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10 things MY LIFE HAS TAUGHT ME

Esteemed singer, songwriter and
sound healer, **Katie Rose** shares
10 things that she has learnt from
her musical adventures through life

1 Love is everything.

Love is the true
intelligence at work in
everything. It is our innate
nature and our natural state.
Even in the most challenging
of experiences, love is there
helping us to grow.

2 Embrace paradox.

Two
completely contradictory
things are often true at
the same time. Understanding
this enables us to accept all
aspects of reality and frees us
from the dualistic black/white
thinking which forms the basis
of conflict within and without.
For example, just as we can
perceive the light of the stars
because of their contrast to
the dark, night sky, it is often
our 'shadow' aspects or
difficult experiences which,
when healed with awareness,
yield the greatest illumination.

3 Peace is a daily practice.

It requires the
ability to encounter,
celebrate and dialogue with
difference, diversity, conflict
and challenge while honouring
our innate connectedness and
oneness. Peace, as well as
being a state of being, is also
an active state of engagement
with our world which allows us
to respect the wonderful
diversity within the unity
of creation.

4 Creativity is service.

A
creative gift is a gift to the
world. So when we give
ourselves the joy of developing

our gifts, it serves everyone.
When we follow our creative
calling we give others
permission to do the same and
create offerings which will
heal, uplift, inspire, beautify
and transform our world.

5 Playfulness liberates everyone.

We are all
children at heart, and
we absolutely need fun,
play and laughter in our life.
Don't take it all so seriously!
And do something silly and
playful that makes you giggle
with childish glee at least
once a day.

6 Say no and let go.

Don't
be afraid of letting go of
anyone or anything. As
the old saying goes, 'What's
yours will not pass you by.'

soar. Singing heals and
expands our self-expression,
aligning our communication
antenna to vast sources of
creativity and wisdom.

8 Trust the inner voice and follow its guidance,

no
matter how random it
seems. Everyone is utterly
unique and we each have our
own way of connecting,
listening and receiving our
intuitive guidance. Honouring
our individuality allows us to
connect with others from a
place of true integrity.

9 Stillness and silence are the foundation of reality.

Spending time
in solitude is essential for
our growth, it waters the soil
of our consciousness.

“SINGING TUNES THE STRINGS OF YOUR HEART”

Saying No allows us to release
whatever is not in alignment
with our truth and in doing
so attract what is truly ours.
It is a yes in disguise, because
it opens the door for
new adventures.

7 Sing every day.

Singing
tunes the strings of your
heart, nourishes your
body, brings clarity to your
mind, connects you to your
intuition and lets your spirit

10 Stay grounded and keep it simple.

No
matter how sublime
those spiritual skies in
which we fly, we are also
all vulnerable, human
and perfectly imperfect.
Remembering this allows
us to act compassionately
and mindfully towards
ourselves, our global
family and our
precious planet.

Katie Rose has recently released her third album, *Empty Cup*, proceeds of which go to WaterAid. Visit therosewindow.org to buy your copy and for more about her events