



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

Peace LuvBugs. I am typing this blog on the Eve of Valentine's Day. I'm on some tru, fuq the system vibes today. Why? Because I am convinced most things I know and trust are based on lies. Time to destroy & rebuild my personal World again...

I'm 36 and used to being in a committed relationship. I've only had 2 boyfriends. I birthed a baby from each man. Yes, I've dealt w/cheating, but who hasn't. Bottom line, I felt like these men were men I could trust forever more and explore life with. Life has changed so much from when I initially created my plan. Still, I couldn't be more determined to meet the love ideal for me.

Being away from the love I created with each man has me feelin out of my norm. Yet happy and peaceful. Other men don't know me like these 2 men do. I'm a complex woman to comprehend. Which is why I have spent so much time alone. I'd rather build myself up as opposed to play the crackhead games required when finding new love. I don't wanna hear about weird hobbies, the job they hate nor who's workin their nerves & talkin ish.

Being alone ain't all bad. I am getting to know myself better. True, I have all the cliché celibate headlines to share with the World about the joys of living a sex-less life. I am so used to myself, I can simply out think my sexual desires. But sometimes, my heart get's overwhelmingly heavy. I honestly miss the company of a mate. Although I am happy, my heart hurts. And I don't really know what to do with this pain.

Since breaking things off with Jon, I have been looking at the World another type of way. Instead of playing the victim to my sour love experience, I took daily spiritual baths, between 4-6 hours daily for 6 months straight & empathize with my own pain. I expressed my full truth to myself, mentally relived my most traumatizing experinces and recreated them. Which allowed me to transmute everything I survived, that once raped me of my happiness.

I started healin my heavy heart 11.1.17. I hardly went outside. I constantly pumped myself up with more and more information. Refusing to believe my life was actually, my life. My sacred heart specialist is a lot like my Bestie. Shit, she is my newest Bestie. We have talked damn near daily since we met, 3 years ago. She was going through her version of the same extreme disappointment in life. So we decided to take a weekly Chicago Stepping Class together and manifest love from within ourselves.

Our decision helos me believe in love again. Jackie, my sacred heart specialist is 16 yrs older than me. We get along as well as me & my Mom could, if I wasn't her daughter. Taking the class with her allowed me to explore trusting women again. After my family sent me to the mental hospital June 2017, I bhad a tough time believing things could ever be good again.

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The women of the steppin community purposefully share the secrets of not only the dance, but surviving life with anyone who shows interest. I smile alot and they love that. Which keeos ofur energy light. The men say flirty things to remind the women of their silent, sexual power. I've never had a man cross the line with me, although many of them let me know they are my fan. Expressing my truth is not only encouraged, but required. Which helps me feel safe and at home.

Chicago Styled Steppin is a dance style that's always inspired my heart to smile. I have been steppin since I was 2. My Granny is a retired celebrity chef. One time, she was cooking at a Disney themed Bday party. I saw a life size Mickey Mouse dancing and asked my Granny what I was watchin. She told me and taught me on the spot. Then Micky Mouse asked me to dance. Of course I went. When it was over, I was bragging about cutting a few steps with Mickey💎💎! That's actually one of my family's fondest memories.

Steppin has always been the unspoken language of love. My Granny would throw on some Luther, Patti LaBelle, Lena Horne, B. B. King and her hips would tell a story while her body prepared the food and danced, non-stop. I would be in the kitchen just to soak in as much of her healin energy as I possibly could. I hear stories of my Granny's drunken days. I remember when my Uncle used to do drugs. None of that matters when we dance. So, as I was healing my broken heart, steppin felt like a necessary part of my journey.

I really did put my all into my union with Jon. Questioning myself endlessly about what went wrong, why and who's to blame gets overwhelming and anniyng. I grew tired of askin myself how Jon & I could have saved our union. When I release myself from the script of my movie called life, I realize the love between not only Jon and I, but Ely and I too, has grown exponentially. Our children can feel it. And that's more than enough for me. Still, I wanna learn what I don't know so I can finally make love work.

I read something about speakin the same love language. Which is something new I could stand to focus on. Turns out there are 5 love languages. They include:

\*receiving gifts

\*quality time

\*words of affirmation

\*acts of service (devotion)

\*physical touch

I am a anxious/avoidant personality type, so I don't like to be touched. Especially when I am mad. Beyond that, the other 4 languages all seem to be mine. I give myself permission to explore the science of love languages further. I promise to keep you posted on my progress.

Steppin helps me heal the discomfort of being touched. I have massive trust issues, which were established in my infancy. I just leared this science a couple months ago. How was I to know I was supoosed to share my emotional trauma from my childhood with my baby daddies and heal it before we made our babies!? Today, our 2 children are carrying around the dense energy from not only their parents fear, shame and guilt. But also our ancestors, their own and the spirits of the children they will oneday birth.

I was born a healer. Just like Chiron, I must heal my greatest wound and allow it to be my greatest victory. I'm studying things like Veda astrology, tantra and karma sutra to get me through. Educating my children along the way. They are each watching my Periscope videos and writing me messages about what they comprehended. I feel beyond blessed to be their Mom. My natural instinct is to protect them. Which can only be done when I protect myself. Stay tuned to the wisdom they share.

Figuring out a gameplan to heal all pain can be overwhelming in every state imaginable. I would rather focus on what I can actually do, as opposed to what I can't. Steppin forces me to trust the men I dance with. They can tell by how tight I hold their hands how scared I am. My mind get's so over processed from thinkin about the steps, I mess up my moves. I wanna quit, go home & bury myself in my sheets. But the warmness of the community keeps me comin for more.

The men remind me, it's ok to mess up. The dance is about having fun and lookin beautiful. Not just as an individual, but as a dancing couple. Steppin helps to remind me of the silent, yet powerful power of being a woman. I find everything I am remembering & everything I am learning for the 1st tome to be uber important. And that means the World to me. Chicago Styled Steppin has been a wonderful guide to me exploring and learning myself. I strongly suggest everyone check it out and explore for themselves.

It's Thirsty Thursdays & Valentine's Day. We r steppin in the name of love with Tony Hearn, just as we do every week. The links below have class info. Join us tonight and every Thursday. Steppin is the perfect way to express love to your partner. Wanna see how the dance looks? I got ya covered. Enjoy the links below.

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

FB Live 1.29.19 Rainbow Children and Pain (Chiron in Aries): <http://bit.ly/2X1pAr0>

Chiron in Aries Explained: <http://bit.ly/2WY18H8>

Relationship Playlist: <http://bit.ly/2RJQot4>

Chiron New Moon Meditation: <http://bit.ly/2S2pPyo>

FB Live 1.29.19 Walk Thru of 4 Seasons in Las Vegas pt 2: <http://bit.ly/2tiOzsq>

(Find pt 1 linked in That's How You Feel Blog)

Chiron in Aries: <http://bit.ly/2WY18H8>

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