

★ World's Cup of JoE ★ *Ascension Cafe Newsletter*

Q&A Calls | Motivation | Journaling | Meditation | Balancing Tips



THE 9 MUSES

OURANIA | GREEK GODDESS OF ASTRONOMY

“Two things inspire me to awe—the starry heavens above
and the moral universe within.”

~German philosopher Immanuel Kant

Have you ever gone outside at night in a remote location and looked at the sky? It is unlike any other sight. You feel like you are alone with the universe. The stars are so magnificent and shine in a way that you can't see when you are in the city. It truly makes you look up in awe at the greatness of this world. You appreciate and are humbled by the blessing you have been granted to be a part of something so majestic.

WEEK IN REVIEW



MONDAY 9/5

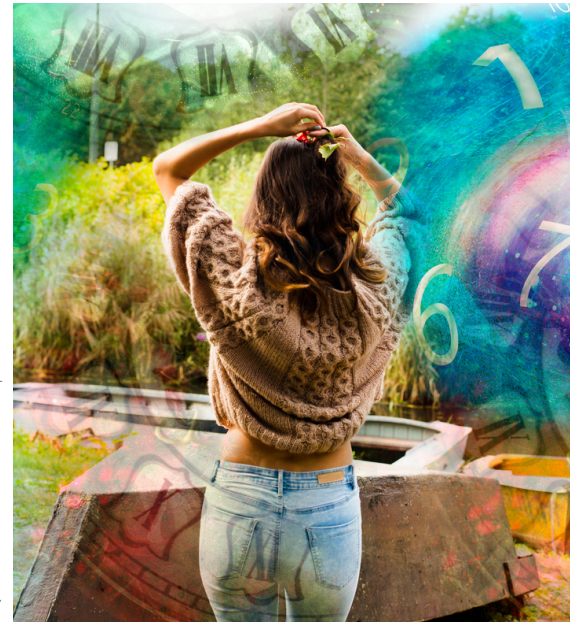
"It has always been darkness that hands me the brush, the pen. All the instruments of creation."

TUESDAY 9/6

-My twin texted me many times that he had problems. When I asked what they were, he Pulled. How is it possible to talk things out in this journey?

-I keep leaks closed with my person. But he's famous so there are situations with unintentional leaks like his songs on the radio or TV, or he is popping up on Spotify and Youtube. I can't completely avoid this kind of situation and I don't want to leak. What can I do?

-As I am balancing and aligning with soul every day, I am curious if I see there is a leak in my thoughts, i.e., fantasizing and I catch myself and acknowledge that it is a leak or push from the mind is this balancing?! The moment I bring myself back to present and shut down the mind knowing it is a leak or push is my soul?!?



WEDNESDAY 9/7



Where do you find inspiration?

THURSDAY 9/8



Goddess Muse Week:

We discussed Calliope how to manifest as the goddesses/gods we are & we knocked out two of your amazing questions on manifesting through our children, and how to handle jealousy insecurities.

FRIDAY 9/9

New Meditation Uploaded!



SATURDAY 9/10

***Balancing- Owning your journey
&***

***INTENTION- It doesn't matter how you
manifest your person in?***

SUNDAY 9/11

*`Do we have spirit guides
`How long can you maintain Satori
`-How long did it take for you to level up where
you're consistently in a place of peace?*





PRESENCE

"THE PAST IS GONE. THE FUTURE IS NOT HERE. NOW I
AM FREE OF BOTH. NOW I CHOOSE JOY."

~DEEPAK CHOPRA

YOU WILL OFTEN HEAR US SAY THAT PRESENCE IS THE ANSWER TO EVERYTHING, AND IT IS. PRESENCE WILL BRING YOU ALL OF YOUR DESIRES. WHY? BECAUSE WHEN YOU ARE PRESENCE YOU ARE SOUL. YOU CAN'T BE IN MIND IF YOU ARE PRESENCE. MIND AND SOUL CANNOT OCCUPY THE SAME SPACE. MIND IS PAST AND FUTURE, AND SOUL IS NOW. EVERYTHING IN YOUR LIFE IS ALWAYS HAPPENING NOW. SO WHY WORRY ABOUT THE PAST, OR BE INTIMIDATED BY THE FUTURE? IT WILL ALL UNFOLD IN THE NOW, AND WHEN IT DOES, YOUR SOUL WILL MAKE IT SO THE OUTCOME FAVORS YOU.

SINCE THIS WEEK WE ARE INTRODUCING OURANIA, THE GODDESS OF ASTRONOMY, USE THE EVENING SKY AS A WAY TO BRING YOU BACK TO PRESENCE. MIND OFTEN KICKS UP WHEN YOU ARE TIRED, ESPECIALLY IN THE EVENING. IF AND WHEN THIS HAPPENS, OPEN A WINDOW AND LOOK UP, OR BETTER YET STAND OUTSIDE AND LOOK TO THE HEAVENS. LET THE WONDERMENT OF THE EVENING SKY BRING YOU BACK TO THE PRESENT MOMENT!.

