

## The Conscious Me

---

It's May and we can see, smell and feel the change in the season. Our hearts take over as we remember the times in our lives when we experienced changes in our own personal seasons. Or is it our heads that take over and we experience fear and guilt about the seasons that have passed or the seasons to come?

in the moment as we are always projecting forward or looking back.

The "Conscious Me" sits in the moment and smells the roses. The "Unconscious Me" worries about whether the roses will last for 7 or 10 days and thinks about whether there were better value roses

The world sits with this dilemma of living from our hearts or living from our heads. If we live from our hearts we live in our truth and stand in the moment. If we live from our heads we cannot possibly live



*Open Up Your Heart*

## Raise Your Game

---

Come on Eskom. Come on Telkom. Stop playing the political game and serve the people. For that matter how about the governments in the world just doing what a government should do - SERVE YOUR PEOPLE.

We seem to serve our government and this will not change until there is a change in consciousness. So speak out people, don't accept second best. How will anyone know if we do not keep letting them know. But speak from your heart—not your head.

Special points of interest:

- *SOUL 's vision is to be a beacon of love and light for humanity.*
- *We can facilitate change management in your business through teaching how to change in consciousness.*
- *SOUL recognizes and advocates that everything starts with us. If we want to change our businesses or our lives we have to work on ourselves first.*

**SCHOOL OF  
UNCONDITIONAL LOVE**

PO Box 636  
Umdloti Beach  
4350

Phone: 0825181278  
E-mail: [pat@soulmusic.co.za](mailto:pat@soulmusic.co.za)  
[www.soulmusic.co.za](http://www.soulmusic.co.za)

*FIND YOUR MUSIC*

## Man and Nature

Animals are so resilient. When something happens to them, they get up and dust themselves off. They also take responsibility for what they have experienced by trying to help heal themselves. And they go back to the same way of living without hesitating. They get back on the horse straight away.

Humans use the statement "learn from your mistakes" or your experiences and this is wise but it loses its wisdom when we take this too far and create fear from it. When we cripple ourselves with fear of acting as a result of a past experience we allow our EGO to dominate. And so we can look to nature and the animals around us to see what it means to get up every time we fall.



## And When It All Ends...

It starts all over again.

Energy never ends. It simply cycles. We see it every day. Something is "born" as something else "dies". We see leaves on trees die and fall while others are sprouting for the first time.

But when we look at the fact that everything is energy including our physical selves, we realize that Einstein was possibly correct. Energy never dies—it simply transforms.

This would mean that we as physical beings might die but our energy never does.

Our souls energise our physicality and then withdraw when the lessons have been learned. That is why sleep is so important be-

cause this is a practise for "death" as well as a chance for our souls to rejuvenate by leaving our physical bodies. Have you ever experienced that feeling of a fright as you are falling asleep or while you are asleep? This is the withdrawal of the soul temporarily. Our souls are free and light and completely uninhibited. It is our human physicality that is dense and cumbersome to our souls. And so it is important to accept that we need rest and that life is about cycles.

Until next time... Enjoy the World Cup.

