

Awakening the Soul Spring Newsletter 2004



Volume 1, Issue 1
Editor: Tina Daub

Awakening the Soul Debuts in Ft. Lauderdale

by Tina Daub

Most people go to Florida for the beaches or to retire. But not me. I am sitting in a hotel conference room listening to Beatriz Orive, someone I have known half my life, talk about energy management and spiritual awakening and I am enthralled. We all are.

Sixteen of us, all women, have left our hectic lives, our spouses/partners, jobs and children to take part in the official launching of Awakening the Soul's first weekend workshop to find inner wisdom and healing. We are the guinea pigs and we come from all over: Michigan, California, Boston, New Jersey,

DC and of course South Florida. Some of us want to manage time better, some want to access their souls and some are just curious, but what each comes away with at the end of the weekend is nothing short of extraordinary.

I can't really say which aspect of the workshop I liked best. The guided meditations took me to new levels of awareness that profoundly changed my view of life. The mandalas we created, each so unique and beautiful in its own way, were revelatory as we shifted our perspectives from the outer world to our inner sanctum. The sacred fire ceremony, despite the onslaught of countless blood-

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True spiritual transformation liberates us from the limited life we know to the freedom of life eternal. Through the flowering of the subtle mind we become transformed, and live in the perfume of the divine.

Bertram W. Saltzman

Testimonials from ATS First Florida Module

"A wonderful weekend of self exploration supported by others on their journey."

Kathy H.



"A wonderful workshop and also a wonderful opportunity to see wonderful people."

Junko T.

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Special points of interest:

- Photos from the first Florida workshop
- Your comments
- Report from Antigua
- What's in Beatriz's Library
- Upcoming Events for ATS
- Sacred fire, mandalas and more!

Testimonials

I loved the positive energy and great vibes. The entire program was one of the best experiences of my life. Affirming without being intrusive; emotionally



supportive without whining. I loved getting to know Beatriz and the other par-

ticipants and I was particularly impressed with the varied backgrounds and experiences. We all fit together!! As a result of this experience, I now meditate, work on my mandala and am having an eye-opening experience with the "Artist's Way". Can't wait for more!!!

Christine A.

I am still basking in the glow of this weekend. I feel so good and back to my old self. Thank you for your wisdom and healing. You truly are an angel and I feel so privileged to have you in my life! Also-I have spoken to Christine and Tina Marie and they both said that this had



been the BEST weekend in their entire lives! How is that for feedback? You are on the right path and I know you will make a difference for many people in this lifetime. All of us are totally looking forward to June to see you again.

Jenny M.

A Letter from Beatriz

Dear Friends:

As 2004 begins to unfold, so does the participation of Awakening the Soul (Despertando el Alma) within the Earth. The dream began with a desire to make a positive contribution to this world, by sharing joy and inner peace with those ready to embark in their spiritual awakening path. As I began sharing this dream with people, I could see their eyes glowing with excitement. "When?" "Where?" people began asking. "Soon," I would respond. Their energy and enthusiasm, mixed with my anticipation and desire, began to show me the vision of people awakening to find the treasure they each had within.

As a very young child, I would play and run, until my Spirit would bring up an incessant question. I would run upstairs to my mom, and barely able to

I had a spontaneous journey of flying atop an eagle and going high above the mountains and lakes, thinking, "Isn't this a beautiful view of the Earth?"

breath and talk at the same time, would ask her: "I know I came to do something really big, but I don't remember anymore. Do you remember?" She would look at me tenderly and respond, "No, I don't remember." With that I would run back downstairs and continue to play in the garden. A few decades later, and after honoring my search for feeling complete, I had a spontaneous journey of flying atop an eagle and going high above the mountains and lakes, thinking, "Isn't this a beautiful view of the Earth!" Suddenly, the eagle took a dive

into a beautiful room filled with luminous windows. There I saw myself on a stage, lecturing to several hundred women. Perplexed, I looked at the eagle, knowing it could read my mind. "This is what you came to do," she said, "and it is big. Do you remember now?" After my heart skipped a beat, I began to remember!

To those of you that have already experienced a taste of Awakening the Soul, welcome to the circle and may you soon fly with the eagle. To those of you thinking of joining us, may your heart and soul skip a beat with the anticipation of discovering the exciting adventures that lie within. Please see page 4 for the calendar of upcoming events.

With love in my heart and joy in my soul,

Beatriz M. Orive
Founder

ATS Debuts

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hungry mosquitoes, made us mindful of the earth as we honored her, offering our hopes/dreams and discarding those aspects of our mandalas we no longer needed.

Here, we held sacred space for one another, forging a wordless bond, celebrating the remarkable group consciousness we had raised in only two days. The exercises Beatriz had us do were both

fun and enlightening and the way she integrated and presented what she's learned on her path filled our heads and hearts with abundant ways to improve our lives. Can't wait till June!

Beatriz recommends:

BOOKS YOU MAY LIKE:

1) **Don Miguel Ruiz**

- a) **The Four Agreements**
- b) **The Mastery of Love**

2) **Brian Weiss**

- a) **Many Lives, Many Masters**
- b) **Only Love is Real**
- c) **Messages from the Masters**

3) **Paulo Coelho**

- a) **The Alchemist**
- b) **Rio Piedra**

4) **Joan Borysenko**

- a) **Woman's Book of Life**
- b) **Woman's Journey to God**

5) **Marianne Williamson**

- a) **Enchanted Love**
- b) **A Woman's Worth**

6) **Caroline Myss**

- a) **Anatomy of the Spirit**
- b) **Sacred Contracts**

7) **James Twyman**

- a) **Emissary of Love**
- b) **Emissary of Light**

8) **Anita Diamant**

- a) **The Red Tent**

9) **Shakti Gawain**

- a) **Living in the Light**

10) **Deepak Chopra**

- a) **The Seven Spiritual Laws of Success**

11) **Oriah Mountain Dreamer**

- a) **The Invitation**

12) **Eckhart Tolle**

- a) **The Power of Now**

13) **Dalai Lama**

- a) **The Art of Happiness**
- b) **Ethics for the New Millennium**

14) **Alberto Villoldo**

- a) **Shaman, Healer, Sage**

15) **Carlos Castaneda**

- a) **Teachings of Don Juan**
- b) **Second Ring of Power**

16) **Olga Kharitidi**

- a) **Entering the Circle**
- b) **Master of Lucid Dreams**

Send us YOUR NEWS

Had an “*Ah Hah*” moment or a delightful turn on your spiritual path? Maybe you’ve already noticed some changes since the first workshop. We’d love to know what they are. Email your story to plumstar@aol.com. Put ATS in the title line. If space permits we’ll publish it here. Editor

reserves the right to amend text as needed. This space may also be used for a book you recommend. Send us your reading list of books you’ve found inspiring or a short book review of a recently released book. We’d also like to receive quotes “to live by.”

For anyone interested in buying a poster of Oriah Mountain Dreamer’s “Invitation” poem I just noticed it in the Isabella catalog. Their website is www.isbellacatalog.com. Of course ATS is not endorsing this company, just passing on info I thought some of you might like.

ATS Launches in Guatemala

by Sandra Padilla

It was our own private sanctuary for two and a half days. At the end of March, an intimate group of women agreed to come together to learn about spirituality and the path to our own spiritual awakening. The setting couldn’t have been more appropriate, as we gathered each day in a meeting room nestled between the arms of three majestic and active volcanoes—*Agua (water)*, *Fuego (Fire)*, and the *Acatenango* in La Antigua, Guatemala. The room had big windows that brought in plenty of light and energy, as well as a perfect view of a luscious tropical garden and a turquoise-

blue pool with fountains.

Our surrounding made our learning harmonious and relaxed, notwithstanding the intensity of the workshop with its subject matter and actual hands-on activities, exercises, and guided meditations. Our group enjoyed the personalized and caring approach of Beatriz, our mentor and guide in our respective spiritual paths. Her kindness, her complete and total dedication to her calling, as

This first group of women has taken it as a personal mission to spread the word...

well as her personal integrity and impeccability shone through as she led us gently—and sometimes with a most needed shove—to embrace our *awareness*.

This first group of women has taken it as a personal mission to spread the word to other women in Guatemala about this wonderful experience, workshop, teacher and opportunity to grow. Each of us is now preparing for the second workshop in July, as we were left with not only *lots of information to digest and ponder*, but homework assignments for the soul! Thank you, Beatriz, for sharing the path with us!

Awakening the Soul
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ATS 2004 WORKSHOP CALENDAR

* March 25-27: Guatemala - SPANISH - 3 Day Module 1: Energy Management & Steps to Awakening

* April 20: Panama - SPANISH - A Glimpse into Spiritual Awakening

* May 8: Maryland (Bethesda/Garrett Park area) - ENGLISH - A Glimpse into Spiritual Awakening

* May 22-24: Michigan (St. Joseph area) - ENGLISH - 3 Day Module 1: Energy Management & Steps to Awakening

* June 4-6: Panama - SPANISH - 3 Day Module 1: Energy Management & Steps to Awakening

* June 18-20: Ft. Lauderdale - ENGLISH - 3 Day Module 2: Energy Body and the Chakra System

* July 22-24: Guatemala - SPANISH - 3 Day Module 2: Energy Body and the Chakra System

"What took years to work through on my own, the ATS seminar encapsulated in one intense weekend."

Kathy H.

Come see us on the web!
www.awakeningthesoul.net

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