

## Soul Café with Soul Guide KIM LINCOLN

Dear Companions on the Path:

Welcome to Soul Café – where you will discover and engage your wisdom practice in the presence of others. Soul Café is an on-going online community of people awakening consciousness.

We meet the last Friday of each month, 5-7PM, PT, built on a come when you can donation basis.

Soul Café offers a live on-line space to practice and grow our potential as essential hu-man-beings.

Globally we are experiencing monumental change touching every area of our lives and the life of our planet. Letting go of what no longer serves the greater good individually and collectively grows awareness of the innate knowledge of our interconnection.

We are now being summoned en masse – to show up as integrally as possible. The change begins within us. Each one of us; asking ourselves, “what is required of me?” “What is truth?” and “How can I know what to trust and how?”

This and other questions will set the theme for process work, discussion, exploration, and an integrative holistic meditation, practicing 3-centered awareness to align in our higher truth.

Knowing yourself, mastering your inner guidance, manifesting your fuller potential, and illuminating the Light from within you are the natural effects of this way.

“IT IS THE LETTING GO TO EMBRACE THE

*love*

THAT IS YOUR ESSENCE.”

KIM LINCOLN

