

2 LAUGHING SOULS NEWSLETTER

OCTOBER / NOVEMBER 2021



Hello Friends!

It's Fall, y'all!

Can you recall when you last had as much fun as this dog?

When was the last time you were enjoying yourself so much that it didn't even occur to you to remember any limitation?

If we think we have limitations or flaws, we hold ourselves back, we believe we are less capable, challenged in finding a successful way through, or we are less worthy to simply BE. And without even knowing it, we can reshape our life to accommodate these supposed limitations that we believe are true. We create this 'shape' out of the belief that we are protecting ourselves by preventing pain, disappointment, or a "big leaf pile" of other unwanted feelings.

It's such a miracle when we get out of our own way, and just get lost in the moment. We might say that to ourselves: "I was having so much fun, I got lost in the moment! I forgot myself!" But really, we forgot to hold onto our self-proclaimed limits.

It's a proven fact:

You can't belly laugh and hold in your gut at the same time! Hmmm... was it Einstein who proved that, or the 5 year old down the street? You can't hold on while letting go.

When we let our ego (Every Grabbed Obstacle) get out of the way, we are not lost,
we are finally ourselves!

Raise your hand if you've discovered that just BEING yourself is the most fun
you've had!

Here at 2 Laughing Souls we offer classes, workshops and events to experience
that kind of fun: the joy in seeing and being yourself.

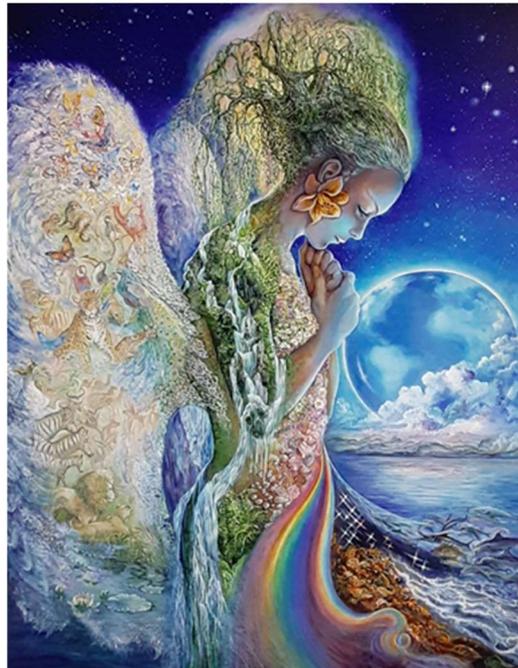
Come check them out!

HIGHLIGHTS: WORLD HEALING, MONTHLY MEDITATION, WOMEN'S HEALING
WORKSHOP, SOUL BRIDGE WORKSHOP, NEW! ZOOM EVENT!

***** **OCTOBER EVENTS** *****

October 13

WOMEN'S HEALING: THE JOURNEY CONTINUES



WORKSHOP SERIES

Wednesday, October 13

6:30 - 8:30pm PT

Fee: \$35

Register: paypal.me/2Laughingsouls

Pre-Reqs: Basic Tools 1 & 2 and Women's Healing 1 & 2

OCTOBER Topic: Relationship with your Female Wisdom

Got Feminine Energy? Yes you do!

In this workshop we'll explore more deeply the rich information inherent in Feminine Energy. Built within the aspect of Feminine Energy is the wisdom that helped shape the universe. We will look at that as well as how it has helped shape your own personal universe.

Come join and cultivate a more active and aware relationship with this aspect of you that you can utilize. If you can have it and use it, then you can enjoy it!

*****Please note this workshop has Pre-Requisites**

October 20

SOUL BRIDGE



**Wednesday, October 20
6:30 - 8:30pm PT**

OCTOBER Topic: Validating What's Working

In this world we are deluged with looking at problems, being told what's wrong by various sources, and caught in a rhythm of solving issues. It can feel like we've sunk into a "Problem Pit."

When we're looking at Life from that hole of problems it's hard to feel inspired, creative or hopeful. Hey, how easy is it to think "outside the box" while believing we're INSIDE the box?

Would you like a reframe?

In this workshop we'll create a new lens to look through.

Looking at what's working in LIFE is validating, inspiring and healing!

You'll discover how much has already been working in your life, and make way to look at that more regularly.

Monty Python was on the right track: "Always Look On The Bright Side Of Life"

Not realistic?

We can be aware of the whole range of what's going on in the world and still choose a productive and healing lens.

Looking through the "what's working" lens is empowering and makes more space for things TO WORK!

Interested? Join us!

*****Please note this workshop has Prerequisites**

October 27

MONTHLY MEDITATION



LAST WEDNESDAY OF EVERY MONTH

Wednesday, October 27

No Fee

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

Come join this space and find your space!

Finding YOUR space, and clearing it of what isn't yours is a huge healing!

Restore you to yourself, heal and renew!

Interested? Join us!

No experience necessary. All are welcome!

October 31

HEALING THE WORLD AND OURSELVES



**Sunday, October 31
11:00am - 12:00pm PT
No Fee**

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

This event offers an opportunity to be in a space of giving. Here you have a chance to join with others in a healing mindset, for humanity and yourself.

Interested? Join us!

**No experience necessary. All are welcome!
Please feel free to pass this on to anyone interested.**

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

November 10

SOUL BRIDGE



Wednesday, November 10

6:30 - 8:30pm PT

Fee: \$35

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

Prerequisites: Basic Tools Pt. 1 & 2

NOVEMBER Topic: What are you already doing?

We are spiritual beings whose energy is in motion, and effortlessly creating all the time.

Spirit needs NO EFFORT.

If we've lived most of our life believing we ARE a body, then our focus has been on effort and trying to make things happen.

So what happens when we are Spiritual Beings operating from EFFORT?

We are working AGAINST ourselves!

What?!

Yep, we slow our own roll when we don't trust that we are already creating.

We don't recognize it. If we're not using effort, then nothing's happening, right?

Ever tried to make your grounding happen? Yes?

Ever tried to make a river flow? No?

We recognize that a river doesn't require our "help" to do its thing.

But we don't often recognize the same for ourselves as Spirit.

In this workshop you'll use the tools you've learned to free yourselves from the habit of wanting to "help" you do what you're already doing!

Time to get out of your own way and let your flow *FLOW!*

Join us and have fun seeing how much you are really rocking and rolling as Spirit!

*****Please note this workshop has Prerequisites**

November 14

HEALING THE WORLD AND OURSELVES



Sunday, November 14

11:00am - 12:00pm PT

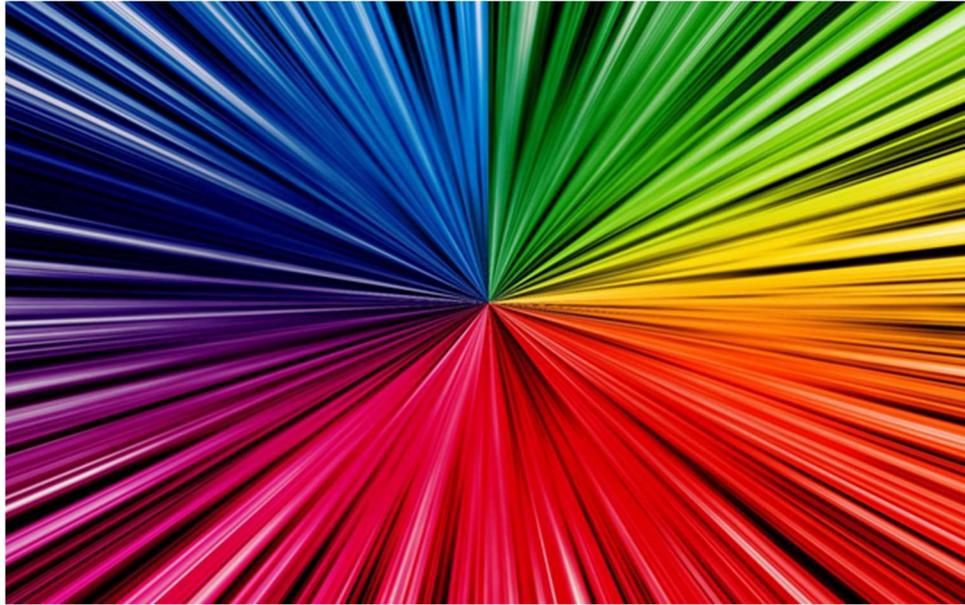
NO FEE

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

These world healing events have turned out to be quite transformational. If you are interested in joining others for the purpose of offering humanity a healing, join us! Together we can go farther than we can alone!

No experience necessary. All are welcome!

Please pass this on to anyone interested!



November 17

SPECIAL ZOOM EVENT

Your Soul is Your North Star:
Spiritual Tools for Navigating These Unusual Waters

Wednesday, November 17

6:30 - 7:45pm PT

No Fee

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

Register: Please email us at 2LaughingSouls@gmail.com

We are happy to present our first Special Zoom Event!

Your Soul is Your North Star:
Spiritual Tools for Navigating These Unusual Waters

As everyone who is living on this planet knows, these have been some unusual, unpredictable and confusing times. These have also been interesting times. We as a world have experienced a pandemic, shut downs of various kinds, isolation from loved ones, social circles and activities, and of course, feeling fear. This time has presented people with opportunities to imagine workarounds and new creative solutions as well.

This pandemic and its side effects have now gone on longer than originally expected, causing people to wonder:

Will this ever end? When will we get back to normal? Where do we go from here?

Join us for a workshop where we will introduce spiritual tools and techniques to tune in to you, discover your information and let your soul lead the way.

YOUR SOUL IS INSTANT MESSAGING YOU ALL THE TIME!

You are a limitless soul that has been guiding you on this journey. Sources outside of you don't necessarily know YOUR best next step on YOUR course.

If you want to tune in further and find the next step on your journey, join us!

No experience necessary. All are welcome!

Interested?

TO REGISTER: Email us at 2LaughingSouls@gmail.com

November 24

MONTHLY MEDITATION



LAST WEDNESDAY OF EVERY MONTH

Wednesday, November 24

No Fee

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

We've created this space to be all about You.

In this sanctuary there is total permission for you to tune out the world and tune into your own frequency as the soul you are.

Come join us and validate yourself, vibrate as you, and find your vroom!

No Experience Necessary. All are welcome!

Please pass this on to anyone interested!

November 28

WOMEN'S HEALING: THE JOURNEY CONTINUES



WORKSHOP SERIES

Sunday, November 28

10:30am - 12:30pm PT

Fee: \$35

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

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

NOVEMBER Topic: Where Are You Sending Your Female Creative Energy?

If you've grown up in a female body you've likely been 'trained' or validated for turning your creative energies in a particular direction: making someone feel better, protecting someone, fixing something, loving someone, and the list goes on!

How about your own creations that express you on your soul's path?

What about the Female Creative Energy available for your own healing?

In this workshop you'll take a look at where your energy has been dedicated. The great thing is it's your energy that can go where you'd like it to go!

It's all about AWARENESS and CHOICE

Once you become aware, then you can create that space of PERMISSION to decide where you'd like your creative energy to go.

If you use more for yourself, will Life fall apart?
That fear has affected peoples' choices.

When you heal yourself, does Life get better?
That truth has shown itself over and over.

Come discover all that awaits you when you truly OWN your
Female Creative Energy!

***Please note this workshop has Pre-Requisites

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

PRAYERFUL PAUSE

If you are on this emailing list the 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 clairvoyantly 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 appears not to be on point, and more! The Book of You has many amazing things to be discovered and validated.

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

****Please Note: Our work is about spiritual tools and spiritual healing and growth. We are not medical professionals and never tell you what to do, and never diagnose nor treat any medical situation.***

We appreciate you and honor your path!

With love,

Alex and Stephanie

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

