



By Ashana

There are defining moments in life when all you can do is leap. You can't worry about the net appearing. You might have an idea, or a hope; but really, you're sailing straight into the unknown. You don't know where you're going or what's going to happen. You try talking about it; but, it does not make logical sense to anyone--let alone to you. It might feel exhilarating. It might also feel terrifying. The bottom line is this: Life as you know it is over; because, your soul is *demanding* change.

I was 48 years old when I sold my business. I had a dream that I had been carrying inside my heart for 25 years. I'd been waiting, listening and waiting, until the timing felt right. I was ready. I would sell my business and use the money to record a CD of my music. Music I hadn't even written yet. Music that had yet to reveal itself to me. To say that I was afraid is an understatement--I was terrified. I was relatively successful and well respected in the community. I liked what I was doing. But the thought of continuing to live the status quo felt oppressive to me. My spirit was contracting and every day I grew smaller and smaller.

There was nothing left to do except leap. Take the risk. Let go of life as I knew it and surrender to the relentlessly compelling voice of my soul.

I sold the business to the only person who showed up to buy it. And the very same day that I closed on the sale, through amazing and fortuitous synchronicity, I met my producer, Thomas Barquee. My life changed forever. Six years and four CDs later, I tour worldwide and have become renowned as a crystal bowl master and singer of sacred healing music. I love what I do. I am insanely and wonderfully passionate about it. Every part of

me has undergone a deep transformation. I am happier than I have ever been. I recently married the love of my life, whom I met while on tour. Every day feels like a blessing, although some days are easier than others, of course. I am 54 years old and I feel as if my life has just begun.

Letting go of what is safe and comfortable to follow the stirrings of your heart is not easy. It is a process. It will take you into the dark places within, and raise you up to magnificent heights that defy imagination. It has brought me to my knees and expanded my heart beyond anything I could have dreamed possible.

Letting go of what is safe and comfortable to follow the call of your soul is a powerful teacher. It taught me about trust. How to trust my intuition. How to trust others. How to trust what is true and right for me. This led to Self-confidence, authenticity, strength, courage, cooperation, kindness, compassion and humility. The list is endless.

My own journey took me from student to secretary, secretary to music teacher, music teacher to recording artist, performer and sound healer. As I look back, each step built upon the next, opening doors to prepare me for the fulfillment of my dreams in ways I never imagined.

H.H. Sai Maa Lakshmi Devi once said that if you were to spend 21 days saying "yes" to everything, your life would be forever changed. There are days when I observe the many ways I withdraw into a cocoon of "no," contracting and limiting myself with thought forms born of fear. Fear of the unknown. Fear of success. Fear of expansion. Fear of change. Fear of receiving love.

And then there are those exquisite times when I say "yes." Yes to the joy. Yes to the love. Yes to

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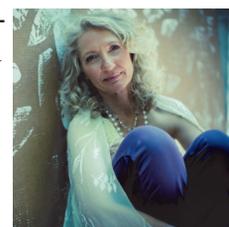
the flow and the magic and the promptings of my heart. And it is glorious and fun and miraculous.

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I invite you to say YES. Say YES to the calling of your heart and YES to the passion of your soul's voice. Say YES to your life. Sing your song. Whatever it is. Fall down. Get up. Take a risk. Leap.

And let the miracles begin.

Ashana is a singer, sound healing practitioner and renowned master crystal singing bowl artist. Her CD recordings, "All Is Forgiven," "Jewels of Silence," "Beloved," and the newly released "The Infinite Heart," produced by Thomas



Barquee (Snatam Kaur, Seal), have received international acclaim and have revolutionized the New Age Healing Music genre with their unique sound. Ashana returns to Kansas City for two nights on September 9 and 10 for a weekend of events, including a concert at Unity Temple on the Plaza and a Crystalline Activation Ceremony for Pro-found Manifestation and Healing at Learning 2Fly Geodesic Dome in Mission, KS. Purchase tickets online at www.AshanaMusic.com, at Stone Spirit Lodge, or call 505-690-9025. Free meet and greet Sept 8 at Stone Spirit Lodge. Questions: Sarah Grace at Mthfaery@aol.com