Title: Conversations
Subtitle: nursey ryme to fight the plague
Second Subtitle: Re: nursey ryme to fight the plague
Author: suzyq
Date: 1138718206
URL: https://www.wizanda.com/modules/newbb/viewtopic.php?topic_id=63

Nix,

So deep...I've pondered this one for more than a week. Best to call me o
Yet...I am tenacious none the less.

This is what I humbly offer in response...

Engage the whole self in every spiritual pursuit. You were so straightforv
barbs. I sensed a genius of Tantra seeping forth. An area I have much to

MOUTH: Mmmmmm! Mantras convert noise into sound and distraction ther
manifestation. These harmonics will move both the listener and the pract
Mmmmmm! Sound from my own mouth, especially when surrounded by wat
honestly tell you I practice many mantras regularly. I am in deepest grat
remembers to Mmmmmm back to me within the space of a day. I often wor
sound resonates through my chakras if they truly know what this means t
gap in my experience intimately shared between us? Never let a gap pass

HANDS: Mundras are the dance of the hands rather beautifully choreogra
Purposeful and an art all their own. Yet have you ever watched even a sr
their hands for the first time....what an art form this discovery is. Yet ar

EYES: Mandalas treat the eyes to icons whose holy beauty draws the beh
Whether created of sand, paints, clay, rock, crayons, markers, fabric, no
and the observers into the expereince.

A wonderful tool of self discovery is creating one of your own. Feeling le
books are available to get you started. Try it! For me witnessing the crea
gift and a treasure to behold. I will sit in silence endlessly as life unfold
happens each and every time...experiential, yes. Words can not convey s
there and enjoy!

Our senses reveal to us how our bodies move energy through rather than
merely derailing the flow. As a (beginner 15 years) healer though, I will
to moment concious choice.
How will you work with your senses? Action is required. It is not automat

CHEEKS: A personal memory today so strong, my own cheeks ache as I re
attending a Tibetan Buddhist, open to the public ceremony, my eyes inter
ceremony with a wonderous Monk who opened my eyes and heart to such

rosy cheeks and brilliant smile reflected back my own and together we w
and joy. Rather than mere hours, I would have retold this story as if I ha
embrace, cheek to cheek.

NOSE: Keep at it...Practice! I grew up hearing, a type A personality stor
service looking back, which went like this..."Keep your nose to the grind
knew what this really meant. Obviously, it was from a time I did not know
work ethic errupted. Today, I would refer to it as tenacity.

Much thanks to the Author Huston Smith, Guidance and Gratitude: The W

The other senses all 6 were here. Did you find them?

I Know in my heart those who have taken the time to read these words ha
and experiences to share and ask that you take a few moments to do so w
you are accepted, loved and encouraged to share openly always.

Love and Light,
suzyq