

Featured in monthly Newsletter from Master Paulie Zink
www.pauliezink.com



Komodo Dragon

Paulie's Animal of the Month

***Art as a form of connection,
expression,
and transformation~
SoulArt & Yin Yoga Flow***

By Paulie's student, Kaja Kochańska

"When we practice with Paulie, we receive a chance to feel and hear the core wisdom of Animals. They communicate with us. They teach us about Universal truth which is anchored in their physical and energy bodies. They whisper about a mission they have here on Earth. Humans and animals are very the same, connected on a subtle, spiritual level."

I accompany people on their way of self discovery and growth. Let me

guide you through the beauty of two very alike processes, Fun Flow Yin yoga and intuitive drawing. I hope those insights will bring you more freedom, flow and ease in life.

Drawings came to me in year 2015 as channeled energy message. Drawings are living beings. Messengers. Energy carriers. They speak language of Light. SoulArt reminds us about our inner cosmic magical child, the times in our lives when imagination and playing with the invisible was the best entertainment ever.

The process of intuitive drawing is an invitation to free, untamed expression, where a drawer consciously allows energy (chi/prana) movement through the body. This is a one step at a time deep process of trust. There are no goals or visions to achieve. We draw because we feel the urge to connect with Self, with inner joy. Because we know there is much more than the material world.

We draw because there is an inner call to transform obstacles into open horizon. We draw because we starve to hear the inner voice of Consciousness. Through this spontaneous and conscious expression runs Universal wisdom, knowingness- Spirit.

So when I discovered Paulie and his Yin yoga sessions I immediately understood we speak a very common language. This is the language of Freedom, flow, joy, truthful expression, ease. In my feeling, what Paulie is sharing is an alchemy of transformation. When we practice with him, we receive a chance to feel and hear the core wisdom of Animals. They communicate with us. They teach us about Universal Truth which is anchored in their physical and energy bodies. They whisper about a mission they have here on Earth. Humans and animals are very the same, connected on a subtle, spiritual level.

Paulie embodies this knowing: "The more you flow, the more you grow", he repeats. When you practice with Paulie your mind can freak out and judge the process because we have become so alienated from our own true nature. But your animal nature, your physical body, feels so much better afterwards. These teachings speak to the heart and body of the practitioner. Paulie wants everyone to find their own way of expression, with ease, fun and flow. We all are each unique. And this deserves to be expressed and made visible.

Both arts invite us to express our individual Self. Because there are no two same lines and doodles, there are no two same drawings! And there are no two dragonflies or seahorses expressed in the same identical way! This is very fascinating. We all are part of nature. Nature is our common ground. But we each come with our individually unique lines, marks and postures.

I would love to leave this message as a invitation, for all of us. To make more room for our childlike, loving, joyful and courageous Soul. To open up for more flow and abundance. To have more of a real connection. Not only with ourselves but with all that exists. There is so much more to discover.

*With all my love and connection,
Kaja*



Kaja Kochanska is an architect by education, and a teacher of breath work and art therapy. She co-creates space for life and development for her clients. She works with individual clients and conducts group workshops. She also creates symbolic and intentional art and conducts workshops dedicated to intuitive drawing: "Imagination of the Heart".

She holds a Master's degree in Architecture and she has completed many certified instructor courses in yoga, meditation, breathing, art therapy, including a trainer course (M certificate) at the International Trainers & Facilitators Federation.

kajakochanska.com

email: Polish / English
kaja.kochanska@gmail.com

Kaja holds a monthly free online drawing class.
You can read about them [HERE](#)

She also gives private sessions, online and in-person (Portugal).
Check out her online gallery of [SOUL ART](#)