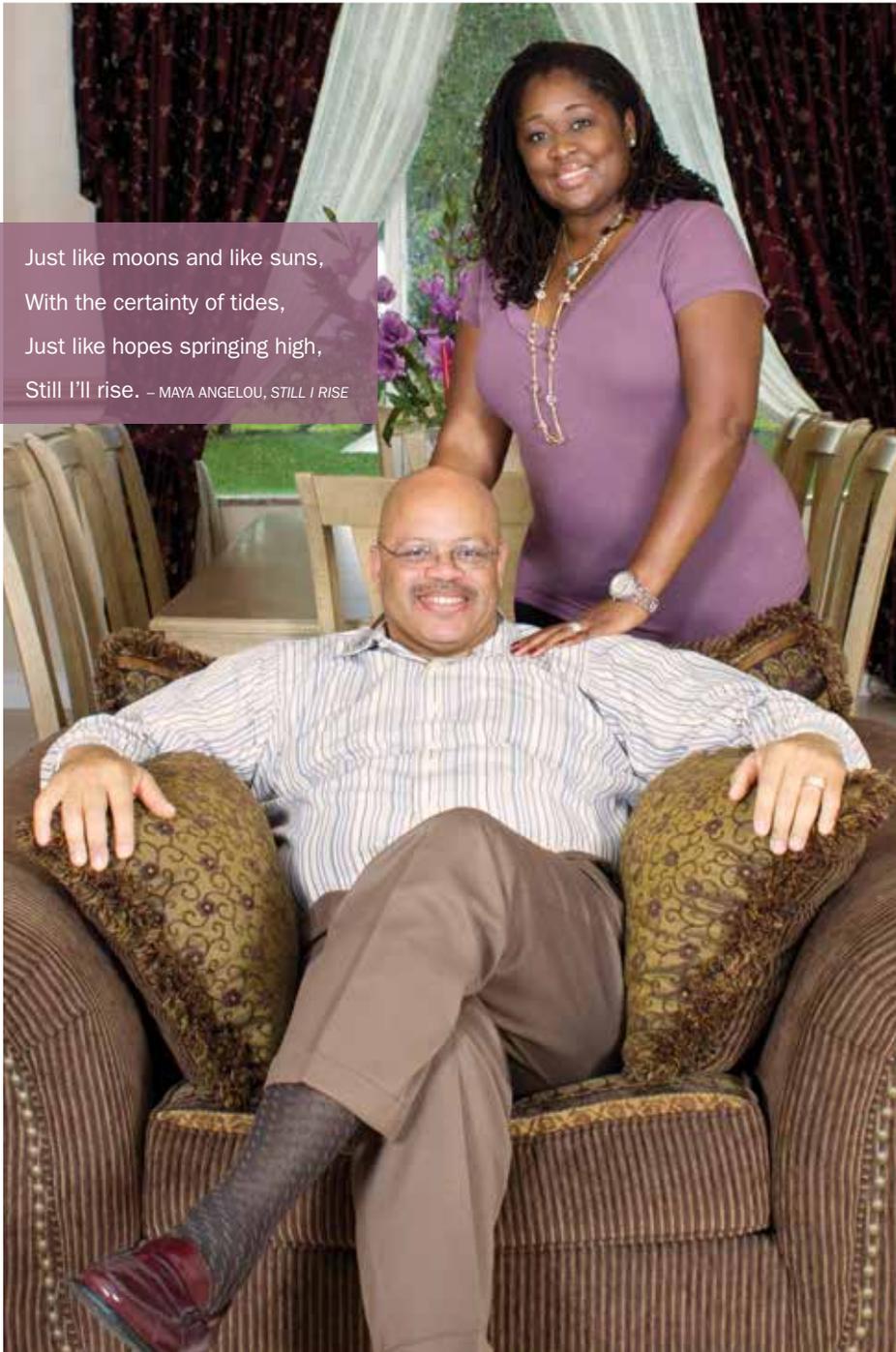




TM

Emergent Soul



Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I'll rise. – MAYA ANGELOU, STILL I RISE

written by judy goppert

photography by photos by roosevelt

Rising above intense grief, emotional and physical loss, and the feeling of total aloneness and hopelessness can take immense effort. Replacing the hollowness in your soul and shedding the heavy cloak of sadness is truly a mental victory.

Karen Alleyne-Means and her husband, Shawn Means, are no strangers to the curve balls life throws. This is why they are building the Emergent Soul community, complete with thoughtful, positive upbeat glimpses into their own souls. They offer insight into their own losses to encourage others to join what is, in the true sense of the word, their community.

“Emergent Soul is my creation, and Shawn and I are bringing it to fruition together,” Karen explained. “Loss, disappointment and hardship are what connect us all, but we are not meant to merely exist in life, but to live more abundantly.”

Karen chose the Emergent Soul name because she likes the multilayered meanings of the two words. Emergent is defined as: coming into view, existence or notice, such as an emergent shoot that appears in the spring, or an emergent political leader; rising above a surrounding medium, especially a fluid; or, demanding prompt action or urgent. The word soul contains power and wisdom, and is something felt but not easily described. “The soul is innately human, our vital core, or is a person’s emotional or moral nature,” she added.

Although Emergent Soul started as a

whisper, it has continued to raise its voice, and it now roars. Karen realizes that while she had been blessed with many things in her life—family, financial success, surviving cancer—there is so much more that her mind, body and spirit have been yearning to experience.

“The mission of Emergent Soul is to provide a place of respite, peace, understanding and wonder to help you find your own passion. We are called to ‘go deep’ in our relationships, interactions in the world and within ourselves,” Karen asserted. “We are meant to live lives filled with gratitude, compassion, wellness and a sense of something greater than ourselves.”

With that in mind, Emergent Soul is blooming and flourishing. In trying to define what an Emergent Soul looks like, they have chosen the multicolored lotus flower as their symbol. The lotus flower emerges from the mud, symbolizes rebirth, and unified Upper and Lower Egypt. The flower itself signifies purity, spiritual awakening and faithfulness. The colors of this creative symbol each have special significance.

Karen is open and honest about her own strife, which led her to the dream of lifting others up through Emergent Soul. She expresses herself creatively through her work as Publisher and Editor-in-Chief of *HERLIFE* South Florida, where she touches women’s souls on many levels.

“You only have one life to live, and you should live it to the fullest,” she expressed. “We all deserve to be alive and rise again. I have been in your shoes, in that place of loneliness, hopelessness and despair. Through my everyday interactions with other people, I know this to be the truth—

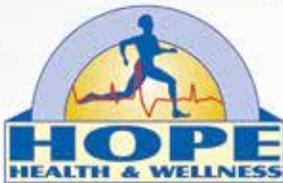
everyone has experienced a form of loss. Everyone has experienced pain and suffering, and it’s very real. Never allow anyone to diminish your feelings. We have all lived with a heart full of regret shielding us from the light of happiness, with our voices and our joy silenced. No one knows how long it can take to shake off the cloak of grief, but from my own personal losses, including losing a child, losing a spouse, a devastating divorce, a job loss and other life-altering experiences, I know we are meant to go through the experience but not stay there. By moving forward on your journey, you will learn to be an Emergent Soul.”

As is often the case, to understand what is going on in our lives we need to think mostly of what the present holds and what the future offers. We need to recognize the steps we have already taken on our journey, what lessons we’ve learned, and what we can do to help ourselves and others continue to live an abundant life.

Emergent Soul will offer opportunities to experience change through health and wellness resources, retreats, speaking events and other avenues that will allow like-minded seekers of knowledge to meet and engage. **HLM**

Emergent Soul will host their first two-day event entitled Rise & Reclaim Your Feminine Power on March 28 and 29, 2014, at the Wyndham Hotel in Boca Raton. There will be speakers, vendors and resources to help others begin their path to living a more abundant life. For more information on sponsorships, vendors and tickets, call (561)-306-5055 or visit emergentsoul.com.

When you Hurt there's Hope!



An injury from a motor vehicle, sports or work related accident can be very damaging to your body which can affect your quality of life. Enter Hope Health & Wellness:

Our team of practitioners (Chiropractic Physicians, Medical Physicians, Physical Therapists and Massage Therapists) offer a full complement of coordinated treatments to get you back to a more youthful & active lifestyle ASAP. Check out our full service Physical Therapy Department:

**FIBROMYALGIA
PREGNANCY MUSCLE PAIN
SPORTS INJURIES**

**TMJ
PLANTER FASCIITIS
NECK AND BACK PAIN**

Using Chiropractic and Physical Therapy together gives you the best possible chance for recovery and a speedy return to your best quality of life.

CALL TO MAKE AN APPOINTMENT OR BOOK AN APPOINTMENT ON-LINE TODAY.

PALM BEACH GARDENS (MAIN OFFICE)
(561) 721-9696 | Fax: (561) 721-9722
4290 Professional Center Dr.
Palm Beach Gardens, FL 33410

WEST PALM BEACH
(561) 686-0120 | Fax: (561) 686-8073
655 N. Military Trail
West Palm Beach, FL 33415

www.HopeHealth.org

