



AWARENESS & REFLECTION IS POWER

Dance at the Bus Stop

By Alexandra Browne-Hill

Recently I was driving through the suburbs, nudging my car up and over a rise at 10am. What opened before me was a beautiful message of heart-felt importance. Forever etched on my mind as I slowed and observed, was a powerful image in the form of an elderly couple standing at an open air bus stop, seemingly waiting for a bus. The weather was cool and an autumn wind swished around their feet. The small statured man, white haired and slightly stooped with age was dressed immaculately in a tuxedo with black bow tie and cream aviator scarf around his neck.

As I approached, I watched him reach out his hand to a woman with snowy white hair cut into a tidy bob. Her full, mature body was elegant in a full-length red velvet gown, a black shawl draped with sophistication around her shoulders. Her feet showed a hint of mid height black sandals. She threw back her head and laughed as she took the gentleman's hand. He pulled her towards him into a firm embrace right there on the sidewalk beneath the bus stop sign and began to guide his entranced partner into a waltz. They had only eyes for each other. There was no other being on their planet right then. He gently swung his lady and they danced with well-practiced, graceful steps with music obviously in tune within their heads. Light footed and serene they waltzed across the path. Timing was perfect and connection strong. There was no bus stop for these two.

Now one might wonder where they might find a Ball at 10am! Or one might not! The loving gestures were unmistakable with their happiness too huge to be contained. I was fortunate to see a glimpse of two loving people with much wisdom to teach. My drive continued on as did my contemplations. Had there been wealth, surely a bus was not required. Their clothes although glamorous were not of modern design. There was a sense of complete freedom of this couple as they simply followed their hearts with neither concern at being seen nor in what light they were seen.

Many of us are anxious about being seen as we are and whether we will be accepted. We worry about what society might think. This inspirational couple expressed a clear message to me. Be authentic to yourself. Dance and sing like there is no tomorrow because maybe, just maybe there isn't. So express love anywhere and everywhere. Throw your head back and laugh. Look your loved ones in the eyes and simply love them for who they are. Wear whatever you like. You are never too old to enjoy life. Give everything a go. Being happy doesn't need heaps of money. Be delighted and play. So much wisdom to take away from this gorgeous couple. Allow your creative and authentic sides to come out and dance. The Universe is blessing us with the right to be who we are and to show ourselves. Let's enjoy it.

www.alexandrabrownehill.com.au

Victoria — AUSTRALIA

Eagle Mentality —
We're simply asking you
to go higher ...



Alexandra
Browne-Hill



*RN, SRM, Health Facilitator, Medical Intuitive,
Holistic Counsellor, Spiritual Mentor, Author*

"Transforming life trauma into inner peace"

Bringing you loving strategies and essential tools for developing and maintaining self-healing, recovery and burn out prevention.

www.alexandrabrownehill.com.au