

J U N E 9 T H , 2 0 1 5

Sistah's Organized & Unified for Liberation

Soul Sistah Series

In pursuit of a pleasure filled life

#LivelikeMaya

If you watch this week's episode of SOULtv, you'll see the organic creation of our #LivelikeMaya hashtag.

It wasn't until I read Maya Angelou's Obituary that I realized how many lifetimes Maya Angelou had lived.

She LIVED honey! Her life was all about pleasure seeking, freedom fighting. She is one of my Shero's for real. So for the month of June let's all try to #livelikeMaya.

Did you know, Maya Angelou was a Calypso singer in the 1950's. She was a singer, professional dancer, actress, and even a "shaker in a night club."

Yes, Presidential Freedom Award winner Maya Angelou, spent her first couple of decades as an entertainer of all kinds.

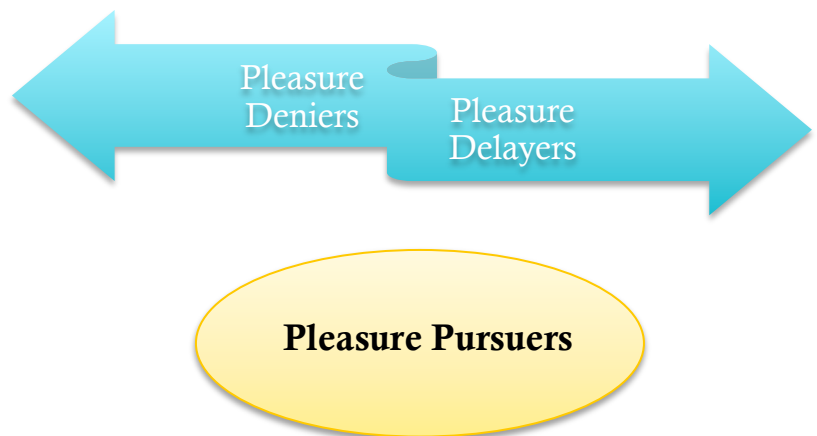
#LivelikeMaya



Pursue Pleasure

So, I have a theory, I am developing, it's my

Pleasure Principle Theory



In my theory there are three types of people in life, pleasure pursuers, like Maya Angelou, pleasure deniers and pleasure delayers. Pursuers live in the now, deniers live in the past and delayers live for the future.



We, here at SoulSistahSeries are currently reading, “The Power of Now” by Eckhart Tolle. In PON, Tolle convincingly asks us to learn how to live in the now and to learn how to live in our feelings and not our minds.

That is such a radical way to live; I’m sure many people have read his words, agreed intellectually and once the book ended so did their enthusiasm.

Now, anyone who knows me, knows that when I read something and it speaks to my heart, I wholeheartedly pursue it.

It’s so amazingly fantastic that no sooner than I articulated my pleasure principle theory, this book fell into my hands.

There is nothing new under the sun y’all, just a new way to interpret it.

In my theory, pleasure pursuers recognize that pleasure can only be had when you are fully present in the now. And the way to be fully present in the now is to fully engage your five senses.

Think about it; think about all the times in your life, when time stopped. Think about the times when you felt like you could explode with bliss.

I bet in those times, one to all of your senses were engaged. You smelled something and it took you away. You were being touched or touching someone. You tasted something and you melted. You were listening to the sweet melody of music or sound. Or you laid eyes upon pure beauty and it took your breath away.

Pursuing pleasure is all about grounding your physical body in the presence of NOW.

Grounding it so much so, that you shut your mind and your intellect off and you connect with the universal spirit.

Now, doesn’t that sound delicious?

Pursue pleasure yall!

Save the Date



Soca & Scotch
July 2015