



## **Module I: Introduction to the Course and facilitator Connie Baxter Marlow**

### **Video I-1 Course Details and Connie's Dance of Souls Story**

Hello and welcome to our online course “The Dance of Souls.”

I'm Connie Baxter Marlow and I will guide you through this profoundly transformational course which involves serious inner work: the work we came on this planet to do – become Beloved through understanding the conscious, loving nature of the universe and our place in it. This will be a process-oriented experience. Upon completion you will understand that you are Love, you are loved, you are Beloved.

I will venture to say you have come to this course because your soul-self is desiring to become the gift it promised to bring to the world. The process I will guide you through may be the last thing your created ego-self will want to go through, you may encounter resistance and that's OK. It's part of the expansion and integration process. Your ego-self has made it through thick and thin and has survived to this point in your life as you have proceeded on your journey on the evolutionary upward spiral to self-love, self-acceptance and alignment with your essential divine nature.

Every experience you have undergone, every choice you have made has led you precisely to this moment, to this course, to this profound and deep encounter with yourself. I am delighted to be of service to you in your process of becoming all you came here on Earth to be.

My partner, Andrew, whom you have already met, and I have written a book about this worldview.

The book is called “THE TRUST FREQUENCY: Ten Assumptions for a New Paradigm.” We present a construct on the nature of the Universe that is informed by indigenous cosmology, quantum science, Eastern and Western mysticism and plain common sense. It is available to you online as a participant in this course. It will aid you in your process if you choose to read and study the Definitions and Ten Assumptions that we propose.

I have a rather unique worldview, and from the perspective of this worldview I can see wondrous things – big things like the coming of Peace on Earth/Heaven on Earth, and more intimate things like insights into the subconscious minds of people in my life.

I will be presenting aspects of this perspective on the nature of things in this course. For a more in-depth study I suggest you read the book and take our online Trust Frequency course, which is coming soon.

My personal journey has been one driven by the desire to be all I can be in this life walk; called forth by a physical situation I call “The Malaise”.

It happened at a time a time when I had a home, a husband, three children, the white picket fence (it was buckrail high in the Rockies) and I thought I had the world by the tail. I was totally committed to being the most conscious mother that ever lived.

I was going to raise children with no wounds, no shadow because I was going to guide them through a world-out-of-balance so they could become full human beings despite the time and place they were born into. Little did I know I was too wounded to accomplish this! I had no idea that I had married my father’s shadow - mean, verbally abusive when threatened - in order to heal the wounds and access my shadow that I was carrying - unbeknownst to me. My father was my champion and I had him “wrapped around my little finger” as someone informed me when I was young, information I put to good use through the years.

Meanwhile, although my deepest desire was to create a “safe haven” for my children’s hearts, I could not do it. I was too wounded. I was in an unconscious dance of souls with my husband and my children grew up in a dysfunctional family, with me totally unconscious of the dance I was in!

Finally my body shut down. I thought I was dying. I pursued the allopathic medicine trail thinking I had MS or some other dread disease. The doctors could find nothing wrong, and prescribed drugs anyway, which I declined. I then discovered and pursued acupuncture, various psychological therapies and shamanic healers.

I didn't want to wound my children with my unhealed wounds. I discovered two "core issues," and through much inner work I was able to heal and release one of them: I came to own the powerful aspects of my personality that my older brother once told me "are better on a man than a woman." The other I am still learning about and processing within the context of the unfolding of my life and intimate relationships. It's a life-long process removing all the bits and pieces that lurk in our subconscious!

Having learned how wounds impact our lives, I would take my children to the shamanic healers to heal their wounds as they occurred, rather than allowing the wounds to sit buried in their subconscious til mid-life. I tried to circumvent their individual soul's journeys. It didn't work. I learned that we all come into our families for the wounds we need, my children had their own particular journey and it wasn't my place to protect them from their own process – nor could I!

I became a student of the human psyche and the soul's journey through my experiences with my own journey and those of my family.

This course is the fruit of my awakening that I am sharing with you as a tool for your particular life walk. There will be exercises and processes for you to engage in during each module that will lead you through your own journey of self-discovery.

There are six modules with exercises, journaling and a mediation with each module. I suggest allowing a full week to process each module to give yourself an opportunity to ponder and integrate the aspects of the ideas presented that you resonate to.

For the exercises you will be directed to download fillable documents that you may do online or print and do by hand. These are purely for your benefit to do with as you wish. There will also be informational documents to download as part of the exercises.

I suggest that you create a Dance of Souls folder on your desktop to keep everything for your convenience and future reference.

The Trust Frequency book will not be downloadable but it will be available to you it within the context of the course, which you will have access to indefinitely.

There will be a private FaceBook Dance of Souls group where you may post your thoughts and communicate with others who have taken or are taking the course.

Let's get started with a deep exercise that involves your reflections on your life's journey as you see it, encouraging a new perspective.

This course is about discovering our deepest feelings about ourselves, the parts of ourselves we love, and those parts we do not yet love – it's about the role intimate relationships play in showing us our light and our shadow.