

2 LAUGHING SOULS NEWSLETTER



AUGUST / SEPTEMBER 2022

Hello Friends!

**As summer's wave has crested, may you still be in your joy!
Jumping with joy, perhaps?**

**Dolphins are such a great example of that!
"Click! Chirp!"**

That's Dolphin Speak for "Your soul's natural state is joy! Come play!"

Sometimes joy is quite a leap.

But you might be closer than you realize.

This quality, Joy, which is so natural in Spirit, gives us breadcrumbs to follow that lead us there. It's like a shining lighthouse, always there, calling us to it. There's a pathway or ladder of vibrations and we as spiritual beings can attune, or match, each frequency as it leads to the next step toward that lighthouse of joy.

JOY

It's amazing that we can attune, that we can match vibrations. We are vibrational beings!

Hmmm, like human tuning forks?

We have the ability to match vibrations that are not ours or not helpful to us and often we don't even realize it.

Joy Match anyone?

We can head in the direction of Joy by tuning into ourselves as Spirit. And sometimes we match the vibrations in the world instead. Hey, why not? We're in this 'world soup', experiencing all the vibrations and frequencies that humanity is producing, the Good, the Bad and the Ugly.

🎵 *"I'm picking up good vibrations."* 🎵

The Beach Boys were tuning into *something!*

And we immediately knew what they were singing about because 'picking up vibrations' is familiar. We've had many experiences where we knew we were doing that.

So if we're '*in the soup*', and we know we're vibrational beings, ahaaaa, things start to get clearer!

Or murkier, depending, ha ha!

What happens when we are swimming in a lake and decide to *Open Our Eyes?* Well, at first, it's cloudy, and then our Vision adjusts.

This World Soup is perhaps like a minestrone - a mix of frequencies that are buoyant and heavy and everything in between. Humanity is producing all sorts of frequencies and our invitation is to become more aware of that, so we can then become more conscious.

If we're more conscious then we know we can choose our vibration or be aware when we're *not* choosing.

The beauty is, if you're aware that you're choosing, then you have that much more seniority.

If you're choosing, then you're free and less covered in soup!

Cue dolphins leaping for joy!

Joy Homing Device

In this context of joy, our special Joy Homing Device, according to TheFreeDictionary.com is:

The mechanism that guides [us] toward our objective.

In this case, the objective is our natural state of Joy!

There's that something in us that knows the Joy Lighthouse, ever bright, ever present, reminding us of what we are, that it is natural to us, and it's inviting us to match it, be it.

Hey, conversely, this human experience has all sorts of feelings and *stuff!*

Sometimes we just don't give a hoot about joy, much less happiness, compassion, peace, or gratitude.

Once we start becoming aware, bit by bit, that we are vibrational beings, and that the World Soup "vibe of the day" may not be ours, that path of breadcrumbs begins to become more visible.

You may not be joyful, but if you tune in to where you are truly at, you may notice, for example, "I thought I was only *miserable*, but now I'm aware I also feel kind of ok, even blessed; I feel a sense of being guided and loved by something bigger than myself. And hey, now that I notice that there's also some happy enthusiasm starting to bubble inside me, like good things are brewing."

Ok! Now we're talking!

Once we find a true breadcrumb that is OUR vibration, it's amazing how the Light of Spirit begins to illuminate the next truth, like a steppingstone, within us.

"Click! Chirp!"

The dolphins agree!

You are always offered light on your path and the next step in your growth is there for you, setting you free, bringing you home to yourself.

Here at **2 Laughing Souls**, we offer classes, workshops, and events to support you following your breadcrumbs on your soul's journey.

Check them out!

HIGHLIGHTS: WORLD HEALING, 3 OPEN-TO-ALL WORKSHOPS, MONTHLY MEDITATION

******* AUGUST EVENTS *******

August 21

HEALING THE WORLD AND OURSELVES



Sunday, August 21

11:00am - 12:00pm PT

NO FEE

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

OPEN TO ALL

In this space we get to say "*Hello World*" in a way that we might not ordinarily do in other areas of our life.

Those who join are interested in holding space for the world and humanity and seeing the vision of healing and growth for all.

The beauty is, we participants are on the planet, so we can experience that benefit as well!

If this rings your chimes, please join us!

No Experience Necessary

ALL ARE WELCOME

***Please pass on to anyone interested**

August 24

OPEN-TO-ALL WORKSHOP!

SPACE TO BE



Wednesday, August 24

6:30 - 7:45pm PT

Fee: \$35

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

No Experience Necessary

OPEN TO ALL

GOT SPACE?

What the heck does that mean, anyway?

Everything needs space to BE.

When someone plants a garden, they need to make sure each plant has sufficient space for roots to grow and the plant to flourish.

When we move into a living space we usually make sure that it has enough space that will allow us to live as we need to, and to ENJOY living there.

But what about us as Souls?

It is easy to live in this world and not actually consider, much less experience, having space to BE.

Space to BE includes that there is room for you to

**VIBRATE
CREATE
EXPRESS**

as the soul that you ARE.

Ways that you might experience NOT having space to BE can look like:

- * I am so frustrated*
- * I am tired / stressed out*
- * I am unfulfilled / unhappy*
- * I can't seem to catch up / am always behind*
- * My life feels chaotic*

These are some indicators that you are bumping up against those invisible walls that make it seem there is NO ROOM for you.

In this workshop you will use some simple tools and visualization techniques to help clear those "invisible walls" and begin to give more room for the YOU that's been bumping up against them.

You will also begin to GIVE yourself more room to BE, as the soul YOU are, and create the kind of space YOU need to FLOURISH.

If this rings your chimes, please
Join Us!

No Experience Necessary * All Are Welcome

August 31



MONTHLY MEDITATION

LAST WEDNESDAY OF EVERY MONTH

Wednesday, August 31

7:00 - 8:00pm PT

NO FEE

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

No Experience Necessary

OPEN TO ALL

In this meditation room you have the space to BE.

During this brief time, you are welcome to tune out the world and tune into the sound of your own soul.

After clearing the energy that is not yours, it is quite healing to find more space for YOU!

More YOU can result in things feeling or working better!

Woohoo!

As we join in this space together, we can go farther than we can alone, and have fun doing it!

Interested? Join us.

ALL ARE WELCOME

***** SEPTEMBER EVENTS *****

September 7

OPEN-TO-ALL WORKSHOP!

RISING PHOENIX



Wednesday, September 7th

6:30 - 7:45pm PT

Fee: \$35

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

No Experience Necessary

OPEN TO ALL

The Phoenix, mentioned in Greek mythology, is known as a legendary Fire Bird.

According to Mike Greenberg, PhD:

"The fire bird, [originating from Egyptian lore] became increasingly identified with the sun and was eventually said to die in flames and be reborn from its own ashes."

As time has gone on, the story of the Phoenix has usually represented resurrection, rebirth or renewal, usually in the wake of challenging and turbulent yet transformational times.

Have there been some challenging, turbulent, and transformational times on the planet?

We've all noticed it!

We've all likely been wondering if things could get any more strange and likely noticing that, hey, we've been affected by all this! People may wonder when is it going to stop and what do we do to stay afloat until it does?

In this workshop you'll explore the current time in the world and how the divine feminine, or your own feminine energy has been affected by it and is dealing with it.

Whether you're in a female body or a male body, you have
FEMININE ENERGY.

Feminine energy is the aspect of Life itself, pulsing in us, that is creative, holds space, offers compassion and healing. It is that aspect of us that wisely sees the necessity for cooperation.

**For a long time, the world has not made much space or permission for
The Feminine.**

The qualities of The Feminine have been discounted, dismissed and run over for more preferred strategies that instead support power, control, acquisition, divide and conquer.

As of the last few years, that circumstance has become even more intense!

Did you lose your amusement?

Essentially, it hasn't really been that great for ANYBODY in relation to their wellbeing and soul growth.

BUT ALL IS NOT LOST!

In fact, The ALL has nothing to do with it!

No way!

Spirit is limitless, whereas this is a game, and only a game.

Even Shakespeare, using his feminine aspect of creativity saw it clearly:

"all the world's a stage, and all the men and women merely players."

This is not how things really are, nor how they need to remain.

And it all starts inside of us.

In this workshop you will be giving awareness and space to
The Feminine!

You will get to cultivate the space of havingness, appreciation and celebration for
that aspect of you that could use more breathing room, more permission and
freedom to BE!

This workshop will be an opportunity for you to create your own
Rising Phoenix experience, where the flames are a story and
your renewal, rebirth and resurrection live on.

Interested? Join us!

No Experience Necessary * All Are Welcome

September 21

OPEN-TO-ALL WORKSHOP!

DOLPHIN DREAMTIME AND MORE



Wednesday, September 21

6:30 - 7:45pm PT

Fee: \$35

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

No Experience Necessary

OPEN TO ALL

It has been understood that, according to Australian Aboriginal peoples:

"Dreamtime

[is] a beginning that never ended. They held the belief that the Dreamtime is a period on a continuum of past, present and future."

~ aboriginal-art-australia.com

Other lesser-known interpretations of Dreamtime are:

Everywhen

World Dawn

Unfixed in Time

In this workshop you will ride on a sea of guided meditation, and will journey into the inviting and magical Dreamtime.

On this mystical adventure you will encounter various guides in various forms.

These guides already understand and travel the realms of

EVERYWHEN

and are unfixed in time.

No watches! No calendars! No restriction of 3D reality!

With their very enthusiastic sherpa skills, you will get to retrieve information from the Dreamtime that is waiting to support you on your soul's journey.

Gems of wisdom that reside in the

"continuum of past, present and future" await you!

Interested? Join us!

*No Experience Necessary * All Are Welcome*

September 25

HEALING THE WORLD AND OURSELVES



Sunday, September 25

11:00am - 12:00pm PT

NO FEE

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

No Experience Necessary

OPEN TO ALL

This is our third year of offering this monthly World Healing space and we have had a front row seat to the healings, discoveries and transformations that can occur.

This space offers its own form of spiritual adventure.

In these sessions we offer guided meditation and following your own vision as a very effective way to see healing and next steps for humanity and the world.

If this interests you, please join us!

ALL ARE WELCOME

September 28
MONTHLY MEDITATION



LAST WEDNESDAY OF EVERY MONTH
Wednesday, September 28th
6:30 - 7:45pm PT
No Fee
Donations Welcome: [Paypal.me/2Laughingsouls](https://www.paypal.com/2Laughingsouls)
No Experience Necessary
OPEN TO ALL

This meditation space is an oasis for you.

Here you have the opportunity to find your own vibration again.

Not that you ever lost it!

We're in this World Soup where lots of frequencies are fluttering about, and sometimes we confuse them for our own.

Energies that are not yours are not optimal for you.

Here's your opportunity to clear your space of the 'Not You' and make way for more of YOU!

More YOU in your space can be experienced in various ways including:

More peace
More clarity
More buoyancy
More... more!

The body LOVES having more of you in there too!

Come create your own inner Oasis where you get to refresh, renew, and restore, allowing every particle of your soul full permission to sparkle.

If any of this sounds inviting, then Join Us!

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 ALEX AND STEPHANIE



\$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.

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



Check out our introductory video here:

<https://youtu.be/4EuIhoO6CoY>

AND



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

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

- OR -

see all our videos 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 nor treat any medical situation.***

We honor you and your path.

*With love,
Stephanie and Alex*