

HeartSong



If you haven't seen the movie, *Happy Feet*, I highly recommend renting it. Besides having great music and characters, the movie's story is inspirational. Every penguin has his/her own *heartsong* that can be used to attract a mate, except for the main character Mumble who can't sing to save his life, but has the gift of dance.

This story line ties into the theme that continues to repeat with a majority of my clients which is a longing for self-expression and the desire to find their heartsong.

Many of my clients are women in their 40's, 50's and 60's who desperately want to live their lives from a place of passion, truth and authenticity. It's their time now since their children are growing up and moving on to college or lives of their own. "*So, what do I do now?*" is a question I hear often.

As we work together to find the next life direction based on their true passion, I recommend several flower essences or vibrational medicine that offer assistance with removing the mental, emotional and spiritual blocks.

The following are Australian Bush Flower Essence combinations:

Heartsong or Creative Essence: this flower essence inspires creative and emotional expression, opens the heart and literally corrects blocks in the TMJ area, allowing one to open the mouth wide.

Meditation Essence: taking this essence allows one to go deeper into any spiritual practice such as meditation or yoga while enhancing access to one's Higher Self.

Dynamis Essence: abundant energy, vitality, enthusiasm and joy for life are the results of taking this essence.



So, find your Heartsong.

- What makes you come alive?
- Who or what fascinates you?
- What did you do as a child that you would like to do again?
- What have you always dreamed about?
- How would you like to express yourself...is it writing, dancing, singing, teaching, painting, speaking, traveling, learning...?

GO FOR IT!

Find your Heartsong and let the world see the true you!

