

2 LAUGHING SOULS NEWSLETTER



MAY / JUNE 2022

Aloha Friends!

May this newsletter find you well and surfing the Aloha waves that Life is bringing your way.

Perhaps you remember being a kid, at the shore, deciding to walk into the water so that you too could be splashed by the oncoming waves, joining the ranks of the other 'Wave Welcomers' standing in the waves' path.

Notice how Wave Welcomers are usually smiling?

Anyone can find themselves fully alive with the mixture of feelings of "oh wow, yippee, here it comes" and "oh wow, it might knock me over, here it comes."

What if it *does* knock you over?

A wise man I know gave me the best answer for many concerns: So What?

Waves aren't good or bad, yet they cause us to instantly measure ourselves and our capabilities to see how we will handle what is coming. Will it be easy peasy, or a butt kicker? Is one option the best and the other worst?

How many times do we do that in our lives, everyday? How often have we already "decided it" before we consider it could be different?

**It can be different inside of us. It can shift as we shift.
We can shift into a new spot and get a new view.**

**A Course in Miracles has said "a miracle is a shift in perception."
See what awaits with just a shift in perception?
Everything!**

So are you a Wave Welcomer?
Surf's Up!

Here at [2 Laughing Souls](#) we create classes, workshops and events that offer an opportunity for you to shift your perception of you, your life, your purpose, and more!
Come check them out!

HIGHLIGHTS: **WOMEN'S HEALING**, **2 SPECIAL WORKSHOPS**, **WORLD HEALING**, **SOUL BRIDGE**, **MONTHLY MEDITATION**

SPECIAL ANNOUNCEMENT!



2 LAUGHING SOULS has added two more ways we can connect!



Check out our new introductory video here:

<https://youtu.be/4Eulho06CoY>



You can also now find us on Instagram, where you can see our new introductory video here:

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

- OR -

by typing

2LaughingSouls

We look forward to sharing more fun and informative offerings in the near future!

Perhaps we'll see you there!

***** MAY EVENTS *****

May 11

WOMEN'S HEALING: THE JOURNEY CONTINUES



WORKSHOP SERIES

Wednesday, May 11

PLEASE SEE TIME CORRECTION!

6:30 - 8:30pm PT

Fee: \$35

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

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

MAY TOPIC: SELF-NURTURING

You and your female energy are "nurture central!" The power of your creative energy could light up your whole house!

You offer it to so many in your life, you offer it to situations to keep them afloat. This is a natural ability we sometimes hardly notice. For some it's like a magic trick that the rest of us wonder "how does she do that?"
We make it available for those on our "healing honey-do" list.

And as you might've heard before, YOU are likely the first person you leave off your list!

Isn't that interesting?

In this workshop you'll be giving attention to your self-nurturing space. You'll have a chance to clear any energies that have been in the way of having YOU on your own radar, and cultivate more permission to even
put you at the top of your list.

Did reading that give you an inner cringe?

Did you hear some inner objections?
Ever wonder how long those have been there?

We can become so accustomed to that interference that it becomes like wallpaper, the natural backdrop of our life.

Time to change the wallpaper?

Join us and spend some time clearing your path for your own self-care and healing.
You know what they say:

Self-nurturing leads to dancing.

Interested? Join us!

***Please note, this has prerequisites**

May 18

Open-to-all workshop

Hawaiian
Ho'oponopono Healing



Wednesday, May 18th

6:30 - 7:45pm PT

Fee: \$35

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

OPEN TO ALL

We are happy to offer this special ancient Hawaiian healing technique.

"Ho'o" is Hawaiian for "cause," or "to make" and "ponopono" means "rightness," or "perfection".

Essentially, Ho'oponopono enables a person to come more into their natural state of Wholeness.

At the heart of this ancient healing tradition
is a simple yet powerful practice of forgiveness, gratitude, love and acceptance.

Come and enjoy this revealing and healing experience.

Interested? Join us!
OPEN TO ALL

May 22

HEALING THE WORLD AND OURSELVES



Sunday, May 22nd
11:00 - 12:00pm PT
NO FEE

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

In this sanctuary we gather together to offer the world a healing.

This has been such a rich experience for any who participate, and if you enjoy envisioning possibility and imagining change, this is a place for you.

Bonus: participants get a healing as well, since, well, we're all on the planet!

Interested? Join us!

***Please feel free to pass this along to anyone interested**

May 25th

MONTHLY MEDITATION



LAST WEDNESDAY OF EVERY MONTH

Wednesday, May 25

7:00 - 8:00pm PT

NO FEE

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

OPEN TO ALL

In this sanctuary, this is about YOU. Here you will find permission to focus completely on you, your energy, and your space.

Here you will get to tune out the world and tune into... you guessed it...
YOU!

Healing is about removing energy that is "not you" and making more room for you.

This meditation experience allows for a shift and healing to happen.

No experience is No Problem!

Interested? Join us!

ALL ARE WELCOME!

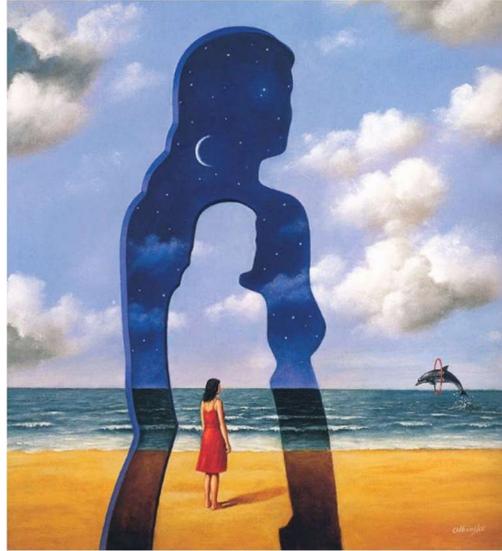
***Please feel free to pass this on to anyone interested**

***** JUNE EVENTS *****

June 8

**OPEN-TO-ALL
WORKSHOP!**

LOOK WHO'S TALKING



Wednesday, June 8th

6:30 - 7:45pm PT

FEE: \$35

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

OPEN TO ALL

We are in a constant dialogue, and sometimes don't even realize it!

Who with?

Ourselves!

In this workshop we'll have some fun looking at what is going on in our inner environment, what parts of us are dominating the conversation and what are we saying?

You'll get to use some of the energy tools we teach to aid in clearing and self-healing, and become more aware of what you'd like to have instead.

What we say inside ourselves influences what kind of experience we're having.

Have you been critical?

Have you been uncaring, unkind or a bit of a dictator?

OR

**Have you been supportive?
Do you have an inner buddy? An inner guide?**

Maybe some of both?

Awareness is key.

You'll get to take your big flashlight and shine it on what's been going on.

Here's an opportunity to totally change the dynamic and create an inner environment that supports you and your purpose!

If this rings your chimes, join us!

***Open to EVERYONE**

June 12

HEALING THE WORLD AND OURSELVES



**Sunday June 12th
11:00am - 12:00pm PT**

NO FEE

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

OPEN TO ALL

Join us as we lead you through a guided meditation that puts you in the seat of being a healer for the world and humanity.

We have heard many times from participants how this experience is profound, enjoyable or shifts their space for the better!

No surprise!

We all reap the benefits since we are on the planet and part of humanity!

It's the Trickle Down effect!

**If you are inspired to join,
YOU ARE MOST WELCOME!**

No Experience Necessary

OPEN TO ALL

***Please feel free to pass this onto anyone interested**

June 15

SOUL BRIDGE



Wednesday, June 15

6:30 - 8:30pm PT

FEE: \$35

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

Prerequisites: Basic Tools Parts 1 and 2

June Topic: Express Yourself

**Whether you tune in to what you say, *aura* what you think, *aura* what you do,
you are expressing all the time with... you got it!**

Your AURA!

**In this workshop you'll use the tools and techniques you learned in both Basic
Tools 1 and 2 to help you tune in to your aura and what it's been saying!**

It has lots to say!

Your aura is a beautifully intricate system of energetic expression.

Every layer expresses differently, but it's all

ABOUT YOU

What you pay attention to, what you're creating, what you want, what you don't want... and more!

You'll have an opportunity to clear your energy field of what is not yours.

It's like having the outside of your house covered with all your neighbors' signs for garage sales, lost cats, free couch.... time to clear all the debris!

Once you DO that, each layer has a chance to breathe, to vibrate more as you in that layer!

Then you'll REALLY get a chance to see what's being expressed!

It's your own personal light show!

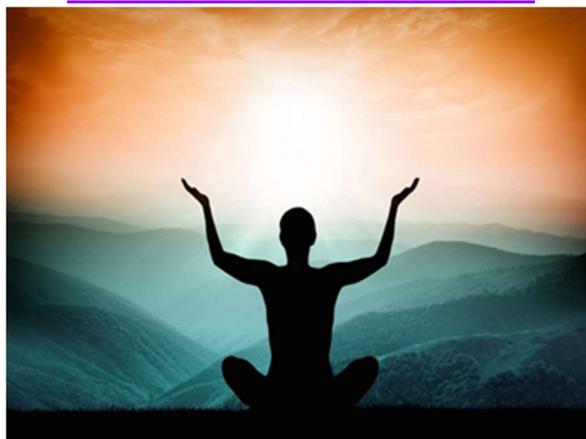
Come watch!

Interested? Join us!

***Please note this class has prerequisites**

June 29

MONTHLY MEDITATION



Wednesday, June 29

6:30 - 7:45pm PT

NO FEE

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

OPEN TO ALL

In this sanctuary there is full permission to only concern yourself with your own experience.

In here you get to tune out the world and tune in to yourself, body and soul. You'll get a chance to clear all the hitchhikers, flotsam and jetsam and make more room for the one vibration that belongs: **YOURS!**

It's a formula as old as the hills: **More You in Your Space = More Optimal Experience**

TUNE IN * RELAX * ENJOY

Interested? Join us!
ALL ARE WELCOME

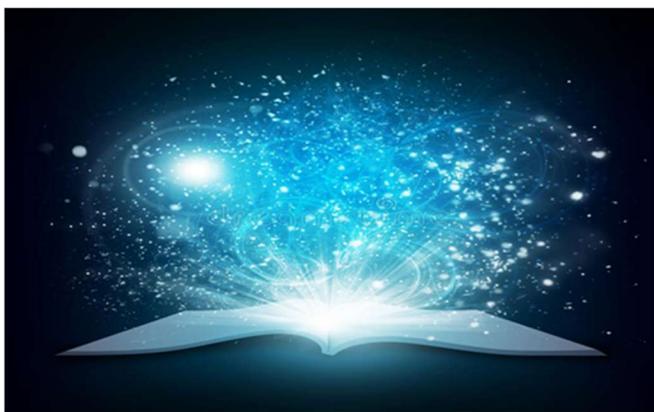
******* ALWAYS HAPPENING *******

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 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.

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

****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,

Alex and Stephanie

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

