

The Crystal Heart
diary of an oracle

book 1

an oracle speaks the truth
an oracle remembers where she or he came from
an oracle helps others find their way home

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diary of an oracle

book 1

Tamara

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sitarne@gmail.com

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Thank you to all Beings,
living on Earth and in the ether,
who loved me and picked me up when I fell
and fed me when I could not feed myself– body and soul.

It is your light that keeps my own shining.

This third edition has minor adjustments (omissions and/or additions) to the initial text published in 2010 for continued reflection of my voice in the moment.

For Robert

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preface

If this book has found its way to you, you may be searching for something, but can't quite put your finger on what it is. You are close to discovering it, for you sense already it is inside and you just have to open to it.

I was looking for a long time for whatever it was that was missing in me. I knew life was supposed to be different, that it was supposed to be magical. I tried many things, excelled at some. Still, there was a place inside that felt empty. Nothing seemed to be able to fill it. One day my sister died. She took her own life. She was diagnosed as schizophrenic. Traditionally, these are the ones who are shamans in indigenous cultures. They can travel between the veils, the different dimensions. Her act made me crack, and then I broke open. This was a gift to me. Nothing mattered. What I learned was that in order to find what did, I had to let go of everything else. I had to let go of caring what people thought. I had to let go of everything I was clinging to and hiding behind, I had to let go of my pretence that I was happy. Her act caused a grief so deep it broke through the numbness I had been living my life with, in fear of feeling emotions and being hurt.

I began a journey that took me seven years to understand. I began with listening to the voice in my heart. We each come here with a purpose, and my sister fulfilled hers; she had found her truth and happiness in this lifetime and she wanted me to find my own. She knew that I was unhappy, despite what I said and did. She knew that I had a gift to share that I was hiding. The day after she left Earth she offered me advice for peace. With her departure I began to really listen to my voice and to let go of all judgment- from myself and from others. I followed whatever my heart told me to do. I set out in search of a teacher who could explain the tones and music I had heard for a long time while doing bodywork and had

been afraid to sound. I listened to the voice I heard inside that told me there was a secret about sound I needed to remember.

I was led on a journey where I encountered shamans in this world and beyond, and experienced and came to understand in detail how energy works on all levels of the body. This is the story of how I discovered that the only thing that is important is love, and **you** literally **are** love. There are many who know this already, and there are those who have forgotten. The crystal heart is the seed of love in **each** heart that connects us all.

This book speaks from my heart. It is the best teacher I know. It carries the voice of my multidimensional soul that is whole; it is Truth. I received the information within with the help of Light Beings who contacted me at different times to help me find my way along my soul's path, and with messages specifically for the book, that is tied to my own purpose.

Gaia, or Earth, spoke often to me, through songs without words that carried more powerfully than words ever could her essence, her feeling. When her song stopped I had a clear knowing of the message it carried. Eventually I began to speak with my personal angels and the Archangels. Isis, powerful Egyptian goddess, was one of the first Light Beings I had a conversation with and asked questions of. I heard from others as I opened more and more to the ease of speaking with Ascended Masters, powerful teachers and healers who were once on Earth. Some I was familiar with and others were new to me: Mother Mary, Kuan Yin, Kuthumi, Saint Germain and Sananda Jesus. Rumi, Sufi mystic, guided my writing at times, and much later sounded through me chants and his songs of ecstasy and anguish.

Crystals gave me messages. I am not Christian, Buddhist or Hindu, although I honor their deities. I am none of them and I am all of them. Like all life, I descend from Shiva, Tantric archetype of the masculine principle, Absolute Consciousness, or God, and Shakti, epitome of feminine power or Goddess, who shapes divine

consciousness into form. United they are Source, they are Love, the most beautiful light that glows in all of our hearts.

The religion of each one is the attainment of his soul's desire; when he is on the path of that attainment he is religious; when he is off that path then he is irreligious, impious. -Hazrat Inayat Khan

At times some words are capitalized that are at other times in lower case. This is intentional so that the words may carry greater or lesser importance according to their place in my story.

introduction

The purpose of this book is to pass on key truths and practices to help you remember who you are and why you are here. This information is especially helpful for moving through the transformation of Earth at this time. The truths that were shared with me are so essentially simple that many ignore them. They are keys to freedom and literally dancing with Spirit- the essence of creation.

1. Love is the vibration of creation.
2. Your voice is the key to harnessing the power of the cosmos.
3. You are already all you are supposed to be and aspire to be.
4. When you simply Breathe with awareness you are supported by Spirit.

At the beginning of 2008 shamans told me during lucid dreams that I would write a book about the secrets of story, song and dance. They continued to contact me from time to time in the same way with messages that led me to an increasingly deeper understanding and experience of these arts.

How the book unfolded was not how I expected. I have always known that it would come easily, and that I wouldn't have to worry about the process of writing it. My personal gift *was* the process of writing it. I had to experience and to live the truths they told me, and I did not receive a new one until I had mastered the current one. The writing of the book became a literal remembering for me, a remembering of my greatness. The writing of the shamans' truths flowed easily as I became their truth. It happened as I began to experience my own light and to communicate with other Light Beings. As I remembered how to speak with them I remembered how to also be a being of light and love.

I received fragments of information a little at a time. One of the first was that I had a crystal light in my heart that connected me to Source, also called Creator or God, and that all the information and wisdom I needed would come from my heart, and not by thinking. I felt this truth in my soul and often whispered to myself, *think with your heart*, whenever I was in a place of discomfort and uncertainty about where I was headed or how to make the next step. I applied the words I received from other realms literally. I let go of the logic and facts about my situation, whether it was related to a lack of money or an inability to see beyond an obstacle, and instead simply looked for how I could be love with everything I did in the present and how I could give whatever I had to share. Communicating my experiences to help another grow created magic.

It opened me to an ever-widening circle of friends and created a stronger stream of light that filled my heart. The more I gave of myself, the more grace I received from Source and from the many Light Beings who were simply waiting for me to ask them for help. They told me that I had been a messenger of the Light for many lifetimes and that it was time to remember that I was one of them. It was time to remember how it was when I first came to Earth full of love for her ocean and land and excitement for my purpose here to spread the light that I was. They showed me the crystal temples of the ancient civilization of Lemuria where I sang tones of light and afterwards in Atlantis singing the vibration of love into crystals to pass on the light. They sent me a messenger to remind me of the lifetime where I was a leader as Queen Elisabeth I and her lessons. They brought me to a place and time where I led a sacred ceremony, dancing and trancing to the drumbeat in the Amazon. They reminded me again and again of how I used to dance with Spirit in all that I did, and helped me to remember that I had chosen to come here to Earth at this time to assist with the Great Remembering of all beings.

I had to live this book. I had to start by sharing my story with

others: I had to share what I was personally experiencing in my life: the challenges, the lessons, the gifts, the joys. Next I had to literally sing my song every day. I practiced toning, overtoning, mantras. Eventually I simply sang my soul tone every day. This is how I learned exactly what sound does to the body and psyche.

When I had mastered the art of song and could sing the essence of my soul I was told it was time for me to dance. I then literally danced each morning, until I was singing and dancing only to the music of my soul's songs and saw the beauty of the light patterns they formed within and outside of me.

You are a Great Being. The purpose of this book is to help you remember your truth, to help you to follow the desires and wisdom of your soul. These carry you towards your own purpose and what I believe is our greatest wish: to live fearlessly as the lovers we are.

**winter
solstice**

a new day dawns
and I am a new person.

this beating in my heart
grows stronger each moment.

I
explode
now

rivers
run through me

flowing, fluid

Free

shamans' legacy

a shaman co-creates his or her world
a shaman communicates with all of creation
a shaman helps those who are lost in the darkness

Story, song and dance are ancient shamanic practices that have been carried through the centuries by those who remember to help guide souls that have lost their way home. Together, they form a tripod to balance us through energetic shifts in our physical body, emotions and mind. They nudge us back to harmony so that our bodies that are made of light become clear channels for the perfect vibration of Creator, or Source.

Resonance is the quality of a vibration to amplify and prolong the same vibration in another object or being. When we resonate together in harmony, when we express from our heart with story, song and dance, we embody love.

All of creation is made up of vibrating energy– essentially light. Everything has a unique vibration; this defines its shape. Even emotions we can't see have a waveform. Your unique vibration is harmonious when the vital energy that gives life to your body flows easily through the meridians, chakras and the auric field. Each system is responsible for the minute physical functions of the body to the workings of the psyche. Stress creates disharmony and can block the natural flow of this energy, experienced as dis-ease in body, mind and/or soul.

Our body is a mandala, a physical manifestation or map for our soul. It cannot lie. If there is disharmony in our heart, if we are not living our truth, we will eventually experience disharmony that will be visible somehow in our bodymind, whether it appears through physical pain or disease, allergies, emotional suffering, addiction, depression or other mental disorders. In the same way, when we do not honor our human form disharmony will manifest that will eventually affect the peace of our soul. This means that for wellness we must take care of ourselves on all levels. The water and food we ingest has a vibration, and the better the quality, the higher its vibration. Rest and emotional care are equally important. Giving and receiving compassion and loving touch contributes to the health and vitality of our being. Most importantly, our state of mind

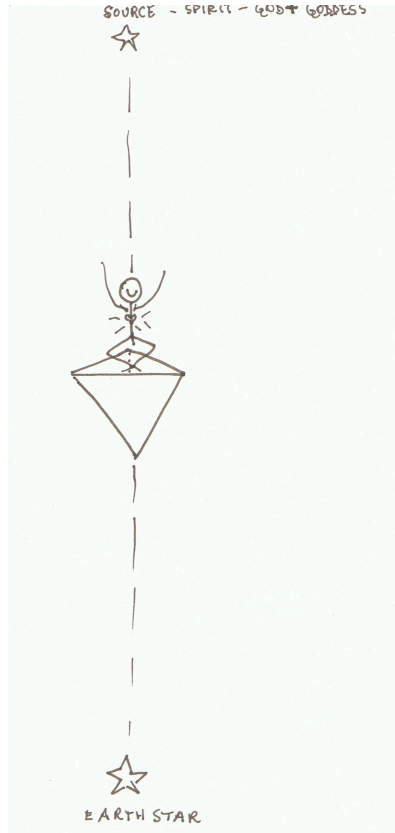
creates the thoughts that shape our reality.

We are made of the same energy as the stars. We hold within ourselves the immense power and perfection of the cosmos. The secret to accessing it is to resonate with the vibration of creation. In order to create a reality that reflects and celebrates our innate beauty and strength we need to connect with the true self, that is free from all limiting perceptions. When we know who we really are, then the reality we shape is one we love.

Love is the vibration of the crystal heart. It is at your heart center and is your connection to the essence that connects all creation. It is what I call Spirit, others may call Creator, Source, God and Goddess. It is the origin of all that is, in all dimensions. This vibration that your crystal heart holds will guide your soul and remind you what you are here to do.

Story, song and dance are sacred arts. Stories are how wisdom is passed down from the spiritual realms and to each other. They help us to see other realities that free us from limiting perceptions. When we sing we hear the voice of our soul and see our true beauty. When we dance we allow our soul and its songs to fully take over our body, to illuminate it and direct it. We resonate with the vibration of ecstasy and our light bodies bridge Earth and Sky. We become stable anchors for the light of love on Earth.

When story, song and dance are part of our daily lives, they literally create a stable structure, like this tripod, to hold us upright during challenging times and maintain our connection to the greater energies of Source and Gaia-Earth.



These practices are also shamanic healing arts. Until we have found our way through our challenges we can use them metaphorically to guide us through the patterns that have trapped our souls and to navigate our way back to harmony.

i am breaking open
and locked inside
are treasures unfamiliar
each new discovery a clear note
creating a song
i dissolve into.

i am breaking open
there is too much inside
for this body to hold
i spill out
and each atom sings its note
a perfect melody

story

When we hear another's story, the part of ourselves that resonates with feeling breaks a wall, creates a bond, teaches a lesson, unlocks a memory. The beauty of a story is that it gently emits rays of light that beam in every direction, offering a window for each and every person who hears it. Every story touches each one of us in some way: through identification, denial or even critical judgment. As more of us share our stories more awareness comes to light.

One person's story can unlock the grief of many, through resonance, so here is one I share with you.

For a long time I feared I couldn't tell others what I felt or explain why I needed to travel so much. I was afraid of judgment, doubt, ridicule and worst of all that I was not strong enough to maintain my own truth and clarity when confronted. So I kept to myself and followed where Gaia called, despite the difficulty or apparent illogic. The truth is that she led me to places that always restored me and replenished me, and I grew stronger. The tiny light that was always in my heart, that light that never allowed me to give up when I doubted myself, abused myself, hid from myself, and even hated myself, that light continued to grow stronger. Finally there came a time when I was so sure of Gaia's voice I never doubted her. She was leading me further from where I was, further than I had ever been, and others began to notice. They were curious about what I was doing, because they saw my light, my faith. I knew I was strong enough finally to tell them the truth: Gaia spoke to me and I listened, seeking the places where she held vibrations that would nurture me. People wanted to join me. Some part of them sensed the truth. They began to support me and wanted to learn how to hear the voice of the Earth Goddess themselves, and also the voices of Creator and other Light Beings.

My story is about listening to my heart's song and following her guidance through the most obscure and despairing times. These are the times that taught me all the things I needed to learn so that I could see the illusions that had obscured my soul's path and how to dance along it now.

The writing of this book is part of my heart's song, to tell you that there is a voice within you that will never be silenced, even if you think you have drowned it out forever. It's still there. You just need to remember how to hear it. Listen with all of your senses. If you are reading this book you are ready to listen. You can trust yourself.

One of the first messages I received was, *think with your heart*. It is from your heart that you will receive messages from the Wise Ones because this is where Spirit lives within you. It resonates with love, and will get stronger the more you allow it to open.

When you are lost take refuge in your heart. Ask what it yearns for, what would most comfort or excite it, and listen. When an answer comes, with a thought, word or image, no matter how faint, follow the sign. This is a porthole, a gateway to the light. Don't hesitate, don't doubt. As you are about to break through to a new level there may be lower energies that will attempt to hold you back. Have courage and follow the directions of your heart, as unreasonable as they may seem. These are the signposts to the place you yearn to be.

One day I awoke with a strong call to visit one of my favorite places, an island close by. Although I didn't think I could afford the time or money to go and stay overnight I could take a day trip there and back, even if this didn't seem logical; I would almost arrive, then need to take a return ferry. I did this. The simple excitement of going somewhere and getting off the land I was living on changed me. I spent the day in the open breeze, allowing my thoughts to flow like the water that surrounded me. I was so happy on the ocean, knowing that for hours I could simply be, allow my thoughts

to drift, stop thinking, working, worrying. I received the magic the island always gives to me, however short a time I was there. I returned in the evening sparkling with excitement and appreciation for the unlimited potential I found by allowing myself to break with routine and just be, and the vital energy I received from the sea and sun. The happiness I was at that moment created an immediate difference in my life. I contacted a musician to collaborate on a new project that is an important part of my path now.

The essence of Creator that lives in your heart knows your soul's journey and understands your weaknesses and strengths far better than you do in your thinking state. It knows what you need to get you from one stage of seeing to another, how ready you are for sudden leaps and when to gently nudge you along. The sooner you start to listen the sooner your suffering will cease: you will stop fighting your true spirit and it will rise to embrace you. The sooner you set down all the defenses you have been dragging along with you, the sooner you will glow in the magnificent beauty of your own light. All creation is fundamentally perfect. It is the human ego that distorts this reality. When you escape from your misperceptions you see the beauty that you are, always. Listening to your heart shows you how to escape, how to return.

All of us have parts of ourselves we may not want to share with others. Parts of ourselves we may not want to even remember or acknowledge. When we can tell their story, even to ourselves, the chains of a thousand lifetimes will be released. You will feel your body lighten and your heart expand.

The truth is that we all have a special place here on Earth and no one else can fill yours the way you are meant to. The truth is that your story is special, and in sharing it you will connect with others. You are not alone. There is someone you will touch by opening yourself and with each person you touch your own light will shine brighter. This is how resonance works.

When you share your dreams and passion you inspire others to

follow their own heart, and they reflect excitement and encouragement back to you that accelerates you along your path. When you tell your story you begin to know yourself, to discover your dreams, to find your purpose.

Stories also tell of being lost and the ways we've found our way home. When we share our stories and ourselves we help others to see the way. If only one person remembers the way, that is enough.

I have been shown that we carry all Great Beings within us, for we are One energy. They reveal their faces to us at times when we need desperately to find our selves and our own power. That is their grace. They allow us to share their space and to merge with them.

When you see your own grace, you will do the same for others.

This is just how it is. That is why if only one person remembers the way, that is enough.

winter

ascetic, yogini
student, teacher

unloved

unloved

unloved

I die with my judgment

duality extreme

light and dark

beauty and beast

this is me

lazy, relentless

indulgent, tireless

self-abusing

human

beauty becoming

the Beatles are playing
and the ocean's breath
traces secrets in the sand
my thoughts are fighting
i'm looking for my truth
amidst their rubble.

the sun is leaving
my wine is warm and red
this moment can be lovely
have I changed so much
will I befriend my ugliness
and let myself free?

slate sea
purple sky washed pale with twilight
crimson kites dancing wild
wine glass empty
but for one sip
what do I wish
before the first star wakes?

there are words
and feelings
and ideas
that so want to be voiced
when i'm tired
of cigarettes
wine
coffee
and the snacks my mind craves
maybe then
they'll be allowed out

dog at my feet
i'm not alone
sand etched with foam
wiped clean again
and again
why can't I let myself
be so?

what am i to do
caught between
wide open seas
and the cold slate door
your eyes become
as quickly as winter clouds
across the white fire of the moon?
please tell me where I fit
if there is space for me
on the shelves of your life
otherwise I will go
I will not drift like a hungry ghost by your side
life is too precious
and I am too bright
to lie waiting in the shadows
cast me aside
and i will dance into a million stars
one way or another

song

Your song carries the truth of your being. All sound you make that comes from your heart is your song. This is your authentic voice. It is your song that will free you from the illusion of separation and suffering and link you to the infinite support of creation. Your song expresses your light within and your song is your lifeline back to it. The voice has a power that has been forgotten, and often abused by ignorance. The truth is that you literally shape the light that you are made of into physical form with the sounds you make. The vibrations you create through your voice in turn shape your environment. Creation stories throughout the world tell of the ability of the voice to carry consciousness into manifest reality. Consciousness is God. Sound is Goddess. Their child is Creation. This is why in the Mayas' wisdom teachings the First Noble Truth is to be impeccable in word.

Your song speaks your truth. Your songs carry the secrets of your soul and when you allow your authentic voice to come forward you break through false illusions formed by your ego and see your true beauty. We long for this.

Addictions block the truth of your soul and your path. Fear blocks this truth. Emotions are just waves and addictions are how we run from them. When you allow yourself to ride the waves, to feel and allow that feeling to be expressed through your voice, you are singing your song. If emotions are trapped inside they prevent the clear flow of vital energy through your body. When energy does not flow freely, dis-ease manifests. All emotions need to be acknowledged through the breath for harmony to return.

i'm back again
happy to see you
until you start to act
like you did before
and i can't believe
you mean what you say
when you keep finding reasons
to stay away
even though you act
like you love me too
the next day it seems
i'm an almost stranger
so here i am again
having coffee and toast
pretending there's not
a volcano erupting in my chest
and sealing it up
with baked bread
i think it'll hold
to the stone i keep there
for times like these

the heart, *jai jai*

inside

lie mountains of pain, oceans of love
without each other she's only a stone
it has taken lifetimes to feel her sorrow
starving bingeing intoxicating
running working fasting meditating
so as not to feel loneliness darkening.
sadness pushes in anyway.
so weary, I surrender
what a sweet spring flows
and gently bathes her wounds

Simply feeling with awareness can give us the intensity we seek from substances or experiences. Allowing ourselves to move through our feelings instead of avoiding them leads always to the inner calm we crave. Our desires are keys to what our soul is longing to express. Non-attachment to the outcome of our desires is freedom; self-mastery brings you to this place. Here you know you are love and you embody it. Your voice is the most direct way to this place.

Your voice carries your true sounds and clears space for your soul to shine through. When you feel lonely and your heart aches, your cry is your song. When you love, and express it in words, sighs and laughter, this is your song. It illuminates you and spills out to touch others around you. When you despair and call for help this song is heard and links you to the Light Beings who regulate the heartbeat of existence. They respond to every call for help, although you may receive it in a different form than you might expect.

The more often you sing your song, the more consistently you free yourself from the tangle of your thoughts and emotions and the easier it becomes to move in tune with your truth and to dance with Spirit.

Your song connects you to the essence in your heart that is the vibration of Source; your song will bring you to your true nature that is perfect, that is beautiful. Your song is a torch that points the way from darkness back to the light. When you really hear yourself you will begin to understand and to know yourself. When you are singing your song you will find it much easier to step away from self-destructive patterns. You cannot sound authentically without being aware in the present; self-destruction comes when we hide from our truth.

Every day take time to sound and listen to the songs of your soul. Literally tune into your heart and listen. What has been suppressed, denied? What accomplishments and joys long to be acknowledged?

If you have a voice you can sing your song. All it takes is a breath, and allowing that breath to come out with a sigh. Bring the

next breath a little deeper into your heart, and allow a little louder sigh to emerge. Accept whatever sound comes forward, even if it is silent at first and only the breath. Keep breathing and allow your sigh to turn into whatever sound your heart wants to make. Don't be afraid to feel. Often we need to clear away the weight of grief, pain or anger before we can hear our natural vibration. Let your soul carry you to harmony by allowing whatever sounds need to be uttered.

You have begun to sing the music of your heart.

When you find yourself heading in a direction that is not inspiring, when you find yourself in a place you no longer want to call home, keep singing. This means, if you are unhappy, don't shut down. Express the sorrow, the pain, the fear; don't run from it or stifle it. When you have grown tired enough of your suffering you will begin to listen to your voice that speaks your truth instead of following the illusions your ego projects.

When you have made your way to the light don't stop singing. Your songs of joy build your real home. They send waves of love into creation and sew you into an infinite network of beauty. These songs create ecstasy as they shape your being.

When we sing with joy together we resonate with the creative force to anchor a stream of divine light on Earth. All cultures have used this magic for centuries to strengthen and unite their communities.

how to sing your soul songs

Sacred song is any sound the voice makes with love. Self-love is allowing your naked voice to sound. This includes spoken words, chant, and songs without words– your unique tones.

Each minute particle of energy within us contains the blueprint of creation. Just as we cannot deny a part of creation– cut it out of existence, we cannot deny a part of ourselves. Your authentic sound, or voice, emerges when you love yourself and allow yourself to express honestly in the moment– to yourself and to others. It breaks through self-created boundaries and links you to the never-ending love of all creation.

To start, take a deep breath into your heart, exhale with a sigh. Take another, and let the sighs turn into a sound. You can ask yourself, *who am I*, and listen to how your soul answers. Set a timer for 15 minutes and don't stop until it is up.

You can also use this exercise to answer questions you might have. Phrase the question, such as: what am I searching for? what do I need...to see? ...to let go of...to open to? Ask to discover your soul's greatest wish.

Visualise a light like a diamond in the center of your heart, connected to your multi-dimensional soul throughout the cosmos. Focus on this diamond, your crystal heart, and allow whatever sound needs to be made in your heart until it can resonate clearly, until you can feel your breath move fluidly through your heart center. Voice whatever words may come. The most important part of this exercise is the allowing of the sound that comes and not controlling it, not trying to make it sound melodic if it needs to express its hurt first. If it is silent, allow this. Continue to focus on the breath. Sing your soul song in this way and you will be enchanted by the tones that emerge later.

The Persian poet Rumi wrote of a field:

*Out beyond ideas of wrongdoing and rightdoing there is a field.
I'll meet you there, I'll meet you there.¹*

Your crystal heart links you to your twin soul in the cosmos, or your true essence. Your twin soul is the field for your song. It is the witness without judgment to your song. Your authentic sounds reconnect you to your truth and beauty that extends beyond this dimension.

In quantum mechanics it seems that the act of observing determines the way light shifts from a wave into a particle to create form. Perhaps the energy would express as a wave or a particle or both without our intervention. By observing we can create conditions for phenomenon to manifest. In the same way, awareness of your twin holds space that invites your songs to come forward.

You can try sounding with a friend sitting opposite you as your witness, to create the singing field. Once you have truly sung the songs of your soul and felt them, you will be able to sing them again without a physical witness; you will know your true self.

I thank Chloë Goodchild (www.thenakedvoice.com) for introducing me to this practice.

¹ from Rumi: The Book of Love: Poems of Ecstasy and Longing. Translated by Coleman Barks, HarperCollins: 2003.

my heart's breaking again
and i'm torn
between numbing out
and going under
i know that dance
and i'll just find myself
here again next year
so why not jump out
let this tender heart rip in two
and let the blood flow
maybe she'll mend
so a prettier melody
will beat inside

i'm running
and running
and running
and running
from myself
and back again
will You still be there?

paint me a story
in gold green and violet
sing me caresses
raspy and smooth
feed me fire
and dewdrops
and I'll touch you
with sunshine
straight from my eyes
but first build me a song
only build me a song
to hold when you're gone

to sit with Spirit
the comfort of an old friend
the warmth of a fire
the beauty of a starry sky
the intensity of my heart
holding, holding
until my breath spills out
in notes that
paint light patterns
that dance and shimmer
in ecstasy.

now

the dolphins are singing
their siren songs
of child's play
to bring us back
to crystal awareness
of
Love.

we are only Love.
dissolve, connect, disintegrate
castles in the air
with rainbow
lasers
only
Love.

breathe
sigh
breathe again
and sing your heart song
this is
all there is
Love

toning

Toning means making sounds using the voice, without the structure of specific words or meaning. It is instinctual, individual expression through the voice. Each tone, or sound contains within itself vibrations, called harmonics or overtones that continue into infinity. They bridge dimensions and link us to the world of spirit. We don't usually hear them, but just as a prism fractures pure light so that we can see all the colors of the rainbow, certain instruments create audible harmonics or overtones such as singing bowls and the didjeridu. Whale and dolphin songs also sound them. These sounds are inherently healing because of their perfect proportional structure.

We can produce audible overtones by learning how to alter the resonant cavities of the body to create bell-like sounds simultaneous to the lower fundamental note. These harmonics or overtones are the component parts of the one note that are filtered in such a way that they become louder than the note itself. When we tone them we cut through tension and create harmony in the molecular structure of our bodies and the space around us.

sanskrit vowel sounds

I (ee) crown/7th chakra (*Sahasrara*)

and 3rd eye/6th chakra (*Ajna*)

clears the mind, harmonizes the hemispheres of the brain, stimulates the pituitary and pineal glands, intuition, and resonance with absolute consciousness

E (eh) throat/5th chakra (*Vishudda*)

releases neck tension, stimulates the vocal cords and thyroid, frees self-expression, communication and creativity

A (ah) heart/4th chakra (*Anahata*)

stimulates the heart, lungs and brain; opens to feelings of love and compassion; a tone said to open the entire body

O (oh) solar plexus/3rd chakra (*Manipura*)

influences the diaphragm and liver, stimulates digestion, stimulates vital energy and personal power

U (hu) sacral/2nd chakra (*Swadhistana*)

and root /1st chakra (*Muladhara*)

helps to ground and stabilize one's energy and regulate emotions; also supports elimination & reproductive systems

There are systems with different sounds and energy center or organ associations than what I have listed above. It seems the focus of attention on a corresponding area when making the sound influences its effects. Most important is choosing an established system to follow that feels right to you. This one I have found personally beneficial and widely accepted.

mantra

Mantra translates from Sanskrit as 'freeing the mind.' A mantra can be a single syllable or a verse. Mantras are often chanted in Sanskrit because the syllables of this ancient language closely match the natural vibrations of Earth. Like audible overtones, mantras create ideal frequencies. They hold the energy of a specific deity or aspect of yourself that returns you to harmony. Mantras literally build a stable, geometrical structure of light that safely holds you as any lower vibrations are expressed and transmuted through your voice.

Om mani padme hum is a well known mantra that may be sung for peace and harmony. Yoga instructors, spiritual teachers and a growing number of recording artists may introduce you to others.

Mantra can also be any phrase, poem or song you write that expresses your true self. You can sing it in the same way as traditional mantras, chanting it over and over.

Take some time when you are feeling relaxed to reflect. What do you love? What makes you happy? Make a list of words to describe them, and from this create a short refrain to describe your highest vision of yourself. This is your unique song to your soul.

A mantra you write yourself can be very powerful.
This page is for your heartsong.

writing

The wisdom of your soul can also be heard through writing. You may wish to set aside time each day to simply allow yourself to speak- to write without thinking, without criticism. First take a few moments to stretch, move, and make whatever sounds you feel like for releasing tension, beginning with a sigh, then sit comfortably. You can ask yourself:

Who am I? What does my heart long for?

Then just let your pen move.

Some messages from my heart that came to me this way helped to release emotions I needed to express, and others offered wisdom that proved valuable to me.

spinning
spinning
turning
whirling
like stardust
my thoughts create
castles in the spaces of my mind
and spill out onto the ground
beneath my feet

THERE IS NO JOY
WITHOUT SADNESS
THERE IS NO BEAUTY
WITHOUT BROKEN DREAMS
AND IN THIS KNOWING
PEACE IS BORN

I AM OPENING MY HEART
LISTENING TO ITS CRIES
LIGHT FLOWS IN

RIDING OLD FAMILIAR LONELINESS

me

broken child, sad and angry
tantric goddess, laughing dancer
sage ocean lotus blooming
open space starry sky
wild-eyed, frightened
gentle compassion gold and pink
rigid control cold alone
unyielding machine
steel caged heart
ferocious beast
kitten crying for a warm hand
self-hating addict

i want connection
my heart touched
it's hungry, and
tonight it's another
bowl of curry and rice
my stomach receives instead
lonesome traveler

I feel beauty.
I glow and sing.
i catch you watching
and kill the light.
my mask's in place
you can't break it.
this heart and mind
are steel together.
go now
the fire's gone
these embers are dead
there's no love here

eros

to taste laughter with another paint a smile on his lips
play a symphony cries sighs thundering silence
and electric quivers

do i dare
be so bold
to create such an explosion

I write yes I wish yes but a stone holds my heart
i am too timid too conditioned too afraid to see
his face close firm and crush this fragile dream

so i sit
watch the sun fade away let another day die
and my old friend loneliness comes to sit by my side

how long will it take for her to cut through my pride
to steal this wrap i wear day after day
so i stand bare before another

i sit
watch the sun fade away let another day die
and my old friend loneliness comes to sit by my side

how long will it take for her to wear away my pride?

in these fleeting moments when clarity sweeps through
the facets of my mind
and gathers all my identities like jewels
into a finely woven mandala

gratitude fills my heart

my tiredness my aching body
satisfied belly sing together
happy in my efforts and striving
my unreachd goals are sister stars

to this place here and now

i bow my head
loneliness fills my heart
this sadness is beauty
exquisite awareness

of all there is

yearning to find this emotion
in another is my now
i exhale smile softly
feel my heart beat and
taste the smoke on my breath
grief uncurls from its hidden places

a gong is waiting to be
struck, hanging in
my chest.

i
watch it

silent
sip my wine.
wish for intimacy
but remain
resigned

I'm dancing
I'm singing
I fall into light
hands that are moonbeams
reach out to hold me

still morning
I exist simply
intermingled with spirit
hear with the trees
and birds
and also beyond...

dance

When you allow your body to move freely to music you allow unexpressed emotions and feelings to release. Dancing this way leads you to your center, to harmony. When you dance from this place within yourself and allow the music to animate your body you resonate with creation. Your dance brings the love of your soul into your form. With this dance you literally move between dimensions on the harmonics of ecstasy and create an anchor for its light on Earth. As with song, when we dance with others we generate a field of great intensity, a vortex or a column of light linking the worlds.

we're apart
and i remember to dance
and drink the stars
golden light, my body
eagerly returns
hoping you'll dissolve
with me this time

how to dance your dance

Your dance is the movement your body makes to release any tension that is blocking its natural flow of vital energy. Your dance can be simply standing still and feeling the energy move through your form, it can be spinning with joy, moving erratically or rhythmically, and subtle, barely perceptible movement.

Play any music you like, and dance differently than you ever have. Tune into your physical body. Feel it completely, and simply let yourself respond to the music by expressing how you feel. Don't try to move rhythmically or repetitively. That may happen, but let it happen spontaneously, not through intention. Don't worry about what you look like, open to the possibility of moving from a position lying on the floor, of discovering where the movement will take you. Your dance is literally each moment you carry awareness to each action you do. Stillness is the other side of movement, can hold infinite wisdom.

Your dance is how you bring your soul's songs to life. Your dance is how you move through the world and respond to everything and everyone around you. It is choreographed by every gesture you make, or don't make. When you dance with awareness you create beauty wherever you go, because the true songs of your soul that you dance to in this way are uniquely beautiful harmonies. They carry a purpose of integrity and love.

Your dance is how you prepare yourself coffee in the morning. It is how you greet each person you come into contact with. It is what you choose to focus your attention on and how you spend your time each day.

i sit
sip a mouthful
of earth scented tea
look at black trees
against glowing grey
as night fades
and morning is born
all I can know in this moment
is my heart
clear as the crystal in my hand
and it is singing.
passionate and alive
embracing what is
and loving fearlessly
how blessed I am.
i bow down
in gratitude and joy

urban witch

my electric broom purrs
didjeridu and singing bowl
strapped to its side
Macbook and drum riding my back

I weave through
potholes and Beings
my spirit is singing
with clear intentions
light warriors uniting
networks creating
projects unfolding
for Beauty all around

out dancing with Spirit last night
I tried to sneak back in
quietly through the darkness
but Your stardust was clinging to my hair
and left tracks of silver light
when I tiptoed into the room
the others saw
and I smiled.

ritual

Rituals are important to maintain our balance so we don't get lost when we travel the waves of our emotions and thoughts and make jumps to new levels of being. Rituals help us to keep dancing in harmony by marking our place with awareness. A ritual can be anything you do to nourish yourself: body, mind and soul. A ritual is anything that brings you back to yourself and your eternal link to the divinity of creation: to God, to Goddess, to Source.

Make a list of things you love and that make you feel good. These are light generators. They help you to overcome challenging times that can dim your light and obscure your true beauty. These are the things you can make into a ritual, a time for you to recharge with higher vibrations of ease and light when you feel you just can't do what needs to be done or how to find your way back to the light. Rituals also create a stable home for your soul and a place to receive the grace of higher dimensions. Even when we are moving in tune with creation and celebrating life, rituals are important for honoring our selves and the beauty we are participating in.

A ritual can be as simple as playing and enjoying a favorite piece of music. It can be the moment you appreciate in solitude with your tea or coffee in the morning, or the intimacy you share with a friend each weekend. It can be making time for the flowers you love to look at, watching the sunset or running, walking, gardening...

Ritual helps to develop and maintain both self-love and discipline; both are essential for living with freedom. When you love yourself enough you will naturally develop a lifestyle that supports and nourishes you on every level. Discipline is required to get us to that place.

Think of at least one ritual to do that you enjoy and that will nurture yourself: daily, weekly, monthly, each season, each year. The more regular you can keep the timing the more it becomes a habit, and the more easily it becomes a part of who you are.

sitting here
a tendril of steam rises slowly
from the teabag on the table
morning sunlight reminds me
of who I AM
and i soften, smile
and let go of the worry
of the morning

the sun burns warmly
singeing the residue
of morning rain
peace fills my heart
i cloak it in pink.
the day opens
as vast as the sky

discipline

It takes discipline to keep our dance graceful and in tune with our soul's songs. A spiritual practice is essential. A spiritual practice is anything you do that restores and strengthens your connection to all creation. This is your source of vital energy and this is your key for connecting with the wisdom of your heart. Be open and cultivate courage and patience to fully experience what your practice has to show you.

cultivating discipline

- commitment

What can you promise to do for yourself that supports your wellbeing: physically, emotionally, mentally and spiritually? For one day? Daily for one week or a set number of days per week? After one week re-evaluate your practice and make any adjustments that feel needed. Commit to it for a pre-determined number of days that feels right to you. Twenty-one is a nice number to work with (the number of days it takes to build new neural pathways in the brain). After that make adjustments that feel right and decide when next to re-evaluate it. Learn to discern between self-indulgence and evolution by committing to pre-determined goals for a set amount of time. Only then allow yourself to revise your practice to support your self-development. The more you learn to trust your inner voice, your intuition, the easier it will be to identify the spiritual practice for your current stage of evolution. A teacher is helpful for beginning.

- the law of the void

It is the nature of creation to fill a void. Clearing and facing what you have avoided or ignored is essential. It creates an immediate opening for what you would like to replace it with. Likewise, it is helpful to substitute a positive habit to replace one you may want to let go of that no longer nurtures you.

- support

Tap into the energy and support of the cosmos. Your environment is important and spending time with people who uplift you also helps to strengthen your self-discipline for creating the changes you wish for. Surround yourself with positive vibrations (people, places, nutrition, nature, music, smells, objects, pictures...).

Know yourself. Identify your strengths and weaknesses and create a way to support your highest vision of yourself. Set-up a structure that includes whatever resources you need to minimize temptation to weaknesses and provide the kind of assistance you need when you need it. Start by listing potential sources of support.

Ask for help. If this feels too difficult, do something for someone else. This helps break through isolation and restores your connection to Love: life energy.

driving home tonight
my bike cuts through
shadows of the half moon

garlic and wine perfume my breath
warm against the steady rain

I Breathe night air

silver pellets strike my skin
my senses sing their delight

resources

This book was written to reveal the literal secrets of story, song and dance and to share ways for applying them metaphorically in your life. It is my wish that it may awaken the spark within you to continue on your own path, to discover and practice them in your own way.

While exploring these and other practices on one's own is encouraged, in order to fully experience the potency of song and dance, or any other sacred art, such as yoga or tai chi, I suggest learning a foundation from someone who has studied and mastered their area of specialty. There is a special resonance and transmission that may occur between teacher and student that other methods of learning cannot replace. I met different teachers at each stage of my journey. Each shared with me something different about sound. All contributed to my personal discovery of its secrets. There are many different teachers, each with different methods and styles. I encourage you to trust your intuition and look for one who may inspire you and lead you to the master within yourself. There are many paths. Follow your heart and try what most excites you. Trust that you will receive what you need at each step along the way.

each moment holds within it
a kaleidoscope

we turn it often to the same setting
or never at all

this is our loss.
there are so many wonders

waiting for us
to simply see

there is a burning
gentle and steady
that far outshines
a wild blaze.

i have glimpsed
in the horizon of your eyes
a place of exquisite beauty.

how far and
how difficult
the journey to get there?

are you able to take me
to that place
you have only dreamed of
but know exists?

love

Love is the stream that binds life and from its breath all things grow. Love watches over you, like a golden star, always. Love breaks in a million fragments of crystal light with the shared laughter of a friend and when the surface stills love is the eternal echo in the silence. You are love— you can never be without it. It is the essence of your energetic make-up. It is the only creator there is and the only home you will always have.

Breathe and allow yourself to embody the luminous beauty
that you are. This is all that is real.

there is a sadness inside
an ephemeral veil drawn tonight
the soft rain and frogs' chorus
cry the tears misting inside
i taste their delicate flavor
explore melancholy's edges.
before i can finish
the veil evaporates
and a star pierces the night

It is only by sharing with others that your individual treasures have any value. If you don't share your beauty it will dim; you need others as much as they need you. When you offer something of yourself a spark is ignited. This is the resonance of love.

For all its gentleness love is the force that will move mountains, destroy demons, shatter illusions and snap self-imposed chains. It is the only force that can break you apart when you need it and restore you to perfect harmony in an instant.

Bow down before love. It is your guide. You have love. You are love. Trust yourself. Love yourself.

Do not turn your back on love when you have been asking and it comes your way. Live each infinitesimal second to the fullest, with love. This is why you are here. These words I write not just for you. They are my soul's song to myself. For so long I was afraid to risk the hurt of rejection, of betrayal. My self-judgment did not allow me to place myself in the vulnerable position of judgment by another. I have lived with regret for the times I met soul mates and fled in fear from the sharing that might have been. I have lived with great loneliness and I have learned to choose risk over regret concerning love. It has, and continues to open me and bring more and more magic to my life.

To love is to risk. It is to be alive. My journey has revealed that the future I dream of is created only by living fully in the present. I had the gift of revisiting and understanding past life lessons so that I could move into the present. I traced lifetimes, until the greatest fear I discovered was that I would abuse the power I knew I was, that I was afraid of trusting myself.

Angels helped to create the civilizations of Lemuria and then Atlantis. Over time they forgot Truth and developed an ego like the humans they had come to share their knowledge with. This led to confusion and actions that were not aligned with their soul's highest purpose. I was one of these angels.

I forgot my divinity and my ego contributed to the destruction of Atlantis. I carried the vibration of shame through lifetimes of reincarnations where I was abused, tortured, betrayed. This created my mistrust of others, my inability to risk love, and loneliness. My reincarnations carried still my vibrations of light. I was a shaman and healer in many cultures, I was a nymph, an oracle, a princess, a priestess, a poet, a queen, a philosopher...

Many times I was killed for who I was and learned to be afraid of revealing my truth. This lifetime my healing journey taught me that it is safe to be who I am. I was shown how to release the vibration of fear that had imprisoned me for so long: the fear of my own greatness.

I suffered more trying to protect myself from my fears than I would have by facing them from the beginning, but I wasn't ready to then. For me, my journey was exactly as it should be. It led me where I needed to go to **free myself**, and also taught me what I needed to learn in order to teach others. This is part of my soul's purpose: to show you that You are perfect right now, and always.

I was given the lessons and assistance I needed to transcend my self-created limitations, to retrieve all my soul parts and to return home to the light and love that I am. What I see is that love simply has no limits. And we are played by love. That is the whole point of the game: to love as utterly and completely as we can.

i have waited my whole life
for a love such as this
upon discovering it
i can only breathe
in the wrenching
beauty of it
that is not mine
but that shimmers like a mist
around me

there is no place
greater than where i sit

no journey more mystical than the one

that beckons just over
your shoulder.

in your eyes
i see the stars

this is where i want to go.

in the shell lies a kernel
that yearns to see the light
in this love
lies a sword, hidden
that i've seen flashing in the light
i lie before it and surrender

the crystal heart

You are in your dream. You are living it now. Stop looking for it, trying to perfectly craft it, take a deep breath and let go. The answer to what you yearn to find, the most valuable wisdom you seek, is that there is only you who has the answer. Everything is in the crystal light of your heart. Never stop dreaming. This is where your dream originates.

Our bodies are made of water. Water is a hexagon crystal that receives and emits energy. In this way we are like crystal, and just as water is so very important to our health and to our planet, to Gaia, we are vital to each other and to Earth. Like water, like crystal, we communicate without words, and we are touched by and affect all that we come into contact with simply by our energetic vibration.

The heart has the largest electromagnetic field of the body. It emits and receives most strongly the fundamental energy of creation—love, and it affects creation more than anything else. The perfect frequency of love restores divine harmony to our DNA, to our molecular structure, to our etheric template and to our auric field. This vibration is brought into our bodies through the breath and awareness anchors it. Every breath is a prayer. When you connect with your heart center, when you allow your heart to be your master, you resonate with God, Goddess, Source. Your voice can utter only music—sacred sound, and your actions can only be graceful. Trust in your heart and your whole existence tells its story through song and dance. This is how we are meant to live.

Do you remember? Life is a dance with Spirit and the songs of your soul lead to the center of your heart. In her stillness all the secrets of the universe are found. They are held in the crystalline seed of Source that is your homing device while you are here on Earth. This is The Crystal Heart.

how to activate your crystal heart

- Place your hands in prayer position at your heart, in *Angeli Mudra*.
- Picture your crystal at your heart center.
- Visualise a stream of light beaming down from Source, flowing through your head, to your crystal heart.
- Let it radiate inside, then continue down straight through to Earth, to Gaia's center.
- Picture a stream of light flowing up from the heart of the Earth through your crystal heart, and then continuing straight up to Source.
- Let this light from Earth connect with Source, then return through your twin soul in the cosmos, through your head, back to your heart and straight through to Gaia's heart.
- Bring your awareness back to your crystal heart.
- Feel it vibrate.
- Let it sound.
- BE FREE.

e.letters

with Michael

[T] I am going to visit Istanbul after Prague and would love to connect with you while I am there. Ever since you mentioned the *Hagia Sofia* it won't leave my mind, and I find myself more excited to go there than anywhere else. I have to listen, although I think it is a sign for the greater energy of Istanbul. I plan to be there around September 25th for a few days.

[M] I will probably be in Seattle and may not get back to Istanbul at that time. You are most welcome to stay at our place regardless.

[T] Thank you for your generous offer. I will let you know how my plans unfold.

[M] Come at anytime and stay for as long as you need or like whether I am here or not. I'd love to think we were contributing to your book in some way or form and an empty quiet apt. in the heart of a vibrant city might be of value. It would of course be nice to see you if that were in the stars too.

[T] Thank you. I am in Delphi at the moment, and the purpose of my retreat here is a remembering and gathering of oracles. It is far more powerful than I had imagined, although I had no expectations, did not know what to expect. The combined energies of the physical places, the stones and the Beings sharing their messages, the remembering I am experiencing, and so importantly the feeling of family and safety being with others who hear and feel Earth in the same way is very powerful. My book has begun as I envisioned it would be, overlooking the water, and the time in Istanbul will be very important. It is connected with the energy of the oracles and

the voicing of the Divine Feminine. This is one of the reasons I am called to Istanbul. There are others. I will go to Prague from here and make my way from there to Istanbul.

[M] I'm so happy for you! Connection with one's guides is such a blessing. May this continue. I will inform the landlords of your arrival. You will need to speak with them to get into the apartment and then once in I will have a set of keys for you on the table with a few maps and guide books that you may find useful. May something unfold which allows us to cross paths this time.

[T] Thank you. Blessings to you.

[M] I'm headed to the US this afternoon and wanted to let you know that all is in order with the landlords for you to stay here. With my current itinerary I'm not sure if I'll get a chance to see you, though I really hope that we do get to connect in person. Life has been quite full of surprises and changes in the last weeks so it's really hard to know what will happen until it does. Somehow I sense I'll be seeing you. I was in Jordan last week and discovered some old places of the earth in Petra and then Wadi Rum where I slept in the desert under the moon and stars. It was magical.

[T] I arrived in Prague last night. Funny you mention Petra and Wadi Rum. I was reading about both places in a magazine on the train last night. I will be sure to contact your landlords in advance. I will buy a ticket from here once I raise the money. I am very happy to be here. I have a workshop scheduled now in Athens. I know plans change easily so we will see what happens.

[M] A few more thoughts...In the event that you don't come, please let me/landlords know as well. You'll be arriving in the last days of Ramadan– the month-long Muslim fast that is followed by Bayram

– feasting and celebration– this will be happening over the weekend and the place will be very joyful. During Ramadan, they fast during the hours of daylight– which means the fun happens at night. In Taksim (10 minute walk) as well as Sultanamet (by Haja Sophia and the Blue Mosque) you will find tents set up with music, foods and traditional Turkish crafts. This is a must see after sunset. The Iftar meal at sun down will be made available here. Perhaps some of it you could enjoy.

[T] Thank you for this information. I think I will be able to come, plan to arrive Sunday evening. I am having a fantastic time here in Prague and hope to return in the spring. I am looking forward to Istanbul...

[M] I'm with my wife in San Francisco, which is wonderful. On the work/life front I seem to be attracting and creating conflict wherever I go– not sure what's going on but a bit of a bumpy ride. May your time in Istanbul be fabulous and rewarding!

[T] Sometimes, as I am sure you know, conflict opens places in ways we perhaps wouldn't find as quickly otherwise, for deeper levels of awareness- and therefore everything...

[M] I wanted to check in and see how you were and if all was well in Istanbul. On my end things are a bit in flux and I may return sooner if I can find a flight.

[T] It is a challenging time for me. I have had to confront surprising emotions and physical weakness the first two days here. The *Hagia Sofia* was more than I could have hoped for. Today I can begin to write. It is an interesting and very different time from the rest of my

travel. I feel blessed to be here in your home. It would be nice to see

you if it works out.

[M] I'm sorry that you have been challenged and hope that you are clearing space that will allow you to move forward. I've been facing some of my own dragons and some mild depression— so commiserate in a very real way. My current plan would be to arrive in Istanbul on Saturday afternoon.

[T] Thanks for sharing. It is interesting to hear you are experiencing similar feelings- they really did surprise me and make me wonder if we are reflecting other planetary energies, responding to a greater schedule. I also think too much sometimes so I am just accepting them at face value. It will be nice to see you.

[T] I have arrived in Athens. It was a long train ride, but a good one. I was glad of time for reflection. I believe I came to Istanbul as much to see you as the *Hagia Sophia*. I want to express to you how important your sharing with me is and to thank you. Rumi says, "Wherever you are, in whatever circumstances, strive to be a lover." I think that sums up what we were talking about: that it doesn't matter so much what the job is or where, it's about how fully you allow yourself to feel and share. I realized in Prague when talking with Sonia that I needed to be able to do this more with men. You helped me to trust and feel beyond old boundaries- it was the right time. I think that was key in our meeting. If you ever feel the need please do not hesitate to ask- even if it is just to hold presence for you from a distance for anything you want to work through.

[M] I am glad we connected. This was vital to me on many levels and I hear what you say quite clearly. I'm happy that I was able to provide something to you in return for what you implanted in me. I also return your offer and if there is ever a need, please ask.

[T] It is my last day in Athens. I have discovered much inside myself during this trip and I write for those of you who created the space that helped me to experience the feelings that were ready to be unlocked. Here is what I have found to be valuable at this time of transformation:

Desire. You have to let yourself explore your desires when you feel them. This is the only way to discover that you don't need what you think you do- by giving yourself permission to have it. Until you allow yourself what has been forbidden it will continue to take energy from you and lead you from your greatest desire, which is to love fearlessly and fully. Even if you don't yet know it, this is your real desire. The others are signposts along the way so that you can discover what is not alive within you and free the ties that are keeping you from moving into the places you want to go.

Patience is needed to allow anything and everything to come forward. Sometimes we know what we want, what we are meant to be doing, who we want to spend time with. In order for that vision to unfold into this dimension we need to have patience. There are so many factors that are involved, many that we are unaware of. Most importantly everything involves others, and they are living their own reality in each moment. What we have to do is remember that our destiny is born inside ourselves. It forms from the vibrations that emanate like cords of light from within and weave the shape of our lives into being. The work we want to be doing develops from the resonance we have with others. The more we remain anchored in our heart and love, the stronger the signal will be to attract the people and situations that will support our dreams coming into the third dimension. We need to continually return to our essence: love. We need to have the patience to love when it seems that nothing is evolving or moving in the way we would like it to. We need to love and have patience and wait for the others we believe are meant to

join us to find their own way. We need to have patience to love ourselves when we don't evolve from a state we want to as quickly as we would like. We need to have patience for the decisions we need to make to be formed into a complete picture. Patience is essential for us to assimilate all the lessons that will bring us to a richer awareness. Just like fruit that doesn't taste so sweet when it is not allowed to ripen on the stem, our awareness is not so bright when it is not allowed to absorb the energy of all experiences.

Courage. We may sense where we are heading, what we yearn to be doing, how we can best embody our gifts. Sometimes the way there seems so far and difficult. We need courage to take one tiny step forward at a time toward every fear that presents itself to us. This is the only way we will ever get there.

Faith. When you feel you can do nothing, when you feel you are alone and lost, have faith. Simply hold onto the faith that you are love and that you are surrounded by more light than you can see. This is the absolute truth that often gets obscured by despair. It is a truth that never changes.

Feeling. Only by feeling can we really be free. When we learn not to be afraid to feel we are completely free and therefore invincible. Feeling allows us to move naturally along the path that leads straight from our heart, in the direction we want to be moving.

[T] I need to share with you because we are all working together, and our remembering will be sped up by our contact, as well as our ability to use our ancient knowledge. I think my strength is in helping other healers who can then work with larger groups. I believe I help bring song and dance into the spa and healing community so that musicians and dancers can then create the stronger vibration that will inspire others.

The message for you is to just keep preparing however you can for what you feel you should be doing here. Don't get frustrated if the venues or companies you think it is meant for don't respond. Hold your purpose clear and when there is a greater organisation that is ready you are too and it will all fall into place. I hope this helps with your transition time regarding work. Also clear is that we are working together, and simply being in touch helps us along the way.

[M] Bless you my friend– we are working together. Your words come to me at a time of need and the encouragement was a gentle call to action at a time when my discouragement has had me sitting still waiting for answers. Our lives fill rapidly when there is a vacuum and it may not be with activities or things that are linked to our greater purpose. Remembering and helping each other remember adds such value as does clearing the path and preparing the way, or myself, for that which was determined.

[T] Thanks for letting me know, so I continue to trust that I am supposed to communicate and it is understood.

[M] Yesterday brought me many messages of encouragement– it started earlier with your letter on preparation and then came in a series of phone calls, emails and other similar notices– a friend who had disappeared during a dark period has surfaced. A colleague who supports me pushed me a bit to keep going. The universe wants us to become. There are those forces in me that are opposing. Addiction seems like one- our talk about this and food as one we must learn to work with and live with. My tendency has been to do without, I'm seeing that I need to shift my relationships. I like your comment on desire.

[T]...our task is ultimately to embody the vibration of personal

ease- that comes from knowing who we are and having the discipline needed to honor and embody this. Through simply being we will be able to offer this possibility to others. Trust that we will always have what is needed and that our only task is to remain centered, feel, and not lose our awareness of who we are.

What you say about addiction touches me now especially, after long times of travel. This is when I weaken. When I am so tired I eat food I do not really want. First for energy then for comfort, and afterwards I realize if I'd been strong enough to simply surrender to feeling cold, exhausted, lonely, then these feelings would have moved and I wouldn't suffer afterwards from too much junk food. The key for me is I don't have the discipline to stop at 1 coffee or a couple cookies- I will eat the whole package. If I had discipline I would enjoy the snack and it would benefit me. Everything can be medicine if used correctly. This is the fine line between desire and discipline. My addiction revealed to me my need to feel- fatigue and loneliness- that I suppress. You can have everything, and there is a time for everything. Knowing yourself and discipline are needed to be a master at living and experiencing everything. To be whole and free we actually need to allow everything, and to choose what we wish to resonate with at any given time- ideally to enhance pleasure. Ecstasy is the vibration of the gods. When you know yourself you can control your environment somewhat so as not to put yourself in a situation you know you are not strong enough to resist- that is not aligned with the wishes of your higher self- and hence stay free from addiction.

What I have found to be true: it is our choice whether each experience we find ourselves in brings suffering or freedom. If you decide to be accepting this will greatly increase your personal power. A greater personal power strengthens your discipline so that you more freely dance with what comes. If you can find and cultivate the light in everything this links you with the greater frequency of Absolute Consciousness, or Source.

*addiction - and mastering it keeps us human and able to empathize

[M] I too haven't had much success stopping at just one or at what I need, or at moderation. Often I run to tip over the edge— many times I sense that this is actually what I'm after— letting go and loss of control. My area of such behavior is more with alcohol than with food. I've also found that there is an addiction to how I feel— sometimes the remorse around my addictive behavior or an associated mood/feeling. I picked this up last week. I was drinking a bit more than usual and found that as I drank, I berated myself for drinking and felt depressed. This became clear to me at some point— which I don't actually remember (was I sober or not). In any case there was a childish provocation in me that questioned— so why do you have to be depressed if you have a drink? Stop drinking or stop being depressed, but no need to have addictive behaviors around your feelings here too! It was a very liberating moment and I've noticed more and more that I do have a choice with my feelings, at all times irrespective of my actual state.

I question one thing you say. I agree with this from a self-preservation and self-care perspective, but I do question this in the light of what you wrote regarding “desire.” Something that touched me a great deal: “You have to let yourself explore your desires when you feel them. This is the only way to discover that you don't need what you think you do- by giving yourself permission to have it.”

Do you feel that this holds true in the area of addiction too— are you brave enough and strong enough? I'm not sure on this one. Desire is such a strong motivator and engine, motor and fuel within me. I want to harness it towards my forward progress and personal development— I must say however in areas of addiction I feel disempowered by my desire. This one isn't clear to me. Your point

of staying with a feeling makes such sense, though is such a

challenge...

[T]...we are in a process of becoming- always. The most essential thing I believe is to know yourself. There are times when you know you are not strong enough to resist what your soul wants to resist, other times when you are, and times your soul chooses to receive and enjoy something. That is why I say control your environment until you are strong enough to follow through with your choice as a free spirit.

I used to want a glass of wine every evening after work when I was at the office. One glass for me was an addiction. I needed it to calm down- or thought I did. Now when I am offered wine or buy a glass on occasion I find I don't enjoy the taste- and really choose to do without it- something I never thought would happen. When this first occurred it surprised me. There are occasions when I believe I would enjoy it with a friend but that as a regular thing in my life right now I don't. I think this has happened because I have changed. My overall vibration doesn't resonate with it like it used to and I realize my body and soul feel better without it. This may change in the future, but I must honor how I feel now.

My last night in Athens I bought a pack of cigarettes, something I have not done for over a year, and had one. I thoroughly enjoyed it and felt it was helpful for what I was feeling: sad and lost. I felt as I smoked that it helped me move through my feelings with awareness and calmed me. I also found over the next couple days of travel I only partially enjoyed two cigarettes and then didn't want any more. I realized I needed to feel, and breathe. The initial one did calm me enough so that I could stay with my feelings.

I believe anything is ok as long as you tune into yourself and are aware of how you are feeling about it. Coffee and toast is my addiction now. A ritual when I sit down to write- a very real feeling of clarity and calm comes over me. Your email is very timely because as I rode to the café on full moon today to write I had

decided that I was giving up toast and coffee for three days to break the pattern it had become. And I find that today I want it, and that is ok. With awareness and acceptance I choose to delay a little longer what I know will come. When you can say no for awhile to anything you feel is not supporting your higher self you liberate yourself. I don't think it is the substance that is so bad, for we all respond differently to different things and what is ok for one is not for another. What is wrong is when we let it override our personal integrity where we don't honor what our soul wants.

I find it useful to set regular times to give up whatever is your weakness. For example 1 day/week a juice fast, or 1 week/month no alcohol. Whatever. This is called *tapas* in the yogic tradition. When you honor it you develop discipline and strengthen your connection with your higher self. The same with a daily practice: it doesn't matter what it is. What is important is the commitment to yourself, that this becomes more and more familiar. The better you know your soul the easier it is to live freely without the need for anything.

[M] Thank you for sharing this so openly with me. I have trouble speaking so plainly about my addictions due to a certain level of shame that I seem to impose on myself for being less than perfect in this regard. Your description wonderfully speaks to my own experience though my areas of weakness differ slightly. Before even reading you I was experimenting with what you suggest regarding 'tapas' and didn't have the last glass or second plate in the last few days. Thank you for staying in communication with me through email and otherwise.

[T] some thoughts...

Simply feeling with awareness can give us the intensity we seek. Discipline creates a structure to hold desire. Non-attachment to the outcome of the desire is freedom.

This is the message I received a couple of days ago: **Don't strive to be in control like you always have. Allow yourself to just be, no restrictions, no obligations.**

I found myself sleeping, cancelling appointments, living in a dream world a little- with no right and wrong, and realized that my addictions are related to a lifelong inability to rest and simply be without my mind engaged either in pleasure, meditation practice, planning, worry or at a primal level, fear. To just rest.

[M] You are fortunate to have created the space you did and been able to let go! Last night was a letting go for me and total debauch. I've been in San Francisco these past few days and the people I've been with are not healthy or emotionally stable. Indulgence to an extreme. I got caught in this energy and it ran me ragged. Today was a quieter day with a return to Istanbul coming in the next hour. I'm searching everywhere outside of myself for a direction forward and keep getting thrown into myself. Taking time as you've done seems essential and may just happen of itself, though for the moment I resist it and keep filling my days with 'must do' type things.

[T] Wherever you are right now is perfect. We all have a very unique path here, and often spend too much time thinking about where we should be instead of recognizing who we are and loving ourselves- the dark and the light. Remembering it truly is the journey that matters most...

[M] I've been sick and disconnected for a couple of days. Slept long and then not at all. Cancelled this week's trip and have been collecting what I can of myself; quite scattered. Why do we slip into depression when there is so much out there to live and die for? Fear, I guess. I'm wrestling with it and not always coming out as I wish. Like lamenting to you- it seems almost wrong and

inappropriate. Forgive me if this is so.

[T] I knew when I woke this morning that I needed to write to you. There is a planetary shift happening and it is affecting us. I have been moving through a very strong personal shift that started last Sunday. I was about to go for dinner but then felt intense energy moving in my body, all I could do was sit and observe- meditate. I spent two hours in a trance that was like bliss- light with a physical quality of energy. Then I started to have thoughts, doubts, telling me I was crazy, did I really think I talked to angels, what was I doing with sound, the path I was taking. I just sat meditating. There was so much being released on a planetary level at this time and I was feeling these vibrations. I was not grounded, and hence unprotected. I couldn't stop the thoughts- voices, so I started to use my physical voice- first mantras that created a very real space that held me safely. They literally built a stable structure connected with light points. Then I sounded my own tone which brought me finally to the vibration of my soul, and knowing in every cell its quality, beauty, path. I understood more about sound that night: that everything is out there, as vibrations, patterns and forms, and literally **when we make sound we simply choose which circuit to step into immediately**. Sound brings light into form.

Use your voice to help you stay surrounded by the vibrations you wish. It is that simple. **Ask for it**, or when you can do nothing else, sound *ah* to move from where you are trapped. Our voice is our torch through darkness and our anchor in the light. Finally sound will bring you to silence, and it is a powerful tool for navigating the feelings and thoughts that can take control.

The next day I was still shaken, feeling disorientated, a little between dimensions and still aware of other planes. I was taken care of. I was invited to dinner and I knew it was a saving grace. Friends reminded me of my need to take responsibility for staying in the light, shared experiences similar to my own and advice they had just

received: to start each day with prayer. Ask for protection and to stay in the light. I needed to be reminded of this, know its importance but don't always use it.

We talked about discipline and desire. I have come to believe that the only discipline we need is to do our daily practice, to tune into Spirit in whatever way that works for us each morning and/or more frequently. Simply greet it, feel it in your heart, and ask to be guided and allow it to work through you in your own way. We then become closer and closer to truly not wanting what will not serve us at that moment in time- whether in substance or quantity. Ask for angels' assistance to battle cravings. Moving through this shift I am eating muffins, and until today drinking coffee. It sent me over the edge yesterday for hours feeling a heightened intensity and speed on all levels and now I have no desire at all for it. As our vibrations are changed we do react differently. We need to learn how to use everything intuitively to keep us in balance at the right time. This challenging night was the eve before a small workshop I taught the next day with new clarity. When I finished my vision was dissolving the participants into rainbow light. I could not fall back into seeing as I did. The others shared that they moved through profound personal shifts with the sounding that we did.

We are letting go- it is time to remember your soul. It is perfect, luminous, beautiful. I have moved to another level and will not see myself or reality ever in the same way. The past few days I have moved into a place of acceptance for my unique way of bringing Spirit into this world right now, with this body, with this voice. I am sharing this story because it is the best way I know how to tell you that the most important thing is to connect with Spirit, with words or by using your voice to sound from your heart. **This is all that is real and it will help you.** Please keep sharing. We are guided to connect with our spirit family, and the soul clusters of light that I know keep growing.

[M] I'm searching for my heart. I know it is there, though still it eludes me. Part of me wants to be ripped open, as perhaps in this way I will find my heart and stay with it. I tend to find something of it when I get into the open water. Your descriptions of past days map to my own though with different experiences of clarity and confusion. I also substitute wine for muffins ;-) – equally disruptive. I've been waking every night sometime between the hours of 2 and 5 unable to sleep and generally find myself on my meditation cushion. I have not been blessed with visions though do find peace in these moments. Riding this out has been strange and at the same time defining. *Hayirlise* is a wonderful Turkish word (pronounced ha-ear-le-se) which translates roughly to, “may that which is best and for the highest good come to be.”

[T] I also am not sleeping during those times, and meditate...or use crystals for healing. My plans have shifted. My airline ticket for working in Indonesia did not come, and strangely I did not contact them- I realized I didn't fully want to go for some reason. The Goddess works through us to best use our skills and we have to be flexible to circumstance. I have been writing a lot as well and the rainy season here is good for that. As much as my situation is unpredictable I have never felt better about myself or my path, if this is any consolation. Through the dark there is a greater light than before. Just keep loving yourself. A powerful exercise is to send love from your heart for 1-2 minutes every day for a week to someone. It works because you have to muster up the feeling to send it- so it flows through you.

[M] ...The Goddess does work through us to achieve her aims. Sometimes we align and sometimes we don't. Adaptability and flexibility are indeed key attributes as her work will be done regardless of our attitude. The God in me searches for his voice and chooses not to play along these days as he tests it out.

[T] You are playing. What you are going through right now is part of it. Forgive and love yourself. This is all you have to do...

[M] Playing is the easy part– I think I agree with you, though I struggle with self-forgiveness.

[T] Perhaps that what your soul is trying to give you through this.

coffee & toast

i wake to the rain
and rage
it's late
i've missed my alarm again
i'm tired
spent from a night with elusive demons
dancing through me
still the anger seeps out
i vent it on myself
put off for another day
the fast my body craves
and set out for coffee and toast
today it will break
through the grey
enough for me to smile
and greet grace
that fills my heart with
the beauty of this day

[M] Thank you for this sharing. I've words and images to share with you of my time in Israel and particularly the church of St. Anne in Jerusalem, which I'll put together for you in due time. This is a powerful time in all ways.

[M] I loved your poem *coffee & toast*. It says a lot and reveals your

humanness in ways that I find courageous and still a bit out of reach. The fine line between strength in recognizing and openly discussing my weaknesses and slipping into self-pity through creating a dialogue of weakness is elusive to me. Often I find myself clinging to the lower sphere and so doing keeps me there. Not sharing keeps me fighting dragons alone with poor resources. So I fluctuate between deprivation and binge behavior— sounds like a bit of a pattern...

[T] Thanks for your response. I fluctuate between detoxing, balance and happiness and not listening when it's time to abstain for awhile, and so have to go through the detox again. I am in such a state now. After two days of depression I have been pushed to the point where I want to give up coffee and sugar forever for what they do to my moods. I feel that I am ready to stop punishing myself so much this time- and see the substances as that, and not enjoyment right now. It has been pouring for two days. Telling myself it is all just a game, and reminding myself that I am always love and that where I am is always perfect helps.

[T] I'm not sure how this past week has been for you. I am feeling like I am in the biggest emotional storm I have ever been in, but have a calm and intuition now that is carrying me with strength. I had this thought about addictions:

Each one of us must choose at each moment from a place of love for oneself what is best for him or her. It clarifies for me what is ok, how much is ok. Each moment simply be aware and act from love for yourself. There is nothing that is good or bad and each moment calls for different things and always honesty.

[M] The week was intense— good and difficult on all fronts. I've several dragons that surface and submerge and surface again. Email seems to elude me these days so forgive my delays and also my

brevity. The full moon is past and we are on a new trajectory. The addictions are like weights that we carry, nothing more. We've chosen to carry them, they slow us down, though they need not stop us. Dwelling on the notion of carrying extra weight adds little value— if I chose to relinquish the weight, fine, if not, also fine. Tonight it seems easy. Tomorrow my thoughts and feelings may be different.

[T] I am peace with all things- right now! Start the day with a liver flush because I crave it, and have a coffee each day I sit and write my book- which is daily now throughout the week. I am happy. I have found that it is true you have to give yourself everything you really desire. That is your heart's wisdom and will lead you to the healing that will work for you. I move at the end of the month from my house-sitting to Hillary's green house for two weeks. I am unsure of where I will be beyond that but it does not matter now. I know only I have to keep writing and the answers will come.

[T] I am almost finished my book. I am very excited. Only the preface left to write.

[M] I'm excited for you. Things are falling into place in the universe and I sense a new clarity coming through all the earlier confusion. Life just is and much of the drama seems to have fallen off, or just be recognized as such and then allowed to play itself out. Similar to an earlier message you sent, I drink coffee in the mornings, wine in the evenings and life is good – the drama I create about or around all of that feels almost like an artificial construct that I have allowed to take a hold of me to usurp my energy. This is not me, though it can eat me alive if I allow it...

[T] I finished my book yesterday. I am very happy and thinking now about the next step on my path.

[M] Congratulations! Take the time to savor the moment and enjoy your sense of completion. What is next will of course present itself at the right time. I'm happy for you! If and when you are ready to share the material of your book and are looking for readers, reviewers, etc. I'd be happy to participate.

[T] Here is the file. I welcome your comments.

[M] Thank you for sharing this with me. It may take me a couple of days to put together my comments. I've done my first read of your text and think that there is a tremendous amount here! Do I have your permission to be candid and to coach you as I am guided to do at this point?

[T] Yes, please do. That is why I share it with you!

[M] It is something powerful, which I, the reader, can identify with and begin to picture in myself. It provides me with a transition point towards greater understanding by staying in the mysteries and also in and of this world.

What struck me in your text was the purity of the thought and vision, though I felt lost when I tried to follow or looked for ways to act on your guidance. This was contrasted for me by our personal correspondence, which gave me great insight, through your detailed and courageous descriptions of how you worked through many of your own personal challenges. I speak of the challenges, methods to approach, victories and failures, which you shared with me as a possible path for me to follow when taking on my own dragons. I return your text with my comments...After your text I have added some of our email correspondence that I feel speaks to some of these issues as well as the challenges we are all faced with along this path. Your work is inspirational and I encourage you to

complete it. If speaking through this would help, let's look for a common time where we could connect. I've just returned to Istanbul from the US and will be heading to South Africa Monday night.

[T] Thank you for taking the time and effort to share all this with me. I am a little daunted by the task of writing more...but I start today. I want to finish by winter solstice. I will be in touch with progress.

[M] Please don't take my comments as something you must do, just some thoughts on what you might consider adding-- I was looking to find ways of taking the "what" which you've beautifully transcribed and include the "how" for those of us seeking to follow the guidance. Your personal stories to me have had a very strong impact. If you are sharing more broadly through a book, I would encourage you to keep speaking from the heart and if you chose, to share your stories which have made Tamara's heart what it is today.

Do you have a mobile phone that I could call via Skype? This might be more agreeable for you depending on where you need to go to get connected. If this works, send me your number and a time that works for you for me to call.

[T] Your comments are insightful. I am working with them. I am somewhat torn between expanding this metaphorically with suggestions and more exercises and keeping it simple to honor the literal truth of the teachings of song and dance as I received them. I want to keep working and integrate some of your suggestions/questions and see what develops. I hope to have some results by Wednesday. My mobile is ---. I may be writing at a cafe then where there is wireless and will check in.

[T] After speaking with you last night I woke this morning with many thoughts both for my book and to share with you. I believe

that your comments are very important to the evolution of my book, but ultimately for my personal journey, which really is what my book is about. This I want to share with you because of what you mentioned on the phone about your challenges around your projects that have not manifested as you wished. Here are two quotes by Rilke, one of my favorite poets:

Surely all art is the result of one's having been in danger, of having gone through an experience all the way to the end, where no one can go any further.

(I believe that a life truly lived is a work of art.)

The purpose of life is to be defeated by greater and greater things.

I awoke very clear about what I want to add to my book and will send it to you when it is ready. In the meantime I want to share with you an example of the love story you felt was missing in draft I sent.

([M] could you tell me a love story here? Something which happened to yourself or another that grounds the truths you relay here about love into human experience?)

You continually push me beyond the boundaries I have for love. It is your questions, your commitment to sharing, taking the time to respond to what I write about and to open yourself that keeps me inspired to continue on my path. While I hope that my book may have a message for many, really, if it changes just one, that is enough. Because of the excitement I receive from my communication with you, I do what I do with excitement and joy, and this spills over to inspire everyone around me; so you see how it spreads.

([M] Will you teach me to sing and dance please? I hear your words, my heart and soul responds, knowing the truth there, yet my humanness needs keys to unlock the doors and practical steps to make this path real for me.)

Some of the things I write in response to your questions are meant solely for you, the same way certain tones in a session are only for that person. This is the importance of a human teacher. The book is meant to be a spark, to awaken the person to believing in the magic of life and seeking out their own connections, teachers, soul mates. On this note I would like to suggest for you a personal exercise...

.....

Do not judge yourself harshly. You are doing perfectly what you are meant to be doing. Part of the beauty of life is that as much as we understand how energy works and our responsibility for the lives we create, I also believe that there is the very essential element of the unpredictable. Alone we are not God, Goddess. Together we are. Our creations can only be born by our relationship with others. It is this uncontrollable factor that creates the real beauty and challenge, and teaches us ultimately to always bow to love, and not to ego: our plans, visions, desires.

[T] Do I have your permission to use excerpts you have written to me to present a dialogue?

[M] You have my permission to use our mail exchange for your writing.

[T] I have finished. I feel it. Yesterday I was guided to carry a book of Rumi's poetry with me to the café. I was not sure why. I never opened it. Instead I did a search online for where he lived. I found that today is the date of his death, the day my book is finished.

There is a mystery unfolding and I feel that I will write another that is linked to him somehow. I attach here the latest draft. As always I am grateful for your comments that we both have found integral to how the story unfolds. There is still time before my deadline of solstice.

Gaia's voice was silenced long ago, but she has always been attentive. Now it is time for us to listen to her once again.

This is Her heart song:

One Heart

I have been waiting for you since the beginning of time.

It is time for us to dance together

I cannot live without you.

Nor can you live without me.

Your Breath, Your Heart, Your Soul

are Mine. We are One.

Please, surrender your ego.

Love as you have never loved before.

This is all there is. This is all that is real.

This is who We are.

Special Thanks to Michael Thatcher

coffee & toast 2

I wake to morning

smile
rise to dance
drive over hills
wind through body
nestle in the corner
at Art Café by June
toast and arabica
savor
with honey

sweetness received.

5.04.11

and to Kelly, my sister

Kelly's memento

7.75 years it took for the
ice of millennia
to melt through my veins,
rivers of stone
guardians holding
secrets born on
our lips kissed by God.
I remember your smile
your wistful wonder
for journeys you saw
never taken
I remember your eyes
darkened with rings
shrouded in a cloak
we didn't want to wear
I remember you knowing
sharp and clinging
insistent relentless
paving a path
that wouldn't let you sleep
I remember your fingers
dreaming on ivory keys
the music you were
Fragile warrior on darkened streets
your last moments
illuminated grace
your message brave
your act true
your memory
a perfect bloom
released to gentle skies.

05.11

Tamara Watson, M.A., sound healer and poet, studied contemporary art history at the Sorbonne and worked for several years in art galleries and festivals. In 1999 she retreated to India where she remembered her yoga and meditation practice. This led to studies in Oriental Medicine, sound and crystals. She is a Jin Shin Do® practitioner; other influences include Tibetan Buddhism, Sufism and indigenous healing traditions. She was born in Canada, based in Asia from 2005 to 2008 and is currently a nomad. www.thecrystalheart.com



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