

# What is alivEmotion?

**alivEmotion** is purely the sounds of music merging with the body's moving vibrations of YOU, ME, US . . . awakening our emotions, igniting a passion within as our thoughts dissipate and becomes one with the sounds and our soul smiles "alive in motion" knowing this is it, this is the essence, *what moves, moves*.

alivEmotion exudes freedom, you feel it, you embrace it, there is no rigid system to follow, you stage your own presence. It is an experience that invites YOU to be open, to be on stage, to go deep inside and feel and choose *who you are*, out of the box, without any inhibitions – shedding habits that block your moving forward, shifting patterns . . . shouting your authenticity.

When we are in the purity of nature, our expressiveness flows with the reality of that moment, in the NOW, not holding on to what just happened a minute ago, but creating a new NOW with what the sounds, nature, life, offers us to feel in that moment of truth. We become *Reactive Beings*, stimulated by sounds and sensations inviting our conscious child to react with joy.

Well, I just wrote all that in the MOMENT . . . my fingers moved and sensations flowed freely, the words forming before me on the page . . . like music, like movement in the NOW.

## So what is alivEmotion?

You tell me .. no, really – you have the answer!

When you read what I wrote above, what moved you? Did you find bits and parts that made sense to you, perhaps it reminded you of a time when you experienced an outwardly pouring of emotions because you chose to let go? Did you shelf other parts that did not strike you that instant? Perhaps you reserved some thoughts for later. By doing so, you subconsciously made a shift – you shifted your consciousness to align with something "new", you opened your mind, reached within and related. That in a bottle, is *alivEmotion* – whatever ignites your passion to make changes within yourself so you can move forward – the natural progression is painless because our mind, body and spirit moves to whatever level that feels good. Simply put, we have the capacity for change within us.

What you just read is not "new" but it's revelation that YOU can empower yourself to make a difference in your own life, to change *at will* may be even more startling when you find out that MUSIC n' MOVEMENT can initiate that change in you!

Here's the connection ...

I talked about shifting habitual patterns and how by doing so, you unblock inhibitions, releasing the YOUUnique you and in a nutshell, how all that makes us *feel good* about who we are, and from there we can infinitely create! **alivEmotion** helps trigger the onset of this shift through music n' movement – I found that MUSIC n' MOVEMENT does incessantly ignite the passion within us to act and re-act to what we want to do, what we want to be, dropping all the negatives, the stuff that keep bogging us down in life.

Passion opens the door to infinite choices ... we can be who we choose to be!

No more is there a thought of “what will they think?” . . . no more are we stuck . . . no more do we need to alter our state chemically to feel the bliss, that only brings us down waking up the next day with a headache . . . imagine a steady flow of loving my crap and loving my emotional reactions of anger, passion, sadness, joy and to move it out the moment I notice my body feels stagnant, tight or the mind locked in endless chitter chatter of negativity. Imagine releasing this energy with no need to blame others for our addictive drama . . . but instead to shift it and love it!

So how does MUSIC n’ MOVEMENT ignite our passion, guide us to break free?

Simple, come to an **alivEmotion** Concert! You could, but I recommend “alivEmotion – ‘[A Personal Journey](#)’ “ – a *PRIVATE 6-hour Music n’ Movement session* that will rock you to the core! You will find out exactly what it takes to reach within yourself, shifting habitual patterns and be the person you want to be because NOW, you have a choice – from the infinite choices you yourself created when you released your passion!

### **alivEmotion – ‘A Personal Journey’**

This private Personal Journey, one-on-one session, surprises me every time I experience it with another. Intuitively sensing with you, trusting you will do it, knowing every moment is precious in your exploration as I feel, observe, write, guide . . . and as you share and validate how it felt, your truth . . . you discover the space to empower SELF, you find your PASSION.

### **alivEmotion – ‘A Mastery Guide’**

A Mastery Guide invites teachers of music and movement to delve deeper within and explore the infinite ways of sharing the YOUUnique styles of guiding others and trusting all those they attract are in perfect alignment without any need to create systems or tests, or right and wrong ways, but to embrace that the sharing is real and that whatever we united for, is perfect the way it is.

Performers (singers, actors, musicians) too can take advantage of ‘A Mastery Guide’ to fully express “your authentic self” in infinite ways by shifting through the mind-body-emotional habitual patterns in this 3-day Music-Movement-Mastery program.

Rhonda has witnessed singers open their body in new ways to find a voice yet undiscovered, transmuting the blocks that show through their movement. Actors ascend expression to another level discovering their hidden elements and musicians balance their body's flowing moves to merge as one with their instrument. All find their natural flow that ignites every cell in their BEing to be an infinite creator of bliss. We have it in all of us to be the best we can be.

# alivEmotion in Concert

**alivEmotion** 'my MUSIC, my MOVEMENT' concerts ignite the moment of *music 'n movement's* truth in each and everyone of us. Musicians gather to unleash nature's gift of music in you (in all of us!). You are on your own stage within, let the music guide your movements, ignite the passion in you discover the most intimate of sensations . . . reach in and feel . . . hear your voice sound a chant . . . feel your feet, hips, ribs, arms, hands move! Stand up, feel your feet . . . feel the earth . . . feel your tailbone . . . feel the top of your head . . . feel as though you are made of a bunch of rolling oiled ball-bearings and flow, express, move, like you've never moved before . . . play . . . do it!



We begin to feel our freedom as we infinitely explore the layered sounds musicians share, reflecting our own layers within, at times creating an explosion of fire-passion or a sensational feeling of water-softness . . . as we delve into the polarities and listen, express, listen, express . . . whatever moves you, moves you . . . *what moves, moves.*

Make it your moment, take charge of the 'MY' in *mySelf* and you begin to heal, you begin to want to share this gift of 'feel good' energy with others . . . together we feel, we share, care and help heal. Let's create a global world of music 'n movement in every moment, whether it's on the train, at work, with our kids, driving, cleaning the kitchen, walking through the park, observing birds . . . infinite situations . . . feel it . . . change bad vibes to good ones, move minus to plus, shift all to feeling good – as you wade through the mud, the crap, **enJOY**; after all, how would we know the bliss without it? I love my sadness and it is so much fun to shift it to joy . . . I love my anger, competitiveness, frustration and it's a blast moving like fire to a "rock on" tune and moving that energy within . . . freaking amazing!! Feeeeeeeeels goooooood!!!

Coming to a city near you . . .

Watch out for an alivEmotion Concert in your locality – come move with us, let the music shift your very being, come celebrate 'my MUSIC, my MOVEMENT' and take charge of your life, help others heal – together we can make the world a better place ☺.

Love you all, RrrrrhOOOOnnnnnDaaaaaahhhhh

[**alivEmotion** is brought to you by Rhonda Ann Clarke, in association with [WisdomWithinUs.com](http://WisdomWithinUs.com) and countless enlightened souls on this planet!]