



Hello,

lilSOPHIE here with
Februarys lilNEWSLETTER

Hope 2019 is behaving itself so far :)

This lilNEWSLETTER is about: my time posing for big Sophie's new **Affirmation** - *When You Rush, You Delay*, some beautiful **Dreamlike Imagery** from new Inspirational Artist Yuumei, and a strange new exercise, called **Holotropic Breathwork** ... **starts panting**

The complete list of tings follows; I hope you like this one -

ART

- AFFIRMATION 3
- SCULPTING

INSPIRATIONAL ARTIST

- YUUMEI

INSPIRATIONAL ARTWORK

- I'M FINE, by Artist GEORGI GEORGIEV

TRANSITIONING

- HOLOTROPIC BREATHWORK

Art



AFFIRMATION 3

WHEN YOU RUSH, YOU DELAY

Big Sophie set me up on this one. I was gathering all my art supplies together, when she suddenly started shouting ... *"Hurry lilSOPHIE, come look at this!"*

Fully loaded up with all my tings, I burst into the room and BAM! She'd strategically spilt some slippery wet paint on the floor, and over I went; all I could see were me lil heels spinning through the air.

click click

The sound of big Sophie's camera went off, and I knew what was going on ... I was mid air posing for a new Affirmation.

Not cool Big Sophie, I thought, but I guess I did learn me lesson ... and we got a new piece of art for the website at last **woohoo** So

Next Time You Find Yourself Rushing Through Life

Pause

Think of my lil bum flying through the air, and remember

When You Rush, You Delay.

You can view process photos and more. on
THIS AFFIRMATIONS PAGE

**“ WHEN YOU RUSH,
YOU DELAY**

**WHEN YOU TAKE YOUR TIME,
THAT'S WHEN YOU SPEED UP ”**

- Venerable Thupten Phuntsok



SCULPTING

FROM PLANNING TO PLAYING

Unlike muah, who never plans anything, my creator Big Sophie went into 2019 with all this stuff she wanted to do. Too many tings I kept shouting, too many tings, but she didn't listen.

Having crammed everything into her Passion Planner, at first it seemed fine, until she recorded an episode of the So Free Art Podcast and realised ... yep, too many tings.

Ness, from the [SVSLearn.com Forums](#), gave some really good advice, and made her realise, success in life is about **BABY STEPS; *by Planning to do Less Tings, you'll end up Getting More Done*** :)

Sculpting wasn't planned, it just randomly happened, but it was fun ... there was no pressure, no deadlines, just a whole lot of playing with the clay.

As you can see, this lil sculpture isn't going to win any awards, but it was fun fun :) and who knows what she'll be sculpting next ... maybe a big Sophie? **need a lot of clay for that fat arse lol**

you'll be able to see the finished, painted sculpture. on

BIG SOPHIES TWITTER

**“ I SAW THE ANGEL IN THE
MARBLE, AND CARVED UNTIL I
SET HIM FREE. ”**

- Michelangelo

SO FREE ART PODCAST

LATEST EPISODES since the last liiNEWSLETTER

042 PLANNING

043 LUCID DREAMING PRACTICE

044 STUDYING WITH SVSLEARN



Inspirational



ARTIST
• **YUUMEI**

part of the [Inspirational Artists Section](#)

“ It's like stepping into one of Yuumei's dreams :) ”

- Sophie Lawson

Paintings above entitled
• **CAPTURE THE SKY** • and • **MOON CATCHER** •

You can find out more about *Yuumei*, via her

[INSPIRATIONAL ARTIST PAGE](#)

**“ DRAWING IS NOT A
MAGICAL PROCESS**

WHERE YOU TAKE A
CLASS, AND BAM! YOU'RE
AN ARTIST.

IT'S ALL ABOUT HARD
WORK, AND PRACTICE. ”

- Yuumei



I'M FINE
by Artist *Georgi*
Georgiev

Part of the

[Inspirational Artwork Section](#)

*“ Love the feel and colours of this
one... ”*

- Sophie Lawson

You can find more of *Georgi's* work,
via his ArtStation

[@GOSHUN](#)

Transitioning



HOLOTROPIC BREATHWORK

Friday the 1st of February

ommm

I recently heard a lot of deep breathing coming from big Sophie's bedroom. *What's going on here?* I thought. So I crept into the room, only to find her laid out on the bed, doing something called *Holotropic Breathwork*.

Looks a bit mental to me. You have to breath in and out for a long time, without any gaps in your breathing. I think it's probably best you see for yourself, so here's a [YouTube Video about Why, and How To Do It](#) :)

At first she could only manage 5 minutes, but she remembered **Baby Steps** and **When You Rush, You Delay** ... so instead of trying to do too much too soon, she slowly built up to 30 minute sessions over a week or so.

The Visuals, Emotions and Feelings it triggers can be quite bizarre.

I won't go into too much detail, as I think it's best you experience it for yourself, but there was this one time, at band camp lol no ... well, sort of, because it is a lil bit rude, but lets just say, it has this strange effect of awakening the willy **eww**

She's been relaxing and letting it all out, quite literally ... because the other day she even did a massive wee wee all over the bed **eww part 2**

The prove is in the pudding, and she's been feeling a lot more confident and content lately, so maybe this ting is worth trying out?

You can find out more, at HOLOTROPIC.com



You can listen to big Sophie talk about the meditating orgasm **eww eww eww** on

**EPISODE 44 OF THE SO FREE
ART PODCAST**

**“ THE THERAPEUTIC
BENEFITS OF
HOLOTROPIC
BREATHWORK ARE
REMARKABLE:**

**HEALING ANXIETY,
DEPRESSION AND
CONFLICT, ILLNESS;
RELEASE AND HEALING
OF TRAUMA AND ABUSE;
REINTEGRATION WITH
FAMILY AND COMMUNITY;
OPENING OF
COMPASSION,
FORGIVENESS, COURAGE
AND LOVE; RECLAIMING
PURPOSE, LOST SOUL
AND HIGHER INSIGHTS OF
SPIRITUAL
UNDERSTANDING ...**

**...ALL COME
SPONTANEOUSLY FROM
THE UNFOLDING OF THIS
POWERFUL PROCESS ”**

- Jack Kornfield

If you have any feedback on this months lil**NEWSLETTER**, feel free to **Send Me A Message**, or hit reply to this email, and I'll pass it on to big Sophie.

She'd love to hear from you :)

The next lil**NEWSLETTER** will plop into your inbox on the **1st of March, 2019**

Hope all is good in the hood :)

Bye Bye for now,

♥♥ lil**SOPHIE** ♥♥



"We must let go of the life we have planned, so as to accept the one that is waiting for us."

- Joseph Campbell



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