



Hello,

lil**SOPHIE** here with the
June lil**NEWSLETTER**

waves

Hope you're doing good, before we jump into this months lil**NEWSLETTER**, it's time for prizes :) well, nearly ... next month you could get yourself a copy of Robert Waggoner's book - *Lucid Dreaming: Gateway to the Inner Self*

Big Sophie's been reading it, albeit painfully slowly, but she's read enough to know it's a powerful book worth sharing!

You're automatically in the prize draw too, just by being a subscriber, so you don't even have to do anything **woohoo**

Hope you like this months lil**NEWSLETTER** though, which is all about -

ART
• **CATS OF JUNE**

INSPIRATIONAL ARTIST
• **JOEN SODERHOLM**

INSPIRATIONAL ARTWORK
• **MATHILDA, by Artist CONLUOI**

TRANSITIONING
• **HATE IS NEVER ABOUT YOU**

Art



CATS OF JUNE

IS THIS THE PUURFECT ART CHALLENGE?

In the pink corner, weighing in at just over 120lbs, mainly due to her fat arse, we have Sophie Lawson ... in the other corner, we have the Cats of June 30 day art challenge

let's get Ready to Rumble

Over the month of June, big Sophie will be drawing lots and lots of cats, with the goal of creating me a new lil cat friend **meow**

I'm so excited; Kevy will be his name, misbehaving will be his game :)

It should be a fun lil challenge, and you can play along too ... you don't even have to do 30 drawings, you can just do one or two if you want, simply tag it with [#CatsOfJune](#) and you'll step into the Cats of June ring **ding ding**

FIND OUT MORE ABOUT

CATS OF JUNE

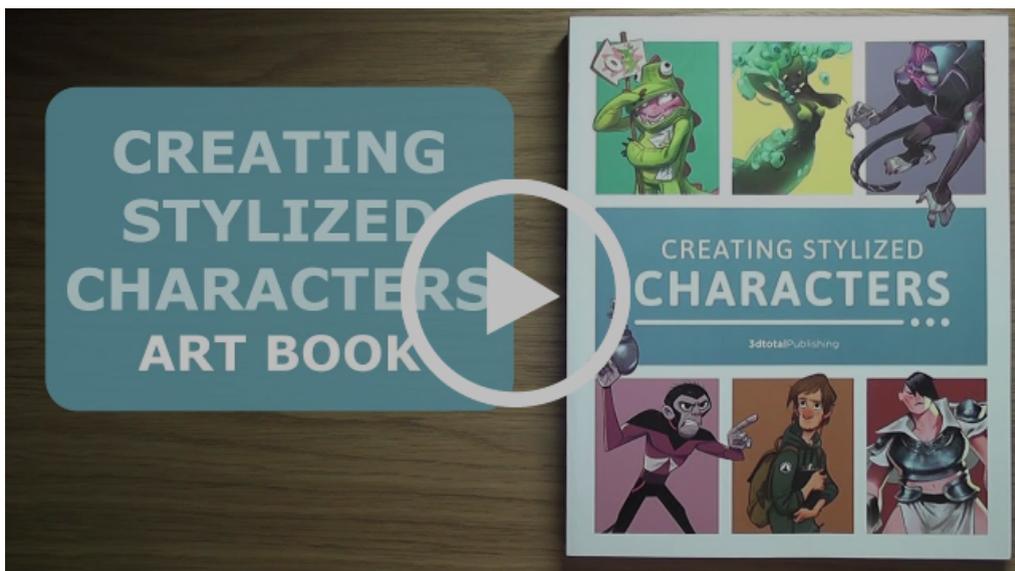
**“ DON'T LIMIT YOUR
CHALLENGES**

CHALLENGE YOUR LIMITS ”

- Jerry Dunn

LATEST VIDEO

CREATING STYLIZED CHARACTERS - ART BOOK



SO FREE ART PODCAST

LATEST EPISODES since the last liiNEWSLETTER

057 YOU DON'T NEED SOCIAL MEDIA

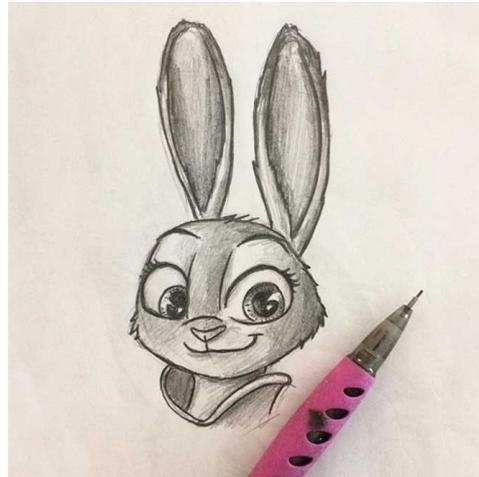
058 SACRIFICE

059 DEALING WITH MENTAL ISSUES

060 WHY DO HATERS HATE?



Inspirational



ARTIST
• **JOEN SODERHOLM**
the creator of the [Cats Of June Art Challenge](#)

“ So much Fun in these Buns :) ”
- Sophie Lawson

Drawings above entitled
• **CUTE OFF** • and • **RABBIT SKETCH** •

You can find out more about *Joen*, via his Instagram

@ JOENSODERHOLM

**“ CATS OF JUNE IS GREAT
FOR DISCOVERING NEW
WAYS TO DRAW, AND
DESIGN YOUR**

CHARACTERS ”

- Joen Söderholm



MATHILDA

by Artist Con Lười

Part of the

[Inspirational Artwork Section](#)

“ So much Emotion ”

- Sophie Lawson

You can find more of *Con Lười's*
work, via his DeviantArt

[@CONLUOI](#)

Transitioning



HATE IS NEVER ABOUT YOU
Saturday the 1st of June

Does that look like a face that's bothered? lol *Dennis the Doggy* is fast asleep in dreamland, and it was actually a Lucid Dream that allowed big Sophie to realise *Hate is Never about You*.

Here's the fat arsed one to explain more

"Why Do Haters Hate?"

I asked myself that at the start of [episode 60 of the So Free Art Podcast](#), but couldn't work out why haters hate until near the end of the episode when I started talking about a recent Lucid Dream involving my Dad.

Dad's always been a hater towards anyone whose not 'normal', so when I came out as being transgender ... argh, the hate gates opened.

*The dream was very revealing at the time, but as I relived it on the episode, I suddenly **BING** put two and two together, and realised why haters hate.*

Hate is a manifestation of Fear.

In the dream I became aware and approached my Dad, who was just walking out the front door.

*"Dad, do you Love me?" asked my dream self.
I expected a yes or no, but instead got a very strange response
"Who?" replied my Dad.*

As the observer I thought ...what! What do you mean, who?

*My dream self asked again, "Dad, Do you Love me?"
"Who ... Who is You?" my Dad replied
"Me ... Sophie." My dream self said
"No ... you TERRIFY me," replied my Dad.*

I woke and realised, my Dad must be as scared of me being transgender, as I was for 30 odd years before accepting myself.

*I felt a sort of connection to Dad, as if I wanted to hug him and say, don't be scared. I started to understand his actions a lot better; that's the **Power of Lucid Dreaming**, you have the ability to face and resolve a vast number of issues and bring that information back with you into the waking state.*

Hate Is Never About You.

If someone slings some hate balls your way in future, whatever you do, don't fire any back.

Blow them a kiss instead, Fear needs to be turned into Love :)"



You can listen to the fat arsed one talk more about this, on [episode 60](#) of

The So Free Art Podcast

**“ IT IS BETTER TO BE
HATED FOR WHAT YOU
ARE, THAN TO BE LOVED
FOR WHAT YOU ARE NOT ”**

- Andre Gide

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.

We'd love to hear from you :)

The next lil**NEWSLETTER** will plop into your inbox on the **1st of July, 2019** where you'll find out if you won *Robert Waggoner's Lucid Dreaming Book* :)

Good Luck ... 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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