

**Title: Conversations**

**Subtitle: nurse yyme to fight the plague**

**Second Subtitle: Re: nurse yyme to fight the plague**

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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 straightfor  
barbs. I sensed a genius of Tantra seeping forth. An area I have much to

MOUTH: Mmmmmm! Mantras convert noise into sound and distraction then  
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 were  
and joy. Rather than mere hours, I would have retold this story as if I had  
embrace, cheek to cheek.

NOSE: Keep at it...Practice! I grew up hearing, a type A personality story  
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 erupted. Today, I would refer to it as tenacity.

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

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 have  
and experiences to share and ask that you take a few moments to do so when  
you are accepted, loved and encouraged to share openly always.

Love and Light,  
suzyq