



**A SELECTION OF OUR MOST
POPULAR POSTS ON
FACEBOOK**

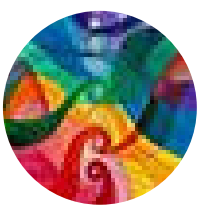
Namaste!

BY NATALIE SOUTHGATE

chakradance[™]
rhythm for your soul



Artwork by Rosie Hardy



"Your light is seen. Your heart is known. Your soul is cherished by more people than you might imagine. If you knew how many others have been touched in wonderful ways by you, you would be astonished. If you knew how many people feel so much for you, you would be shocked. You are far more wonderful than you think you are. Rest with that. Rest easy with that. Breathe again. You are doing fine. More than fine. Better than fine. You're doing great. So relax. And love yourself today."

Neale Donald Walsch

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Artwork by Erica Wexler



Thank you Mother Earth
for holding, supporting
and nourishing us.
Namaste, Nat x

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Image by Jaime Ibarra



“We do not become writers, dancers, musicians, helpers, peacemakers. We came as such. We are. Some of us are still catching up to what we are.”

Clarissa Pinkola Estés

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Artwork by Maryam Morrison



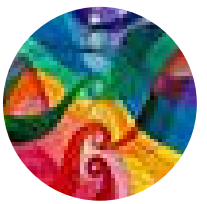
"May today there be peace within. May you trust that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith in yourself and others. May you use the gifts that you have received, and pass on the love that has been given to you. May you be content with yourself just the way you are. Let this knowledge settle into your bones, and allow your soul the freedom to sing, dance, praise and love. It is there for each and every one of us."

Mother Theresa

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Artwork by Melina del Mar

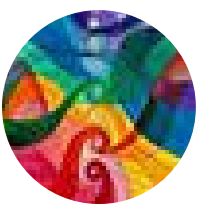


"And I said to my body,
softly, 'I want to be your
friend.' It took a long
breath and replied, 'I
have been waiting my
whole life for this.'"

Nayyirah Waheed



Artwork by Else Krogh-Hansen



5 Tips for balancing your throat chakra

1. Have the intention of always being open and honest with your communication. Try to keep communication meaningful, not indulging in gossip, lies and pointless chit-chat.
2. Be mindful of the Buddhist precept of wise speech: "Is it true, is it kind, is it necessary, is it the right time?"
3. Acknowledge that 'listening' is as much a part of communication as talking, and practice active listening.
4. Be open to higher levels of communication (telepathy, clairaudience, channelling).
5. Explore ways of connecting with your innate authentic creativity eg. dance, painting, the way you dress, cooking etc.



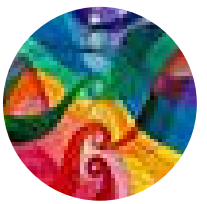
Artwork by Dorrie Joy



Remember to rest. It is part of the transformational process. We can't be in high levels of change and growth all the time. We also need to give ourselves time to integrate. We need to give our bodies time to rest and adjust to the energetic changes we make in our lives. Wishing all those in times of change much peace, Nat x



Artwork by Pegi Smith



“Healing does not mean wallowing in or identifying with injury. Nor does it mean defensive inaction. It means having the courage to see, acknowledge, grieve and repair the holes in ourselves. It means moving on, patches and all.”

Jill Mellick

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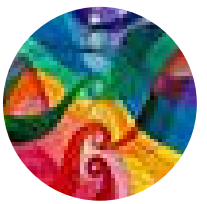
Image by BLACC360-DeviantArt



Healing work isn't always pretty. Sometimes we need to dance through the darkness in order to find the light. Namaste, Nat x



Artwork by Elena Ray



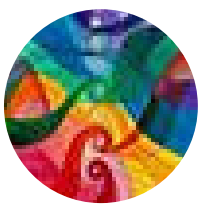
"When your energy vibrates at a frequency that is in direct alignment with what the universe has been attempting to deliver your entire life, you begin to live in the flow and true miracles start to happen."

Panache Desai

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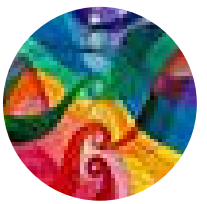
Artwork by Isabel Bryna



Our third eye chakra is the home of our sixth sense, our intuition. I believe we are all highly intuitive. In many ways our intuition works like a muscle; the more we use it, and trust it, the more powerful it becomes. You know that feeling when you think of someone, and then they call, or you bump into them. Or you are about to do something, and you get the sense you shouldn't, but you do it anyway. You then find yourself saying, "I knew I shouldn't have done that!" I see this chakra as like a gift we all have. Receiving this gift, using this gift and always believing in it, can be a constant guiding light in our lives. Namaste, Nat x



Artwork by Dimitra Milan

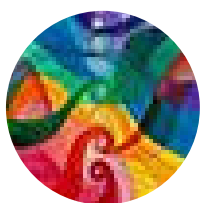


“A healthy woman is much like a wolf: robust, chock-full, strong life force, life-giving, wild, territorially aware, inventive, loyal, roving.”

Clarissa Pinkola Estés



Artwork by Skafia



"Stop searching here and there, the jewels are inside you."

Rumi

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Artwork by Isabel Bryna



Loving these words by Clarissa Pinkola Estes (author of *Women who Run with the Wolves*) "There is, I think in all women, a wild and ancient gypsy who cries in anguish when we starch her flat. There is a part of us that can never, ever be happy until the gypsy can dance." Nat x

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Artwork by Kathleen Farago May

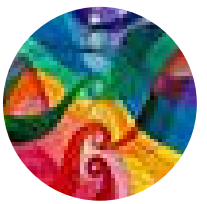


“The privilege of a
lifetime is to become
who you truly are.”

Jung



Image by Brown Pride Art



"As you breathe in,
cherish yourself. As you
breathe out, cherish all
beings."

Dalai Lama



Artwork by David Joaquin



"Just breathe, you'll never
live this moment again."
Namaste. Nat x



Artwork by Gaia Orion Art



"As you walk upon the
Sacred Earth, treat
each step as a prayer."

Black Elk

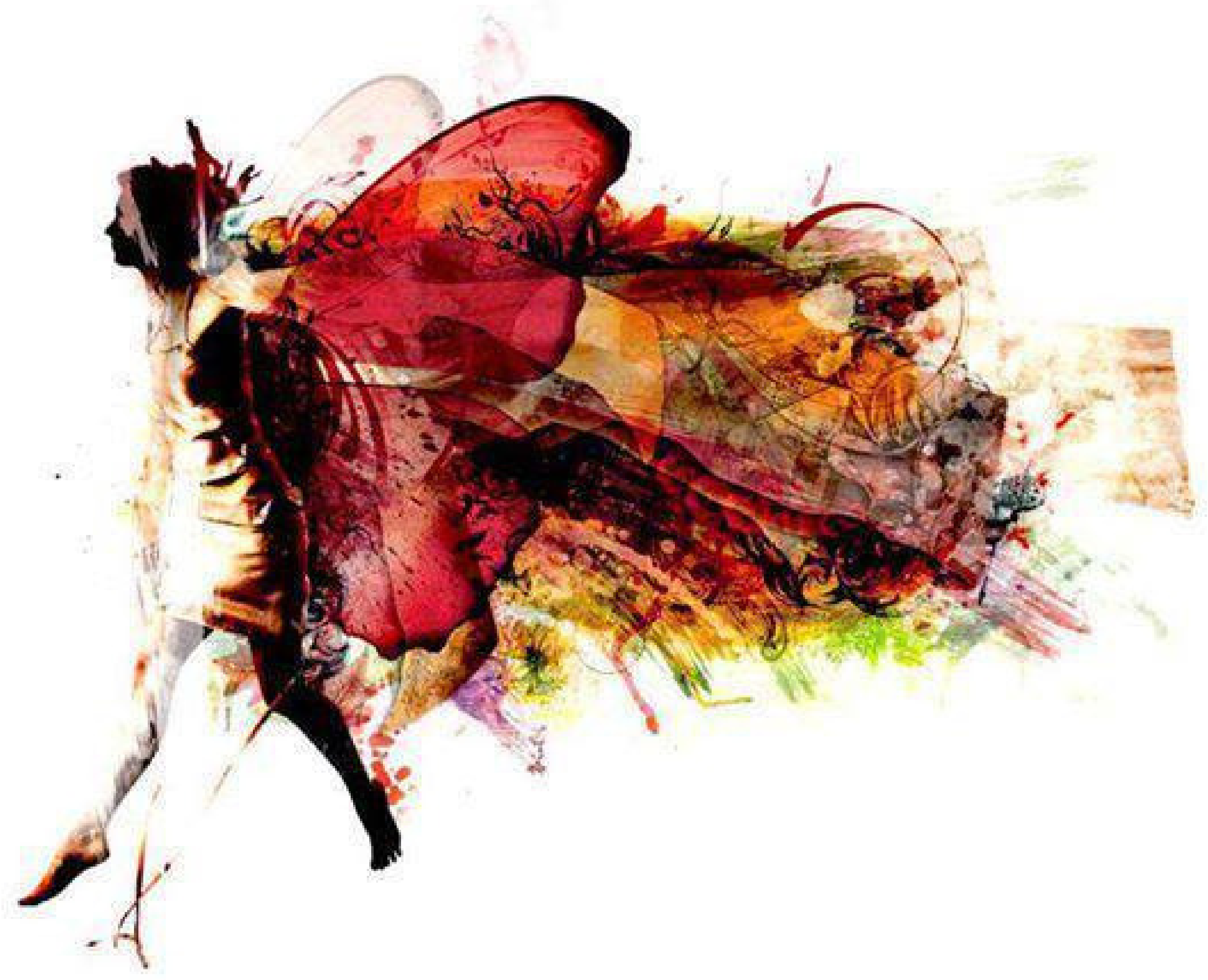
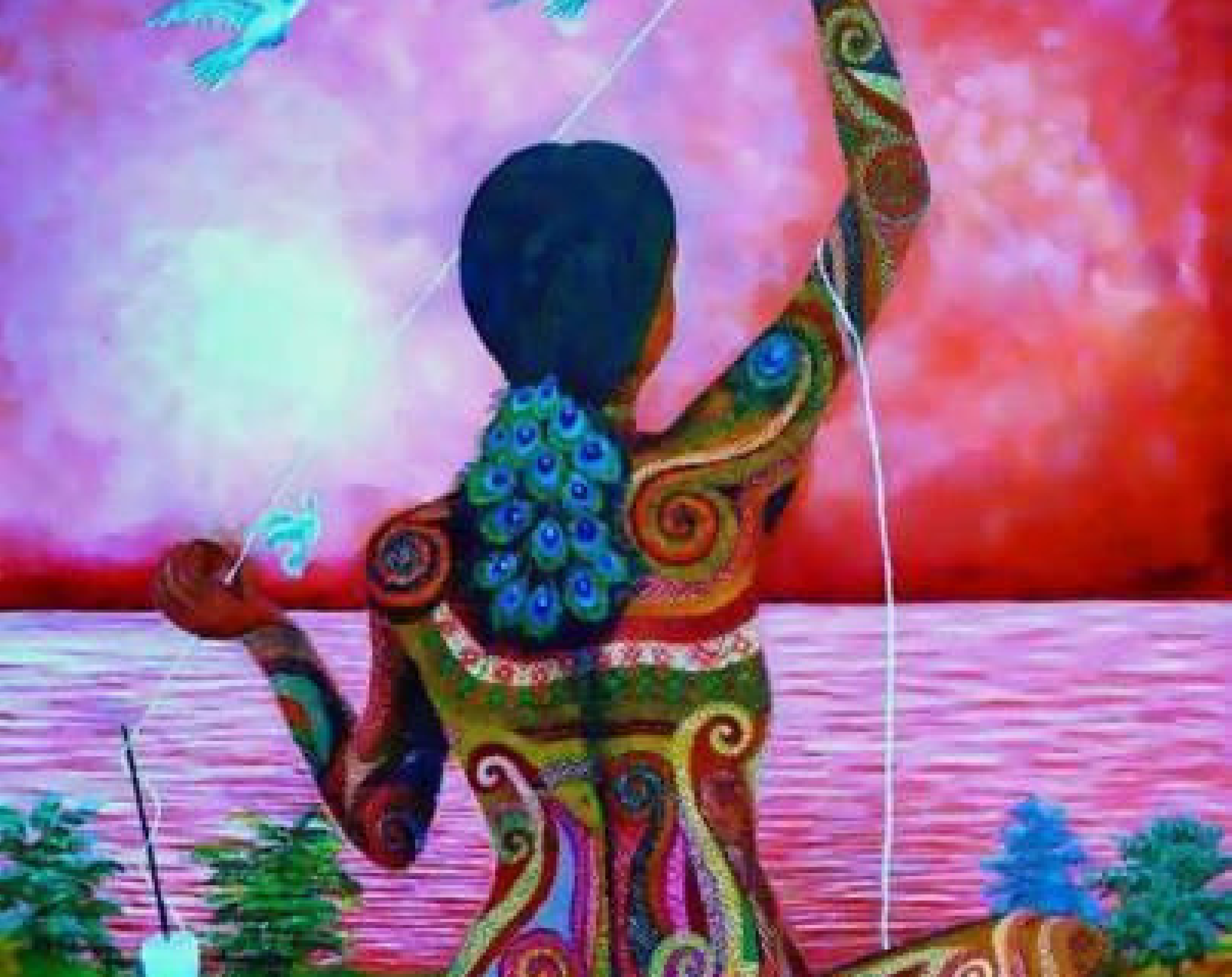


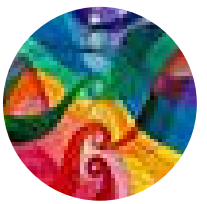
Image by Neil Duerden



When we dance, our bodies release the emotions we've been holding onto; we let go of the old. Each dance has its own mystery, its own unraveling, its own healing. Namaste, Nat x



Artwork by Paula Nicho Cumez

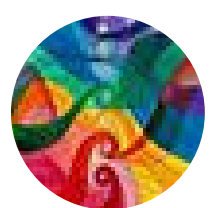


"When the soul wishes to experience something, she throws an image of the experience out before her and enters into her own image."

Meister Eckhart



Artwork by Leonid Afremov

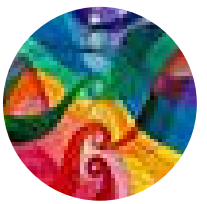


When we dance up an old buried memory, feelings that we have been storing in our bodies for years can finally flow. The sense of release can be incredibly powerful and in that moment a deep healing takes place. Namaste, Nat x

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Artwork by Isabel Bryna

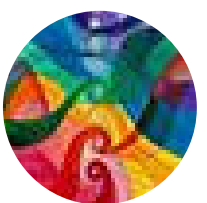


“To bring anything into
your life, imagine that
it’s already there.”

Richard Bach



Artwork by InertiaK



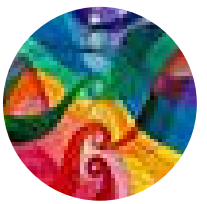
Healing with the full moon ...

Stand under the pearly light of the full moon. Feel her glow shine down upon you and within you. Open up all the pores of your skin and feel every cell in your body become rejuvenated by her healing light. Feel your stress, anxieties, worries and fears dissolving as her light transforms any darkness within.

Namaste, Nat x



Image by She Who Is



"While I dance,
I cannot judge,
I cannot hate,
I cannot separate myself from life.
I can only be joyful and whole.
That is why I dance."

Hans Bos



Artwork by Joele Williams

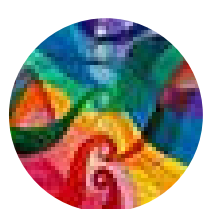


Each time you dance,
start from where you
are right now in your
life. You don't need to
change, to be someone
else, to pretend. Your
dance comes from the
stories of your life – both
beautiful and painful.
Namaste, Nat x

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Artwork by Ali McNab



A kindness meditation ...

Softy close your eyes and focus on your breathing. Breathe a little more deeply, and slowly, than you usually do. Imagine a soft pink rosebud resting in the center of your heart. With each breath you take, the petals of the rose slowly unfold. At the center of the rose is a brilliant white light. Now imagine yourself sitting in the light. As you rest in this place of love, make a wish for yourself. It may be for more peace and love in your life. It may be to find forgiveness. Let your wish come from your heart space, rather than your head.

And now make a wish for a loved one. And finally make a wish for someone you may be in conflict with. Imagine each person and any conflicts being infused with the light from the rose.

When you are ready, bring your awareness back to your breathing. Namaste, Nat x



Namaste, Nat x

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