

## NEWSLETTER

# Self-Freedom

Welcome to Lihiyot.Be's Second Newsletter

The mission of Lihiyot.Be newsletters is to foster and inspire a community of people, artists, free-spirits, creators, lovers, wanderers, and adventurers through touching upon specific themes and expressing them creatively through a variety of mediums.

Spring cleaning.

Our house. Our fridge. Our cars. The floors, every crevice and cranny, between the couch cushions.

A new organized space. A new start.

What about our bodies, our minds, our hearts, our souls?

Extracting the negative energy that has become trapped. The same old cycle of thoughts and destructive behaviors.

Have we cleaned those?

To vacuum our minds of negative thoughts. To mop our hearts of the pain and hurt. To windex our souls till they shine.

To free ourselves from our judgements and expectations. From our reality that we are not good enough. From our fears. Of needing more.

To begin summer as bright as the sun.

Like a flower, having just emerged from beneath the depths of snow. Buried for months, and now with the sun peaking through, color begins to return. Joy, excitement.

Your soul peaking through the cracks of slavery to self, to others. From feeling trapped.

To begin growing roots of self-acceptance into the newly thawed dirt.

And once the roots have been established, now there is space to begin to grow. At first a small sprout. A taste of what it means to be free from those past demons.

Then developing colorful petals of truth. Of purity. Of you.

Each petal is unique and expressive of who you are.

Then blooming into the powerful, incredible being that each soul is. That we all are capable of being.

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### That Voice

It is funny how much my mind limits me

“Who are you to call yourself an artist”

Ha, what evil words are whispered to me in the spaces of quiet

Judging me,

my weight,

my being,

my worth.

If my mind was a person, I would never talk to them

Them, with their elevator eyes

Their back handed compliments

Their insults

Their judgement

And here I am giving 'them' power. Power over me.

Sometimes I can see my soul.  
So light, so beautiful.  
Just shining.

It cuts through darkness, bringing light to every corner. From the tips of my toes to the ends of every strand of hair. To the corner of a room, to the trees I pass by. To the night filled sky.

It carries itself high, it reaches out its hand to everyone I pass,  
Inviting.

Inviting their soul to hold hands with mine.

As I see this, I laugh. I smile. I shine. I cry.

It is just so beautiful.

It feels like I can tackle the whole world and bring a smile to every person I meet along the way.

“You are too fat to be beautiful”

“Every time you talk, people laugh”

This voice smothers my soul. Catches it in a net and pulls it down into the icy depths of a cave. It covers my soul in darkness, preventing light from peaking through. Clouding it with judgment and self-hatred.

It paints myself in a picture of disgust, annoyance, anger, disappointment.

It hurts.

It is tiring.

I used to think that my soul was me and the voice was destroying me. I would beg it to leave, to be quiet. I would plead with it to let me go. Then I realized, this voice is me. These are my words smothering my own worth. My own words - darkening my world. Judging myself. Bringing myself to hate myself. How can I plead with myself to stop?

I can't. There is no begging with myself. Instead, there is -- choice -- so I am choosing to make a relationship with this voice. To befriend it, then silence it. Keep the words from poisoning my thoughts, my body, my soul.

“Let me be the light” I whisper to myself.

“You are beautiful. Look at how much you have gone through, you are strong”

“You are worthy of kindness. You are worthy of help. You are worthy of the world. You are worthy to be you”

“Thank you” I whisper back. And my soul begins to shine.



Noam Levenson, Bat Ayin, Israel

Do you know what it feels like to connect?

To yourself.

Our sages say that you'll start to cry when you do.

Because it is so beautiful. So simple.

It feels so...

you.

So...

natural.

So...

*deja vu.*

Like you were once there and you've been fighting your entire life to get back.

It is simply BEING,

with no relativity,

no should be's or supposed to's.

Just you.

Timeless.

Eternal.

Whole.

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**So here is to being our truest selves! Happy Passover and Spring to everyone and may we all emerge from this winter, shining like the summer sun!**

### Lihiyot.BE New Project

#### Project Collection

Read more at <https://www.belihiyot.com/projects-6>

The Spring collection represents the spring cleaning both within one's soul and life. It is breaking old habits and energies to realign with one's soul path, intuition, and truth. To release one's inner-self from harmful thoughts and feelings. To speak and act from the heart, fully and beautifully. The collection is paired with an original Soul Path Drawing

#### - Begin -



#### About the earring:

A circle represents cycles - birth, life, death. Time. Self.

The seasons.

It has all beginnings and all ends, showing the fluidity of all that exists within ourselves and our surroundings.



It is the sun and the moon.

Two circles connected, one bigger than the other, showing how the cycle of oneself fits into the cycle of the world.

Kyanite crystal is a stone for new beginnings. It is one of the only crystals on earth that doesn't store negative energy, having a strong cleansing effect on our own energies. It is a stone of truth and finding alignment within ourselves to discover and speak our truth. It connects all of our energy points and chakras, allowing us the space and balance to connect with a higher purpose, path--to find ourselves--to listen to our intuition. To feel positivity by breaking old habits.

All of these elements have been intricately designed to provide one with space and power to re-Begin with one's truest and most powerful self.

Order at <https://www.belihiyot.com/sale>

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Please share any thoughts, comments, reflections, understandings, reactions to [BeLihiyot@gmail.com](mailto:BeLihiyot@gmail.com) or at [BeLihiyot.com](http://BeLihiyot.com)

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