowing/Wisdom**

**Soulfulness is a pathway to connect us to our experiencing and help people be fully present with themselves, others, and in the world*

Mind in Context

No clear boundaries indicate where the mind stops and the cultural ecology of the situation starts. Mind and culture mutually constitute each other.

-Barrett, Mesquita, & Smith (2010, p. 9)

“Culture is part of the soul.”
(Duran, Firehammer, & Gonzalez)



The Body in African/African Diasporic Cultural Context

- Vessel for spirit-energy to be expressed
- Holds, processes, and emanates energy that interacts with the energy of other beings/phenomena
- Vibration and resonance that is felt in the body
- Extended/Communal "body"; Centrality of relatedness (ancestors, community, family, "my people")
- The spiritual dimension communicates with us through movement, rhythm, sound (drumming, song, dance)
- Can't talk about body apart from spirit; always working with the "soulbody"

From Mind-Body to Soul-Body Practice

- An Interpersonal Neurobiology perspective from Dan Siegel (2016)
 - *“Our minds are a part of an interacting, interconnected system that involves our bodies and brains, as well as the environment in which we live, including our social relationships”*
 - *“Self is not bound by skull or skin”*
 - *Mwe – an integrated identity that “synergistically combines our embodied and our relational nature”*
- Body and Soul
 - Soul as embodiment of Spirit
 - Body and Soul are interconnected
 - What’s happening in the body is an expression of what’s happening in the soul
 - All healing is ultimately soul healing / spiritual healing
 - Healing is participatory and communal (ancestors and community)

Soulbody Practice

- Based on the idea that everything is interconnected through spirit-energy
- We can sense and experience spirit-energy and our interconnectedness; sensing “within” and “beyond” (not just the five senses)
- “Soulbody” is the embodied experience and expression of spirit-energy
 - Working with the body, breath, sensation, and movement are ways of working with spirit-energy
 - Soulbody practice is about tapping into the presence and movement of spirit-energy through working with embodied experience
 - Enhance awareness of spirit-energy and interconnectedness
 - Increase resonance and harmony with healing spirit-energy
 - Facilitate skills in activating, directing, balancing, and shifting spirit-energy
- Soulfulness is offered as an orientation that centers soulbody experiencing



Ubuntu

- Ubuntu is a South African moral-ethical-spiritual principle that conveys our spiritually-infused and interconnected humanity; an understanding of what makes a person a person- our interconnected humanity
 - Exemplified in the sayings:
 - *“I am because we are” (and because I am, we are)*
 - *A person is a person through other persons*
 - *“My humanity is bound up in yours for we can only be human together” –Desmond Tutu*
- Moral foundation for how to live in the world that reflects deeply experienced interdependence

CORE CONCEPT: Interconnectedness

- Material-Spiritual
- Past-Present-Future
- Body-Mind-Heart-Soul
- Soul-to-Soul
- Shared Humanity
- Person-Culture-Context
- Human-Nature-Cosmos

What is Healing?

- Healing is an ongoing process that moves an individual, group, or community towards the amelioration of suffering and the evolution of the highest expression of their health and wellness
- Healing is a process of restoration and reclamation of wholeness and interconnectedness
 - Allowing and freeing natural healing processes
 - Integrative- body, mind, heart, soul, nature, and spirit and working together
 - Involves release and liberation from that which is toxic, dangerous, causing harm or sickness
 - Includes spiritual experience; activating, strengthening, directing our vital life force energy
 - Considers sociopolitical and socioecological contexts (both current and historical) to address personal and collective suffering in a psychologically-informed manner
 - Collective and communal, participatory

The Interdependence of Individual & Collective Healing

➤ Extended / Interdependent / Interconnected Self

- Locus of self is extended to include family, community, culture, ancestors, animals, the natural world, Spirit, etc.
- Self is not temporally bound - includes ancestors and descendants – those who have come before and those yet to be born
- Spiritually-based experiential knowing that “we are all related” in the web of life
- No separate self outside of this interconnectedness
- Self is not only physical bounded– includes spiritual experience of who and what we carry with and within us
- Individual healing is inseparable from collective healing

What We Need To Heal From: The Dynamics of Oppression & Collective Trauma

- **Disconnection** (from body (disembodiment), emotion, others, environment, relational and collective cultural resources, family, place; disengagement; creates isolation)
- **Destruction** (violence, erasure, cultural annihilation, lack of safety/protection)
- **Dehumanization** (objectification, exploitation, othering, stigmatization)
- **Delusion** (internalized oppression, colonial mentality, distraction, denial)
- **Disempowerment** (marginalization, exclusion, silencing, lack of representation, blocked access to resources and participation)

Oppression and the Mind

The most potent weapon in the hands of the oppressor is the mind of the oppressed."

–Steven Biko

"Power is the ability to define someone else's reality and get them to accept it as if it were their own."

~Dr. Wade Nobles

Oppression and the Body

- We carry the trauma of racism and other intersectional oppression in our bodies
 - Constriction, tension, holding our breath
 - Hypertension (higher among African Americans regardless of SES)
 - Stress hormones
- We get disconnected from our bodies when oppression becomes too much and we numb ourselves and shut down from our experiencing
 - Lack of self-care for our bodies
 - How we treat other people's bodies
- We must reconnect to our bodies, and listen to what our body is telling us, honor our bodies

Oppression and the Soul

- **Oppression is an assault on the soul...**
 - Hopson and Hopson (1999): "soul detachment" as alienation from ourselves, our connection to others, our aliveness
 - hooks (2003): "soul murder" as oppression's impact that can result in disconnection from and repression of feeling (a way of managing repeated assaults on one's humanity)
 - Duran (2006): "soul wounds" as the spiritual-cultural-intergenerational effects of historical/collective trauma; disruption to the natural harmony of mind-body-spirit; disconnection and damage to the soul of the community

SOUL BONDAGE

- ☀ when we have lost a sense of ownership and connection to the essence of who we are as embodied expressions of spirit, the energy of our interconnected “spiritness”
- ☀ when our body-mind-heart-soul is in captivity
- ☀ when we are disconnected from our personal and collective humanity, our gifts, our power, our hope, our ALIVENESS. (think “Get Out”).
- ☀ when our souls are in bondage, we are “lost” ...lost from our essence, ourselves, our feelings, each other, our communities
- ☀ (for Black people) we become vulnerable to getting lost in internalized racism, in the “lie of Black inferiority” such that dominant culture is idealized and own African cultural heritage is devalued and our Blackness seen as inferior
- ☀ being a state of delusion regarding ourselves, our culture, our humanity, our dignity and worth

It's All About the Dynamics of **CONNECTEDNESS!**

- The energy of oppression is **disconnection**
- The energy of healing is **reconnection and interconnection**
 - Liberation from oppression involves reconnection to what is life-affirming, life-sustaining, and life-enhancing
 - Soulfulness is offered as a resource for facilitating our interconnected inner aliveness that is particularly important in healing the damage of oppression-related trauma
 - Offers strategies that space for **RECONNECTION** in the service of truth, resilience, transformation, and liberation

Core Healing Processes

- Disconnection → **(RE)CONNECTION – INTERCONNECTION / ENGAGEMENT / ALIGNMENT**
- Dehumanization → **HUMANIZATION; MULTISENSORY EXPERIENCING**
- Delusion → **TRUTH, AFFIRMATION, CRITICAL CONSCIOUSNESS**
- Destruction → **RECLAMATION; RESTORATION; CREATIVE AND TRANSFORMATIVE RE-CONSTRUCTION**
- Disempowerment → **EMPOWERMENT, CHOICE, MANIFESTATION**

Sawubona Seeing: A SOUL-Centered Ubuntu Practice

- *Sawubona* is a South African greeting that means “I/We see you” and conveys seeing beyond appearances and affirming the soul and humanity of those that we greet.
 - Emphasis of this practice is on enhancing and deepening relational connection through truly “seeing”, “hearing”, and “feeling” the soul of another
 - *Sawubona* is an affirmation and deepening of our connectedness with each other, with community, with our ancestors, and ultimately with the spiritual life force that is within all things.
- Strengthening *Sawubona* supports resisting participation in the dehumanizing dynamics of oppression that do not see BIPOC persons, women, LGBTQ+ and other marginalized, stigmatized, or objectified populations as whole human beings
 - **Being seen/heard/felt, seeing/hearing/feeling each other**, is critical for oppressed populations
 - Important to experience self and community as more than dehumanizing stereotypes, conditions and treatment
- *Sawubona* energy is necessary for engaging intentionally and meaningfully in healing from the dehumanization of oppression and facilitating liberation.

Sawubona Greeting Practice



We See
You.

The Healing Power of Soul

There is no such force as the force of a [man] determined to rise. The human soul cannot be permanently chained.

~W.E.B. DuBois

The soul's guiding light still shines no matter the extent of our collective blindness. At any moment, at any time, we can turn toward this light to renew our spirits and restore our souls.

~bell hooks

We can cancel the captivity of our soul and destroy the enslavement of our minds by refusing to compromise any of our human rights.

~Adam Clayton Powell

The soul that is within me no [man] can degrade.

~Frederick Douglass

Soulfulness and Healing

- ⚙ **Soulfulness is about nurturing and cultivating the capacity for inner presence, aliveness, and interconnectedness**
- ⚙ A way to stay connected to the soul of who we are so that oppression does not detach us from our soul, “tame” our spirit, or steal our joy
 - Reconnect to our humanity in the context of the dehumanization of oppression
 - Refusal to allow racism to disconnect us from our bodies, ourselves, each other
 - Contacting, illuminating, and listening to soulbody experiencing so that we can free it into expression
 - Restoring soulbody interconnectedness, experiencing, and expression as a resources for freedom and refuge
- ⚙ A way to get clear about what is happening in ourselves and in the world
 - Remove the inner debris and clutter and distractions that are blocking and distorting
 - Opens up a path to visit with yourself to see how oppression is affecting your mind, body and soul
 - Challenge internalized oppression
- ⚙ A path to replenish and nourish ourselves
 - So that we do not get lost in the storms of the world and our own reactivity
 - So that we are refreshed to take action in the world to dismantle systemic racism guided from a place of clarity, interconnectedness, power, wisdom, and love

Caring for the Soul in the Context of Oppression

- Connecting to the deep knowing of one's value and worth despite external circumstances and dehumanizing, devaluing messages of inferiority and/or deviance
- Awakening inner life of the soul, being "moved" or "touched"
- Facilitate access to soulbody experiencing-- individually, relationally & communally; soul-body awareness and interconnectedness
- Connect to cultural and spiritual strength and wisdom within
- Create opportunities for resonance with shared human experience
- Centrality of the integration of music, dance, poetry as pathways to soulbody interconnectedness (experiencing and expressing)

*When there is no enemy within,
the enemies outside cannot hurt you.*

~African Proverb

The “SOUL”-Centered Approach (Harrell, 2018)

• Soulfulness-Oriented

- Aliveness, Deepness, Authenticity, Truth
- Embodiment, Expressiveness, Spirituality, Creativity, Resilience

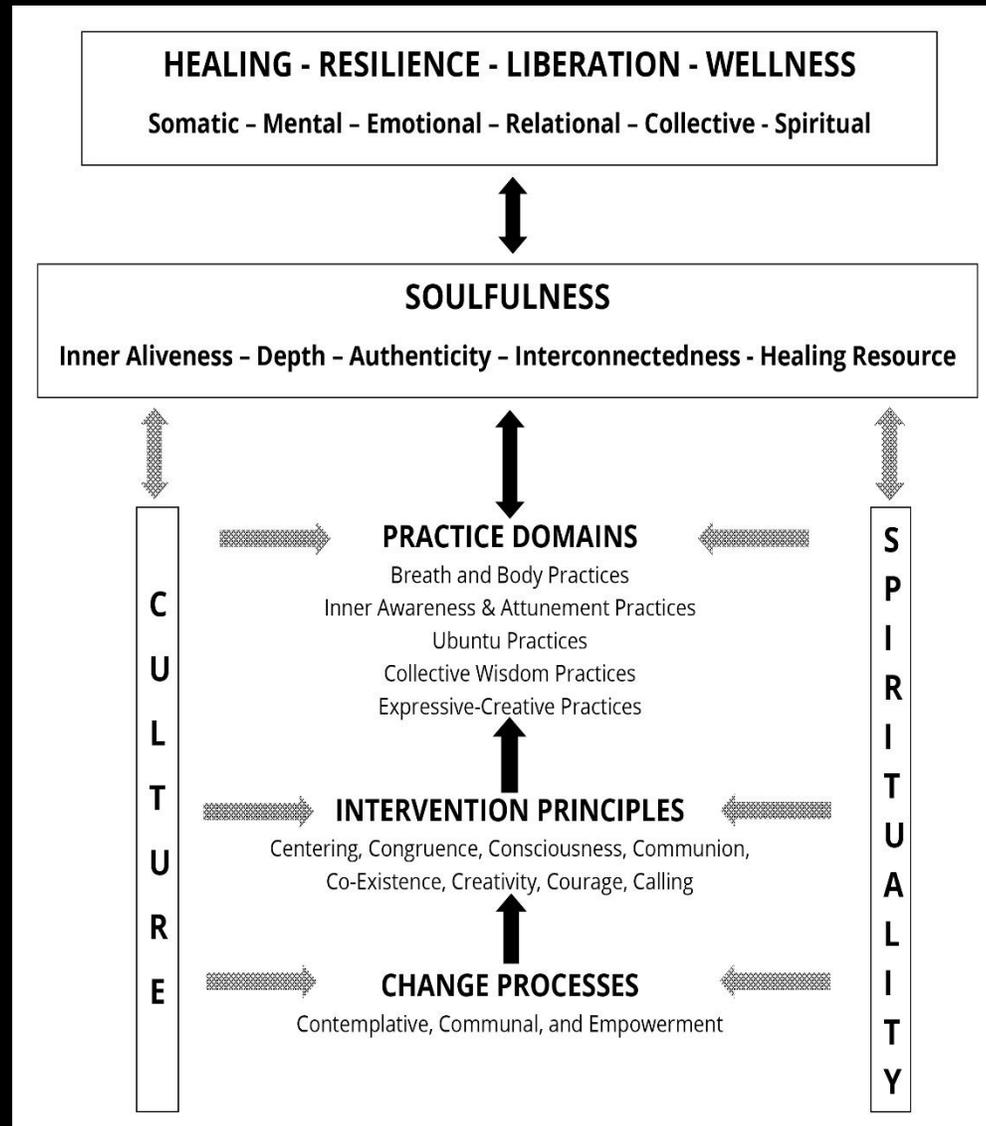
• Unitive

- Connection, Relationality, Attunement, Belonging
- Interconnectedness, Interdependence, “Oneness”, Union
- Wholeness, Congruence, Harmony, Alignment

• Liberatory

- Transforming Oppression Towards Liberation
 - Intrapersonal (internalized oppression)
 - Interpersonal (relational oppression)
 - Societal (cultural and institutional oppression)
 - Spiritual (“soul bondage”, “soul wound”, “soul detachment”, “soul murder”)

The SOUL-Centered Practice Framework



"SOUL" MUSIC

- **MUSIC EXPRESSES, TOUCHES, AND HEALS US**
- We feel music in our SOUL!
- Connects us to Human Experience across Time and Place
- Resonance, Affirmation, and Identification (shared experience, not alone)
- Expression and Transmission of Culture
- Communicates Collective Wisdom: Messages and Meanings of Lived Experience (ancestrally, and affirmation of current experiences)
- Facilitates Experiencing- Emotion, Body (Movement), Immersion (Flow)
- Facilitates Processing and Working Through (listening to a song over and over)

Music
heals
the
soul

SOUL-Centered Resourcing

- The process of shifting attention away from toxic/overwhelming internal experience or external circumstances, and connecting to soulfulness as a regulating, healing, and liberating resource
 - Turning to your experiencing and your inner life as reservoir and refuge, a place for reconnection and renewal
 - Connecting to your “Inner River” of experiencing -- a place where you are protected and connected to something bigger than yourself, to Source/Spirit, to your aliveness and the core of your being where you are free
- **Soulfulness is about nurturing and cultivating the capacity for inner presence, aliveness, and interconnectedness**

The Healing Wisdom of Rivers

I've known rivers: I've known rivers ancient as the world and older than the flow of human blood in human veins. My soul has grown deep like the rivers. -Langston Hughes

I feel myself a soul as immense as the world, truly a soul as deep as the deepest rivers. -Franz Fanon

I'm gonna lay down my sword and shield, down by the riverside... I'm gonna lay down my heavy load, down by the riverside... I'm gonna study, study war no more. -African American Spiritual

I've got peace like a river in my soul, I've got a river in my soul. -African American Spiritual





RIVER SYMBOLISM

- **Source of Life/Ancestral**
- **Healing and Renewal**
- **Purification/Transformation**
- **Communion and Community**
- **Liberation**

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INVITATION TO THE RIVER



I will come to you river, wash my soul again. – Ibeyi

Music: *River* by Ibeyi

Your Inner River: Experiencing Soulfulness

However far the stream flows It never forgets Its source. -Yoruba Proverb

The river begins at Source, and returns to Source, unerringly. This happens every single time, without exception. We are no different. -Jeffrey R. Anderson

- ⚙ Rivers represent the depths of our ancestral and spiritual connection; connects us to something larger than ourselves– to all life, to our transcendent and interconnected self, to Divine Source
- ⚙ Rivers naturally “flow”; follow the flow of our inner experiencing, the flow of our breath, the flow of the rhythms and cycles of life, the flow of our somatic and emotional experiencing...follow the flow back to the essence and truth of who we are and where we come from



Meditation: A Foundational Mind-Body Practice

- Meditation refers to a diverse set of intentional strategies for the practice of training, directing, enhancing, and/or regulating attention and energy.
- Involves opening up some temporal-somatic-mental-emotional-spiritual space to visit with yourself and connect with your embodied, lived, and transcendent experience.

Checkity Check yo self before you wreck yo self.

~Ice Cube (O'Shea Jackson)

Four Part Conceptualization of Mindfulness

PRESENCE: Being fully present in the present

AWARENESS: Becoming woke to “what is”

LOVE: Infused with love and compassion

LIBERATION: In the service of liberation

MINDFULNESS AND “WOKENESS”

- Helps us become more “woke” by opening our eyes and expanding awareness; illuminating aspects of our experience we are cut off from
- Helps us tolerate the distress of seeing things that are difficult to see so that we can take action rather than numb ourselves or escape
- Reminds us of the strength within to resist, persevere, overcome and transform oppression at ALL levels
 - Internally (how we oppress ourselves with self-criticism)
 - Relationally (unhealthy relationships)
 - Societally (racism, sexism, heterosexism, classism, etc.)

Soulfulness Meditation

- Intention is to open a pathway to authentic and enlivened experiencing through the cultivation of deep multidimensional and multisensory connectedness to body-mind-heart-soul, other living beings, ancestors, community, humanity, nature, and Spirit
- A “Meditation for Liberation”
 - Connection with our soulful aliveness is an important part of intrapersonal, interpersonal, and collective emancipation
 - Liberation from soul bondage requires restoring soulbody interconnectedness
 - Involves contacting, illuminating, and listening to soulbody experiencing
 - Discerning truth from lies of internalized oppression, illusions of the ego and materialism, noise/stories of the mind authored by someone else, nurturing our capacity to feel deeply, connect meaningfully and live authentically

*Not everything
that is faced can be
changed, but
nothing can be
changed until it is
faced.*

~James Baldwin

*Take a day to heal
from the lies you've
told yourself and
the ones that have
been told to you.*

~Maya Angelou

*People who shut
their eyes to
reality simply
invite their own
destruction.*

~James Baldwin

Soulfulness Meditation Processes: *Stop, Drop, And Roll*

☀️ **STOP: The Sacred Pause.**

- (Being Present in the Present)

☀️ **DROP: The Visit.**

- (Becoming Woke to What Is)

☀️ **ROLL: The Liberation.**

- (Infused with Love and in the Service of Liberation)

A “SOUL” Meditative Moment

- **SENSE** the call of the stirrings of your soul, allowing yourself hear its whisperings and to feel the dynamic and divine flow of what is moving within you.
- **Open** yourself to connect to the deepest essence of your being, experiencing your inner aliveness as you awaken and bear witness to the truths of your lived experience.
- **Uncover** what may be buried, masked or hidden; release all that you have internalized that degrades you or holds you down or separates you from your value, worth, and humanity; continue to discern and illuminate truth and wisdom, welcoming what you uncover with courage and gratitude.
- **Liberate** your soul’s calling and wisdom, freeing its emanating energy into expression as you participate in the emancipation of yourself and others, allowing the aliveness within you to actualize its highest manifestation.

**SETTING INTENTION:
Mantras for Soulfulness Practice**

“I SEE it to FREE it”.

“I NAME it to RECLAIM it”.

“I GO THROUGH it to GET TO it”.

“I INVIGORATE to LIBERATE”.

-Shelly P. Harrell

What does it mean for a practice to be Soulfulness-Oriented?

- ☀ Attends to the embodied and experiential connection of the human and the transcendent (*soulbody* experience)
- ☀ Emphasizes multisensory “listening” to soulbody experience
- ☀ Creates opportunities for being “moved”, contact with inner aliveness
- ☀ Facilitates resonance with shared human and cultural experience
- ☀ Involves discernment of personal and collective experiential truths from illusion/delusion
- ☀ Integrates African and African diasporic cultural expressions through music, dance, cultural wisdom (e.g. African American “soul” aesthetic), as well as integrates diverse and culturally-resonant expressions of soulfulness that are in attunement with the cultural contexts of clients/students/participants
- ☀ Attends to the dynamics of liberation from oppression and inner emancipatory processes; centered in recovery from “soul wounds” (Duran), “soul murder” (hooks), and detachment from soul (Hopson & Hopson)

Soul-Centered Metta

MAY YOU BE SAFE AND PROTECTED.

May you be safe from dangers and harm.
May you know your soul's refuge, that inner sanctuary untouched by circumstances.

MAY YOU BE WELL.

May you have relief from any ailments and be as healthy and strong as possible.
May you bring attention and care to the health of your body, mind, heart, and soul.

MAY YOU LOVE AND BE LOVED.

May love and compassion warm your heart and soothe your soul.
May you see through the eyes of love, listen with the ears of love, and act from a place of love.

MAY YOU BE AT PEACE.

May you find your calm center within the storms of life, living with ease and grace.
May you find that place of quietude, stillness, and deep serenity within your soul.

MAY YOU BE HAPPY.

May you experience awe and beauty and celebrations and laughter.
May you feel your joyful, soulful aliveness and may your soul smile with inner contentment

MAY YOU BE FREE.

May you experience the emancipation of your mind, the opening of your heart, and the illumination of your soul.
May you be free to express your truth and be your authentic self, free to pursue your purpose, share your gifts, and manifest your highest calling for your life, the lives of others, and the world.

May peace and love wash over you-- replenishing, refreshing, and nourishing your soul.

May you be safe and protected.

May you be well.

May you love and be loved.

May you be at peace.

May you be happy.

May you be free.

June 2022 Wisdom School Class

ONLINE COURSE

Soulfulness, Culture, and Liberation in Mind-Body Practices



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Q & A / DISCUSSION

Thank You!

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