



Awakenings

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Fall 2006

ATS Graduates Four Classes in 2005!



ATS First Graduation Class in Ft. Lauderdale, Florida, proudly poses on June 19, 2005

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What's *New* in 2006 for ATS.....

We have big news for 2006! The first one is that Awakening the Soul has expanded its audience, and now includes both women and men. After a couple of years gaining experience, it is now time to broaden our horizons and teach the feminine way to all. We are excited at this opportunity, and welcome all of you interested in awakening your soul and in manifesting more peace and beauty in your lives!

The second major addition is the "One Day Seminars", which we

call 'Intensives'. Many people have wanted to participate in our programs, yet are unable to commit for three days in a row. We have created eleven 'Intensives', each one with a specific focus and theme. They are designed to help you manifest a life that is more nurturing to you, and therefore to those around you. For more information, please visit our "Events" page at www.awakeningthesoul.net.

More Graduates



Panama - October 2005



Maryland/DC – November 2005



Guatemala – July 2005

Letter From Beatriz.....

Two plus years have passed since the inception of *Awakening the Soul*, and we are excited that *five* groups have already graduated as of January 2006! The groups had diverse backgrounds, cultures, and even languages.

Of the five, two were from the United States, two from Guatemala, and one from Panama. Each group had undoubtedly their own personality, but the courage and resilience of these amazing women was common throughout.

I feel privileged to have witnessed incredible changes in each....some changed a seemingly insurmountable home situation into a peaceful sanctuary where they and their children could thrive and feel loved... others made courageous career moves putting it all on the line as they followed their intuition and Divine guidance...many left intolerable situations and then created amazing beauty in their lives. They were brave enough to hold themselves to their Highest Possibility, and moved to make it a reality! They entered a "different space", one of mystical wonderment, defying the norm.

Many found peace, while others opened a window into a new and wonderful world. How does one sign up to be the witness of something this amazing? I don't know, but will be forever grateful and always in awe of these incredible women. Thank you to all of you who have made it possible!

With Love and Gratitude,

Beatriz

REFLECTIONS ON THE DALAI LAMA'S VISIT TO RUTGER'S STADIUM, NJ

I got up this morning at 4:45 a.m. so as to arrive on the Livingston Campus of Rutgers, the State University of New Jersey prior to the massive traffic jams. The Dalai Lama was coming to town to talk about War, Peace, and Reconciliation. We arrived so early there were absolutely no traffic problems which afforded my friends and I two hours to chat in the stands, buy food from the concession stands (they actually had humus and crackers!) – no meat 'in honor of the Dalai Lama's visit', and enjoy the Tibetan monks' chanting, and many musical and choral performances. My only preparation for this event was to watch the Brad Pitt film *Seven Years in Tibet* which depicted a non fictional friendship between the Dalai Lama when he was a child and an Austrian Olympic gold medalist. (Definitely worth seeing!)

The Dalai Lama pulled up behind the stage right on time at 10:30 and was greeted by a standing ovation of approximately 35,000 people. I had tears in my eyes because of the immense crowd who had come to listen to his words and he was so well-received. He was first conferred an honorary doctorate for his contribution to world peace. Then he simply stated he was going to start his lecture. He spoke initially in his native language and then thankfully the crowd realized his interpreter was right next to him. The Dalai Lama presented his thoughts in English and from time to time consulted with his interpreter.

He sat on a chair in center stage so as to have an informal talk with the crowd. He apologized for the lack of formality, but he told us we were just going to have to accept it and that we did! What an unassuming, humble man. He described himself as a man with perhaps a different skin color, and a nose with a slightly different shape from others, however, his point was, we are all alike – he included. The Dalai Lama continued by saying if we had all come to the stadium that morning to hear great words of wisdom on war, peace, and reconciliation, then he was sorry that we were probably going to get bored and be disappointed because we had all most likely given a great deal of thought to these concepts, and he really had nothing new to add. His sense of humor was delightfully unexpected. He then pointed out that no matter what we got out of the lecture, we must all revel in the beauty of the weather of the morning and the flight of the birds overhead and know that this was important to the day.

He told us that war is an outdated concept. It has no use in these times. The idea of enemies is past, gone, extinct because we are all connected. We are all one humanity. To kill is wrong. The twentieth century was the century of war. The twenty first century will be the century of peace. The Dalai Lama said that people are innately mischievous but we need to be accountable for our actions. We must contribute to the common good in our local communities, however, we must think globally. We are spoiled and some of us are lazy, yet we must be responsible – to ourselves and each other. Respect is paramount. Education and knowledge will take us to the peace in our world we deserve.

The Dalai Lama spoke for a solid hour and then proceeded to answer questions emailed to the Rutgers website prior to his visit. In response to the question concerning Israel and the Gaza Strip he started by saying he was not an authority in that area, and then he continued with several statements about what he did know, while finally concluding with a definitive "I do not know the answer to the question". He was interrupted by applause several times. His informality, humor, and honest straightforwardness were appreciated by the entire crowd who strained to hear and understand his every word.

I was honored and grateful to have been able to have attended such a momentous event. I could never have imagined the splendid presence such a humble man created in that stadium of 35,000 people. Upon leaving, I was struck with the knowledge that I have heard his message before. These are the many teachings Beatriz has shared with us in the five modules of *Awakening the Soul*. We will have peace in the twenty first century. In fact this shift in consciousness is happening right now. We are accountable – to ourselves and each other because we are all connected.

Lovingly submitted in light, knowledge, and respect.

Janet Armstrong

ATS EVENTS CALENDAR For 2006/2007

September 23, 2006

One-Day Intensive #3: The Energy Body & the Chakra System 2 - Guatemala (Spanish)

October 29, 2006

One Day Intensive #4: "Mandalas" as a Tool for Change - Guatemala (Spanish)

November 3-5, 2006

Fifth Three-day Module: Facing Your Fears & Spirituality in Every Day Life – Guatemala (Spanish)

December 2, 2006

One Day Intensive #5: The Steps to Spiritual Awakening – Guatemala (Spanish)

December 3, 2006

One Day Intensive #1: Energy Management — Guatemala (Spanish)

December 2006/January 2007

One Day Intensive #1: Energy Management — Asheville, NC (English)

February 3, 2007

One Day Intensive #6: Shedding the Past, Part 1 — Guatemala (Spanish)

February 4, 2007

One Day Intensive #2: The Energy Body & the Chakra System 1 — Guatemala (Spanish)

February 2007

One Day Intensive #2: The Energy Body & the Chakra System 1 — Asheville, NC (English)

February 8-12th, 2007

"North" Direction of the Medicine Wheel & Energy Medicine — Lake Atitlan, Guatemala (English)

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