

2 LAUGHING SOULS NEWSLETTER



NOVEMBER 2023

Hello friends, fellow travelers, seekers, healers and spiritually curious!

Happy November!

How are you faring in this time of shift, change, tumultuous happenings and more unraveling in the world?

Unraveling is not such a bad thing.

Usually, our experience is based on what we make of something, what we decide it means.

CHANGE

It's actually part of Mother Nature's playbook, no?

**Change here in the world is the name of the game.
We see it every change of season, with some things in nature blooming,
then fading, then falling off and disappearing back into the soil.**

SPIRIT

**has a playbook too.
Spirit ALWAYS remains the same,
and at the level of Spirit,
*Change = Healing.***

**When our soul lets go of something it shifts, it moves toward healing.
When our soul creates change through healing, it
GROWS.**

In Spirit, that which can
change was never TRUE to begin with!

Here in this life we can change our mind, change our point of view, change how we see another
person,
or, and it's a biggie,
change how we see OURSELVES!

Here's the good news:
if we changed that idea,
also known as HEALING ourselves,
then it clearly was never true!

All those opinions, condemning or limiting thoughts, those "life sentences" we might put on
ourselves,
on others, groups or situations,
NONE OF IT IS TRUE!

It's Spirit Math!

Changeable = NOT Real

In that Kevin Costner movie, Field of Dreams, the big message was
"If you build it, they will come."

In Spirit, the message could be seen as
"If you HEAL it, LIGHT will come."

The more compacted energy, in the form of thoughts and images, that "unravel" and get
cleared from within you,
the more of YOUR LIGHT can shine IN YOU.
Are you seeing the light?

The "world", however, is often in
UNRAVEL AVOIDANCE.

We humans can often go through change and healing while kicking and screaming.
We can get really cozy in our situation, even if it isn't fantastic,
because it's familiar.
And sometimes, for many, "familiar" is preferable... until it isn't.

But if LIFE is a constant
CHANGE-TOWARD-HEALING EXPERIENCE,
then we likely want to start enjoying the change!
Where in your life do you enjoy the UNRAVELING already?

After all, we DO get to determine HOW we *unravel, change and heal*.
Hallelujah, we have choice!

Do you want to dive in like a typical romantic-comedy character who fights the change, with all
the goofy, clumsy goings-on where things fall apart, keys get lost, the character is late and
slips in dog doo and then stands up to realize they are standing in front of someone very
important that they always wanted to meet?
Aah! You'd likely want to "Un-doo" that moment!

OR
Do you want to have a smooth, amused and self-loving ride?

You can remind yourself of what is happening BEHIND the UNRAVELING:
HEALING
and
INCREASING YOUR SOUL'S LIGHT

Woo hoo!
Now THAT'S worth unraveling for!

Here at
2 LAUGHING SOULS
we offer classes, workshops and events to gently and compassionately support
your path of unraveling, change and healing.
Come check it out!



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

November 1st

*TAPPING INTO THE POWER
OF YOUR CHAKRAS*



WORKSHOP SERIES!

Fee: \$35

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

OPEN TO ALL

YOUR CHOICE

Join ANY or ALL classes!



5th Chakra

*** This class has already occurred ***

NEXT UP:
Wednesday, Dec. 13th:



November 20th



Monday, November 20th
Fee: \$35
Register: [Paypal.me/2LaughingSouls](https://www.paypal.me/2LaughingSouls)

OPEN TO EVERYONE

GRATITUDE
is an inside job.

It's all happening within you!

Yet, as you've experienced MANY times, when you are vibrating at
Gratitude
it can't help but be expressed in your outer life.

It practically pours out of you like beams of light, expressed in words, thoughts, and so much silent soul communication.

THIS WORKSHOP

In this workshop you will be given some simple meditation techniques and guidance
to help shift energy hindering access to your
Gratitude.

You will have the opportunity to
UPDATE your
Relationship
with Gratitude.

You'll get a chance to clear your inner lens recognizing
Appreciation and Gratitude are interwoven.

You get to RESTORE your space of
Appreciation
and become aware:

- * that it fuels your soul
- * your soul responds to it like plants to sunlight
- * that it is easily recognized in your soul DNA
- * that it is **ORGANIC** to you

Ready to discover what you already know?
That Gratitude isn't a task or self-improvement tool,
it's a **VIBRATION!**

In this workshop you'll get to **UPDATE**
your **Mastery**
of vibration called Gratitude.

You get to **RESTORE** your sense of **READINESS** for
Gratitude
and become aware:

- * the choice is natural and easy
- * it always leads to healing
- * this is a gift to **YOU** and others

You will get to reactivate and validate your natural
RECEPTORS for GRATITUDE.

Gratitude brings **JOY**
alive in us!

Why?

Because somewhere within we
RECOGNIZE
that
LIFE
is alive in us
and it
radiates with
LOVE!

Come and enjoy that love that is inside of you
as you make room for
experiencing that
LIFE Itself
LOVES YOU!

Does that ring the chimes within?
Join us!

ALL ARE WELCOME!

November 27th

MONTHLY MEDITATION

LAST WEDNESDAY OF EVERY MONTH



Wednesday, November 27th

7:00 - 8:00pm PT

NO FEE

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

OPEN TO ALL

**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.**

What Happens:

**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



**Our annual
in-person
Christ Force Healings
will be offered
Sunday,
December 17th**

...more later!

******* OTHER SUPPORT WE OFFER *******

PRAYERFUL PAUSE



**We email a 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 you are working 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/4Eulho06CoY>

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 *****

