

2 LAUGHING SOULS NEWSLETTER



NOVEMBER / DECEMBER 2022

Hello Friends!

We hope this newsletter finds you well and moving through your life with self-appreciation.

**After all, you are the
*LIGHT OF THE WORLD!***

No?

The Aurora Borealis at least?

It seems we humans have had challenging times getting honest with ourselves.

We can usually get straight to the matter if we think we've blundered, blown it or bloopered.

But try telling us we are the Light of the World and we get all jumpy and say we have to go clean out the back of the refrigerator!

But we ARE Light.

**The truth of who we are is that we are of
ONENESS. SPIRIT. LIMITLESSNESS.**

*** LIFE ITSELF ***

Everything IN us is always drawn back to the light like an ever-present remembering.

The light within us always guides us to it, and it can look like many things! But ultimately our movement to the Light within is nestled in our desire for Truth and Healing.

**If we look at how we go through our day, we'll see it. Can't miss it.
It's right under our light-filled noses!**

We usually aim to feel better, not worse, and take actions to accommodate that. We usually find ourselves choosing the more buoyant option, eventually, or the kinder way.

**Ever find yourself going against that?
Sure!**

Notice how you may feel out of sorts afterward? How you don't come to rest after that choice? It's your inner Light, your spirit, that is talking with you, noticing a moment of being off course.

The shift toward healing is allowing the Light.

**It's IN us. We want it.
*Why?***

It's like water finding its way to the sea; it's heading home. It is part of the flow, part of the way it IS. Like the turtles that are born on the beach and immediately start heading where they are meant to. It's written in their design.

Being drawn to our light and healing is written in our souls.

There's something in us whispering "you know this."

**Something in us KNOWS what Home is, what our nature is.
How can you know something without already experiencing it?**

Instead of "been there, done that" it's "am there, am that."

Despite our best efforts sometimes to deny our light, we inevitably find our inner ship righted on its path.
It doesn't matter if we give it a good long fight first. Eventually we find our way to healing.

It's the way Light is. It's the way Life is.

Jurassic Park said it best: "Life finds a way."



Life finds a way. Light finds a way.

Light always IS itself.

When a room is dark you simply turn on a light and you can see. It's not that the light is fighting with dark in that room, it's that Light IS.

You can't make something dark. You can only temporarily darken a room by removing the light.
It's all in relation to Light.

If light shows up, the darkness party is all over!

The same is true with us!

We can't stop our light, but we can dim it by not believing it, not allowing it.
Our light is NOT EXTINGUISHABLE.

Have you noticed how good it feels to shine, and how invalidating it is when you are dimming your soul's expression?

You Are the Light of the World

You are not extinguishable.

Where are you at on your soul's journey?

Wherever you are on your journey of discovering and allowing your LIGHT, we offer classes, workshops, and events to assist you.

Check out **2 Laughing Souls** offerings!

HIGHLIGHTS: **WORLD HEALINGS**, **SPIRIT'S GIFT WORKSHOP**, **SPECIAL HEALING EVENT**, **MONTHLY MEDITATIONS**, **SOUL BRIDGE**, **WOMEN'S HEALING WORKSHOP**

******* NOVEMBER EVENTS *******

Wednesday, November 9

SOUL BRIDGE



WORKSHOP SERIES!

Wednesday, November 9

6:30 - 8:30pm PT

FEE: \$35

Register: [Paypal.me/2Laughingsouls](https://www.paypal.me/2Laughingsouls)

PreRequisites: Basic Tools Pts. 1 and 2

November Topic: Making Space For You

Are you a graduate of both

Basic Tools Parts 1 and 2?

This is for You!

**You've further opened the door to your ability to
see,
experience
and **direct**
your energy in your body and aura.**

**You're part of the 1% of the world that even consider, much less choose,
to awaken and grow your awareness in this way.**

You've had your sights set on your inner Freedom!



***The world we live in isn't pointing the way to that freedom.
It isn't cheering or handing out refreshments either!
Nope, no
FREEpuccinos here!***

**As a
SENSITIVE or INTUITIVE,
it's easy to be that much more aware of the World Energy and we may
be the effect of it and not realize.**

**If you were constantly surrounded by loud booming noise would your
hearing eventually be effected by it?
You bet!**

**Same with being in the world energy soup.
We may be
matching, becoming, succumbing or numbing
from all that stuff that subtly or loudly says:**

*"Ahem. You're not free!
Nuh uh!"*

**That "not free" message makes the world a squeeze box of invalidation.
Mostly because it
ISN'T TRUE!**

*What's a great antidote to feelin'
"the squeeze?"*

Making Space for You!

**In this workshop you'll have a chance to unmatch the world energy of
"not free", unstick from the fly paper, wake a little bit more from the
'world dream' you are IN
and
recognize your own space!**

**You'll use some visualizations and techniques to refresh your
understanding that
YOU HAVE LIMITLESS SPACE TO BE**

**In this instance, SPACE is like a
Bubble of Permission,
a
ZONE you OWN
that acknowledges you are **HERE.**
YOUR LIGHT is
HERE!**

It's UNDENIABLE!

**No matter what is going on in this world
YOUR LIGHT IS!**

So why not make space for it?!

**Now THAT's something to celebrate with a
FREEpuccino!**

Interested?

Join us!

***Please note this workshop has prerequisites
November 13**

HEALING THE WORLD AND OURSELVES



**Sunday, November 13
11:00am - 12:00pm PT
NO FEE**

**Donations Welcome: [Paypal.me/2Laughingsouls](https://www.paypal.com/2Laughingsouls)
Open to All**

Neale Donald Walsch said:

"The world will need many voices to speak the words of truth and healing for which millions long. The world will need many hearts joined together in the work of the soul."

**In this sanctuary space we envision space for
truth and healing
in the world.**

We see the souls that are Humanity. We include the space for every soul to be where they are, acknowledging that every soul is on their journey of growth and awakening, whatever that looks like.

Every month those who join find a new point of view or sense of appreciation of the world.

It's an incredibly healing space that enables all here to see with compassion!

Together we hold space for whatever next step can be taken by any and all on the planet.

**The miracle is,
we can offer this all while receiving healing as well.**

If this rings your bells, join us!

ALL ARE WELCOME!

No Experience Necessary

November 16

WOMEN'S HEALING: THE JOURNEY CONTINUES



WORKSHOP SERIES!

Wednesday, November 19

6:30 - 8:30pm PT

FEE: \$35

Register: [Paypal.me/2Laughingsouls](https://www.paypal.me/2Laughingsouls)

PreRequisites: Basic Tools 1&2 AND Women's Healing 1&2

November Topic: Are You To Blame?

Why is it so easy to blame?

This world gives **BLAME**
a great big Welcome Mat!

Just look at certain Social Media posts or narrative news shows!

The world has navigated through history, using Blame.
Blame has always gotten a lot of attention.

Throughout history
who's been on Blame's
MOST WANTED LIST?

The FEMININE!

Also known as the
Divine Feminine.

The Feminine is qualities of energy that are available in everyone.

Women,
as it happens, are more easily identified with aspects of
The Feminine:
Compassion, Forgiveness, Cooperation, Caring and Receptivity
are just some of them.

The list of names historically that have taken the
'WALK OF BLAME'
are many and familiar.

Here are a few:

Joan of Arc
Cleopatra
Mary Magdalene
Women Accused of Being Witches
Yoko Ono

and don't forget the O.G. Blamee who started it all:
EVE!

They were in the crosshairs sometimes because of their relentless expression of
The Feminine,
and sometimes they were a target because they were women.
Mostly, both.

In the world's
Blame Game
the goal is to separate, divide, distract
and WIN!

GOT BLAME?

In this workshop you'll be looking at your female space and where Blame has been residing, for so long it, and its counterpart, Guilt, might feel like second nature.

Where there's blame there's guilt.

You'll be looking at where your energy, choices and psychic space have been programmed and shaped by Blame and your response to Blame.

You'll get to see where your space has been primed to own Blame.

The Good News:

You'll begin to recognize it for what it is.
Shining a light on it already changes the "game!"

The Better News:

Blame isn't organically YOU!

Time to clean house and restore your space as the home for
your soul
and ALL its qualities.

You'll say bye bye Blame
and

RESTORE PERMISSION
in your space
for your expression of yourself and
The Feminine.

You'll look at the Truth,
where "blame" doesn't really exist.

If this sings to you,
Join Us!

***Please note this workshop has prerequisites**

November 23

OPEN-TO-ALL WORKSHOP!

GRATITUDE: A KEY TO JOY



Wednesday, November 23

6:30 - 7:45pm

Fee: \$35

Register: [Paypal.me/2LaughingSouls](https://www.paypal.me/2LaughingSouls)

No Experience Necessary

Open to All

** Gratitude **

The word creates an instant picture, doesn't it?

For some it's one more thing on the "I have to do this better" list, for others it comes up at certain times like Thanksgiving or other holidays.

For some it is a practice they love.

Whatever meaning this word has had for you, here's a chance to create a deepened experience of *Gratitude*.

When we are experiencing Gratitude, we are tapping into that part of us that's greater than our personality and ego.

**Gratitude brings JOY
alive in us!**

Something in us opens to that which we intuitively KNOW is there, that which is the Limitless and gives to us ALL the time.

When in GRATITUDE
notice how buoyant you are, how, in this moment,
ANY miracle could be possible?!!

In this workshop you'll have an opportunity clear what has been dimmed, and make way for the you that wants to come ***ALIVE with LIFE!***

You'll get to realign your awareness with that Life inside of you that uses the lens of Gratitude to recognize the Beauty of Life!

GRATITUDE
is the light you shine on everything so it can reveal what you already know:

***LiFE itself
LOVES YOU!***

Isn't that GREAT?

Does this ring your chimes?
Join us!

No Experience Necessary * All Are Welcome

November 30

MONTHLY MEDITATION



LAST WEDNESDAY OF EVERY MONTH

Wednesday, November 30

7:00 - 8:00pm PT

NO FEE

Donations welcome: [Paypal.me/2Laughingsouls](https://www.paypal.com/2Laughingsouls)

**Meditation
is an opportunity to connect with
Yourself.**

In this sanctuary space there is no right-and-wrong, no "be better", no to-do list.

In here you are invited to turn inward and just BE.

**Here is where you get to remind yourself what
WELCOME
truly feels like.**

**You will be given some imagery and technique to help
make space for YOUR vibration and YOUR essence.**

Everything else comes from that!

Healing comes from that!

If this sounds interesting, join us!

No Experience Necessary * All Are Welcome

******* DECEMBER EVENTS *******

December 11

Healing the World and Ourselves



Sunday, December 11

11:00am - 12:00pm PT

Via ZOOM and Phone

NO FEE

Donations Welcome: [Paypal.me/2laughingsouls](https://www.paypal.com/2laughingsouls)

OPEN TO ALL

The World...

We humans create it everyday, as we have since the beginning of time.

We create it collectively, with our thoughts, our energy, our actions, our dreaming.

The dream tends to go off course.

**Here in this
World Healing sanctuary
we come together and imagine the world and humanity in a higher,
better dream for all.**

December 11

Christ Force Healing Sessions



IN-PERSON HEALING EVENT

Sunday, December 11

1pm - 3pm PT

Location:

Menlo Park

SESSIONS:

10 Minutes for \$10

BY APPOINTMENT ONLY

Please Pre-Register by emailing us:
2Laughingsouls@gmail.com

What is a CHRIST FORCE HEALING?

**A Christ Force healing is receiving the
Christ Consciousness energy.**

**This energy that is Christ Consciousness surpasses all levels of the
human mind and is able to go deep into the heart of imbalance in your
body.**

**It is not subject to all that we think and fear, and all the stuff of the ego,
because it is essentially the
Light of Truth.**

Christ Consciousness is the vibration of Oneness, Limitlessness.

**Ascended Master Jesus became known as Jesus the Christ, or the
Christed One for attaining Christ Consciousness and using that energy
as a truth teller and healer.**

**He demonstrated that we are not our fears or our believed
limitations: we are of the
Oneness.**

Miracles resulted!

That is why the stories of his many healings live on today!

**Hey, Jesus didn't need to take the long way when demonstrating the
Truth could get to the heart of things quickly!**

THE HEALING SESSIONS

**When we use the Christ Force energy, the body
can receive the vibration of Oneness, which surpasses any limitation
you may be holding in the body.**

The beauty is that you don't have to know all of what you're holding; the healing energy goes where it needs to go, giving opportunity to free blocks and help your own energy move.

**This Christ Force energy is in
COOPERATION WITH YOU.**

This energy finds its way with your soul's permission.

Does this ring your chimes?

**If so, please
Pre-Register
by emailing us!**

ALL ARE WELCOME

December 21

WORKSHOP!

You Are Spirit's Gift



Wednesday, December 21

6:30 - 7:45pm PT

Fee: \$35

Register: [Paypal.me/2laughingsouls](https://www.paypal.com/2laughingsouls)

OPEN TO ALL * No Experience Necessary

Hello, Beloved.

Have you ever considered yourself to be a Gift?

Have you ever imagined that your very essence has something unique that is naturally offered in this world?

If not, you may not be truly seeing yourself.

The realm of Spirit sees through a different lens than we typically do here in the World.

Spirit sees what is TRUE.
Spirit knows what is TRUE about YOU.

Spirit loves you.

Does that sound like you are a treasure?

Your essence and light are supported and guided.

You are a living embodiment of Spirit in this world, offering what you are here to offer.

Only YOU can do that.

In this workshop you will get to experience direct communication and healing from Spirit, revealing more of you to yourself and what you really are.

Spirit wants to show you how you are seen.

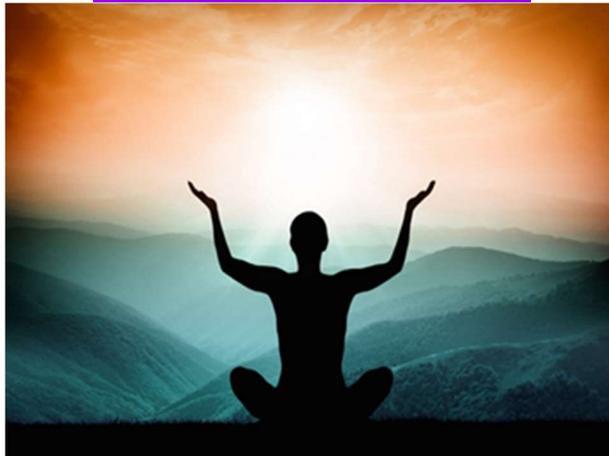
Would you like to lift the lid and look inside?

Join us!

ALL ARE WELCOME

December 28

MONTHLY MEDITATION



LAST WEDNESDAY OF EVERY MONTH

Wednesday, December 28

7:00 - 8:00pm PT

NO FEE

**Donations Welcome: [Paypal.Me/2Laughingsouls](https://www.paypal.com/2Laughingsouls)
ALL ARE WELCOME**

This world is a very active place.

**The world can feel like we are walking through a bunch of pop-up ads asking us to
buy this, or sign that,
and definitely hit that
SUBSCRIBE BUTTON!**

**We are energetic beings in this World energy soup.
It is like being a living breathing receiver that picks up all the radio waves of our
family and friends and ultimately, the world.**

**Who's trending? What surprised us on Twitter now? Did you see that adorable kid
on Instagram?**

It IS happening, y'all, whether you're paying attention to it or not.



If it's happening all around us, where can we turn?

WITHIN

Aaahhh, relief is in sight.

And you are welcome in this sanctuary to find your relief!

In this space you get to tune IN to YOU.

**When you give your attention to YOU as the Limitless Spirit you are,
shift happens!**

The more you tune to YOU, the more others' energy leaves your space.

**That's right, just like the old Wild West movies used to say "there's only room for
ONE of us in this here body!"**



Awareness is a Game Changer!

The more you tune to YOU, and clear your space, the more you can
BE sovereign in you.

In this Meditation you make room for you and your **OWN** light shining,
your **OWN** soul thriving in **YOUR** space, bringing **YOUR** answers.

Meditation can result in:

Peace
Stress Relief
Quieted Mind
Self Appreciation
and more!

Is your Light twinkling "Yes"?
Join us!

No Experience Necessary * ALL ARE WELCOME

******* ALWAYS HAPPENING *******

PRAYERFUL PAUSE



If you are on this emailing list then you have been receiving our weekly Prayerful Pause recording which offers a moment to look within, validate you as a soul, and give yourself some healing and restoration. You can download the recording and listen to it anytime.

Please feel free to pass them on to anyone you think would be interested.

DUO READING WITH STEPHANIE AND ALEX



\$100 for a 1 hr session

We offer 1 hour reading sessions where we use clairvoyance to take a look at you as the spirit you are and the journey you're on in this lifetime. You can get information about what your attention has been on, information about your path, what you're here to offer, what appears to be working, what is affecting you, and more.

A reading session offers incredible potential for healing your energy in and around your body!

The Book of You has many amazing things to be discovered and validated!



A reading session can also be a great gift for someone else!

If interested, email us at: 2LaughingSouls@gmail.com

MORE WAYS TO KEEP IN TOUCH



You can find us on YOUTUBE, where you can see our videos here:

<https://youtu.be/4EulhoO6CoY>

AND



You can find us on INSTAGRAM, where you can see our videos here:

<https://www.instagram.com/tv/CdH3bfpj-0g/?igshid=YmMyMTA2M2Y=>

- OR -

see all our videos and offerings on Instagram by typing

2LaughingSouls

****Please Note: Our work is about spiritual tools and spiritual healing and growth. We never tell you what to do. We are not medical professionals and never diagnose or treat any medical situation.***

We honor you and your path.

With love,

Alex and Stephanie

--
***** Your Spirit's natural state is JOY *****

