



NICE FA WHAT (A TRIBUTE TO CHICAGO STYLE STEPPIN) PT 2 ANGELA MATTOX

Let's contune chatting about Chicago styled steppin, shall we...

When I step, I am reminded of the value of chivalrous men. I would love to think that way about Jon. But because of our history and my tainted feelings, all I see are more road blocks. Which is hella relatable to Chiron in Aries. All of us are being challenged to look beyond our pain and find the gems of life.

Dancing requires a certain level of vulnerability and sensuality. It seems the more feminine sensitive natured men love to dance. While the mascaline men prefer to hold the wall. My next serious relationship will be with my husband. And we will dance together, a lot!

There's levels to dancing. Twerkin simply requires a man to act as a wall and keep the woman from fallin as she bounces on him. Salsa is very intimate and about timing. Being in sync. Steppin is an elegant mixture of the 2. Mllike salsa and twerkin, man and woman are required to be close when Chicago styled steppin. The woman's moves are more subtle than other dance types. Which helps the man melt in her feminine essence. It is a truly beautiful dance to not only do, but observe as well.

There's the proper etiquette for a man to ask a woman for a dance. He must

to walk to her,

ask if he may have the dance,

she accepts,

he holds out his hand,

guiding her to the dance floor holding hands.

They sway for a few seconds, before she spins out and begins her 8 count step.

She makes him look good by proudly being herself.

He makes her look good by adorning her and enjoying the dance.

2/14/2019

The music is so love centric, you totally fall in love with a new guy every dance (even if you dance with the same man), while energetically becoming 1 with the music. This is the best kind of therapy I have ever experienced.

There are 8 basic steps to learn. The basics are so simple, it's intricate. I'm a thinker. This dance requires I don't think. This particular class is taught by 1 man and 2 women. The masculine/ feminine role is greatly respected but only via body language. There is no talking, unless you small talk about things that make you both laugh and smile. The man appears to lead the woman on the exterior. Truly, the woman is leading the man with her hips. It's such a beautiful, smooth, jazzy yet dope dance. No fighting, nor arguing. The #1 objective is to simply stay in your lane. When you add the turns and foot work with the synchronicity. It just looks like love to me. My love for this dance helps me get more and more excited about all kinda love. Especially the romantic love. To get there, I must heal my emotional wounds from my family imprints. Steppin allows me to do all of this and look cool af while doing so.

The steppin community is fulla mature people. Mostly over 55. It was simple being celibate in their company because I had 0 sexual connection to anyone. My usual traps of getting caught up in a man's conversation and prematurely sharing my yoni with a man I'm really not that into disappeared. Instead of being so bored I have sex, I focused on the message these men were sharing and my personal feelings instead.

These men often speak messages of loneliness and unfulfillment. They enjoy my company, but many of them are at least twice my age. They want to be able to trust their peers again and I get that. I can relate.

Just about all of these men want me to know how sexual they still are. Sexuality is a big part of our human experience. I get it, however I ain't on that. Instead of cussing them out, like I normally would, I simply hear them out, turn them down and still remain cool. Behaviour inspired by the women of the steppin community. I can feel myself becoming more and more spiritually mature by the moment. None of these men inspire me to explore love with them. They do, however, inspire me to keep talking to everyone and learn more.

My honest truth is, after all this time, I still love Jon the most. Of all the men I have encountered thus far, he is the most emotionally mature. Still, he don't seem to be on my level. Instead of having an emotional hissy fit & close myself away from love, I choose to meditate and focus on my breathe.

I'm all about emotional reciprocity these days. But what if the man's emotions are shallow af? Then what? I'm healing myself from a fear of love. I find myself adorned in my own private environment, creating my own private World. As opposed to playing another man's fool. To successfully accomplish the love I crave & deserve, I simply focus on my breathe.

Jon and I are beginning to reconnect, but we're taking it slow. Which I appreciate. I am learning that every human being has their own issues to overcome. Our issues are our imperfections. Our imperfections are what make us beautiful.

I am grateful to be able to love Jon as I do. I am honest with the men honestly perusing me. I am a beacon of love and anyone against that reality is not my type.

If I'm being honest, I miss who I believed Jon to be. I'm so used to feeling like he's not around, it feels weird to wishfully look back on who we used to be. These days, I use Jon's absence to my advantage. Instead of predicting what he's doing in our time apart, I choose to only connect with energy, not the physical body.

So far, Jon is the only physical body to match the vibes I create in my heart. The daily astrological configurations we live through everyday exterminated dark magic, which was always controlled by our imagination. All of our intuition is so pronounced these days, if we wanna know anything, all we have to do is focus on the question and meditate. The answer will come. Need physical proof? Ask for it and observe. All this means my connection with Jon is organic. That means something to me.

On 2.14.19 through 3.31.19, Mars is going into Taurus. Mars is the planet of desire and war. Taurus is the loyal bull. Stubborn determination should be expected, depending on where Taurus falls in your chart. Gostica.com says "Mars in Taurus has patience, tenacity and determination. The law of inertia operates here: Mars in Taurus is slow to rouse... but once it gets going there's no turning back." That's actually the way I would describe Jon.

Mars rules the libido. So, I'm learning karma sutra while keeping my legs slammed shut. I'm doing maaad meditations these days to face my demons. No more blowing up realities I don't agree with. Mars in Taurus is a good time to deal with financial matters, get healthy and test yourself to see which hobbies can actually double as personal missions.

When my heart feels too heavy, I simply focus on the bag. I am sooooo excited about starting my home based travel agent business. My goal is to be able to home school my children by next year, so we can travel the World. I am not willing to give up what I have manifested thus far. This fiscal year, I'm planning trips all around the United States of America to explore just how sacred of a land we live on. By 2020, my efforts will be taken globally. I couldn't be more excited. Stay tuned for more details.

My natal chart talks a lot about me traveling. My Venus is in Taurus. I can feel the effects too. Of course, Valentine's Day has a totally different actual meaning (learn more with links below). I feel like the Grinch that stole Valentine's Day. Still, I am moving slowly, but surely to my vision of love. I'm grateful to have both of my baby Daddies in my life, minus the funny business.

In my past, I have attracted beautiful men who have shared beautiful realities with me. They appreciate my empathy and shower me with trips, gifts, jewelry, cars, clothes and stuff like that. I had a tough time believing I could manifest those things for myself. I honestly believed those were things the men were supposed to gift me with, which led to a mentality of self righteousness.

I finally believe in me now. I am beginning to provide myself with the things others have provided for me in the past. The men I encounter these days inspire me to want to run away from love, vowing to live in isolation for the rest of my days. That actually feels horrible to think about.

When I'm honest with myself, I realize I'm looking for a special partner to share everything I am creating with me and my family. Someone who gets that I am under construction, and never punish me, because they realize they are under construction too. I'm lookin for a partner to explore the World with. I'm lookin for my husband, who was created as my twin flame before we occupied the physical bodies we occupy now. A twin who knows the value in steppin our blues away.

Right now, the thought of love kinda terrifies me. I am facing abandonment issues, rooted in myself. I'm actually seeing the roots of my emotional imprints and calling people on it. In all love and light, but still, I'm speaking my truth and stopping the cycle. My mate has to be at peace with me expressing my truth. I will do the same for him. We will work together at all times. Especially the times we disagree.

I ask myself, "Self, what if Jon actually isn't my twin flame? Then what?" Welp, I would love for him to be the guide for my husband. I was once compared to bein a fancy computer. If whomever knows how I operate, I'm amazing. If they are clueless, I just sit on the shelf and collect dust. That's pretty accurate. Acknowledging that reality is birthed thruoigh a woman'd womb, I'd say I could stand to believe more. Jon could be the a verbal "How to" guide I always wished for. He would be perfect. I promise to be his in return 💎💎. Imma keep mediating on my reality. We'll see what happens next.

2019 is about thriving. What better way to thrive than party!?! There is a free steppin class/party every Thursday at SNS. I enjoy spending my Thursday nights there because it feels like I am in the company of the other melanin-rich manifestos of the Valley. The lyrics of awakened greats the DJ plays is leading us all on our mission, right now, today. Can you feel the soul of Marvin, James Brown and Luther Vandross? I can 💎💎.

Sometimes, the World can feel cold and unsafe. Feeling that way is reasonable, but optional. I refuse to feel unsafe. So I post what I post and party with the other healers of my commubity. I feel safe in the company of my Chicago Steppas. Energetically, we match. Find more info and videos of the dance in the links below. If your soul needs a reason to believe in love again, Chicago Styled Steppin is the culture for you.

Follow me on social media and share your thoughts.

Periscope/Twitter: @TwerkOutWorkOut

(<https://www.pscp.tv/TwerkOutWorkOut/follow>)

Instagram: @HelloMyName!SAngela (mind hacks and manifestation tips)

@TwerkNTone (health and wellness)

Facebook: Ms.TwerkNTone

(<https://www.facebook.com/MsTwerkNTone/>)

Our New YouTube Channel: <https://bit.ly/2ADBxKf>

FB Live 2.7.19 Thirsty Thursday Steppin at Club SNS: <http://bit.ly/2UY7l3T>

Thirsty Thursday Chicago Steppin Class/Party Info: <http://bit.ly/2Ec2qqN>

Allow me to reintroduce myself, my mission and my gifts: <http://bit.ly/2lcEI73>

Mars in Taurus: <http://bit.ly/2X28hGk>

Relationships Science Playlist: <http://bit.ly/2RJQot4>

Reclaim Your Original Blueprint: <http://bit.ly/2N7dsQL>

Have you signed up for Operation Get Right Retirement Twerkfestation? We got 3 days to celebrate oir journey thus far. Manifest eternity with me. Get your tickets right here:

<https://www.hellomynameisangela.com/book-online>)

Get Summa-Time fine in February. Click here to book your twerk themed body sessions today: <https://www.hellomynameisangela.com/book-online>)