

## Dynamic Energy Transmissions- May The Force Be With You!



You wake up dreading your next rehearsal or workout, even though you love what you are doing. You perfected your Rhumba Walk and Feather Finish, but no matter how hard you try your miserable on and off the dance floor. You anticipate the fights with your own mind, your body image, your partner, your coach and you are anxious about the results of your competition or performance. You've spent thousands of dollars on your costumes, hair, spray tan, makeup, and your latest therapist. You made the right connections with all the "right people," took extra coaching, and even when you win or receive a better result after the excitement dies down you still feel like something is missing. What? The answer is no connection with ones inner spirit or the universal life force, aka God.

Performance anxiety, stage fright, stress, focus disorders, sleep disorders are a few of the problems out there, and some that I've also experienced during my career. The explanations and solutions offered are only temporary. Secretly chanting "I'm a champion" over and over, forcing a smile when you want to cry, pampering other people because you are afraid they will not like you or just being politically correct leads people into spending endless amounts of time and money to feel

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good for a short time.

Your spirit interacts with all the other spirits of the people you meet, work with and play with. They can affect everything you do for the rest of the day, week, month or longer. Maybe the person you thought was your friend or partner is not. You seem to get along with them, or seem to be successful business wise or creative wise, but you feel drained after spending time with them. And a critic is someone who didn't make it, so they justify their existence and relevance by being an "authority" on the subject, sometimes making or breaking other peoples careers. Participating in the many dance and performance venues out there can result in living the "what could have been" syndrome. This state of regret happens as we age, and especially when we retire. Going through life as ghosts of the people we used to or wanted to be. Eventually one must confront the real problem, no connection with their inner spirit or the universal life force, aka God, the only authority, the Creator, Life Force, Divine Universal Intelligence. Being a spiritual person is not about your religion, but about living a disciplined life and state of mind, trusting all situations and results to the divine universal energies. When performance artists realize that it is their spirit that craves this authority, you become responsible for your own creativity, passion and happiness. A change in perception will allow one to seek the universal life force to fill that emptiness, connecting to their God. Enjoyment is important, creativity is important, consistency, passion and results are important, but happiness and ease of mind in every day life including your career is truly the gift of the divine. No matter what you think you are looking for you are really looking for a greater experience with GOD!

Some people never experience anything wrong in their life or career, while others are self medicated or at a bar getting liquid courage. No matter what path of life you choose I say, "Dynamic Energy Transmissions, May The Force Be With You!"

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Bonnie Diaz is a former Dance Champion, winning awards from 1978 - 1994. She is still active in the Dance Community via adjudicating, lecturing, and organizing events throughout the United States, and has toured the world as a coach, choreographer, and performer. In addition she is also a certified Yoga, Fitness, and Pilates Master instructor.

Ms Diaz has received Divine Energy Transmissions, experiencing her own transformation, verified by evidence based scientific experiments as cited on GoogleScholar.com. She is able to harness the Divine Universal Life-force, and use it to help enhance your Artistic endeavors and everyday life, as well as your beloved Fur Babies

Ms. Diaz is NOT a medical Doctor, and does not substitute or suggest her Divine Energy Transmissions as a replacement for any kind of medical treatment, but it couldn't hurt!

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