



Laws of the Dream Realm

3 simple laws to begin your dream journey

TIPS FOR REMEMBERING DREAMS

1. Perfect recall is not needed. Even a hint of an image or a feeling from a dream can be a starting point for powerful inner exploration and insight. You do not have to remember your dreams in vivid detail to glean nourishment from them.
2. A powerful tool you can use to improve your memory of dreams is setting the intention. As you are falling asleep, try to have your last thought be: I want to remember my dream tonight. Try this for at least 5 days in a row. You'll start to remember something.
3. Upon waking, allow yourself three to five minutes before rising, speaking, or looking at your phone. As you lie, don't grasp for your dreams but rather wait quietly with trust that they will come back to you as needed. Remember that you don't have to recall a dream perfectly for it to "count".
4. Finally, don't forget to have a notebook or some other recording device near your bed so you can take note of your dreams as soon as they come back to you. Usually ten or so words can be enough to jog your memory to write more down later.

Each night, your consciousness finds itself in an alternate realm of reality, the dream realm. Even though the waking world is fundamentally different, individuals often apply the logic of the external world to their dreams. This is the mundane yet grave error I want to address in this short book.

To begin a relationship with your dreams, respect that their realm has its own laws. By observing these laws, you can become a more faithful explorer of your sacred inner landscape. With practice, navigating the dream realm can teach you to balance the relationship between your perceptions of the external world and your inner experience.

The three laws outlined here are simple: 1, *There are no rules*, 2, *It's all for you and is yours*, and 3, *You are supported*. These laws conceptualize how the dream realm works, and serve as a framework for understanding what your dreams have to offer you. They can also serve as an outline for understanding your inner life more generally.

Had it not been for the numerous trailblazers and lovers of the dream that have come before me, some even taking the time to teach me, I would not have been able to write this. Most importantly, I sincerely thank all of the brave souls who have been gracious enough to trust me as their guide on their own dream journeys. You all have nourished me so much more than you will ever know. My hope is that this work can be a jumping off point for a greater conversation about what the laws of the dream realm might be and what they can teach us about the waking world and our place within it. I invite and encourage all to be a part of it.

Law One

THERE ARE NO RULES

All living things die. Time moves forward. Effects have a cause. Through observation, we've developed certain fundamental laws about the functioning of the external world. Acknowledged or not, these laws facilitate understanding of the outside world and the individual's place within it. In the dream realm, these waking world laws have no validity. Dreams do not operate under constraints of time, space, or cause and effect. In the dream realm, there are no rules.

Human language is made up of words with specific meanings and a grammar that follows a particular rhythm. Dreams express themselves in a language that does not have fixed definitions. They communicate through a language of metaphor, imagery, and symbolism that allows for contradiction and duality.

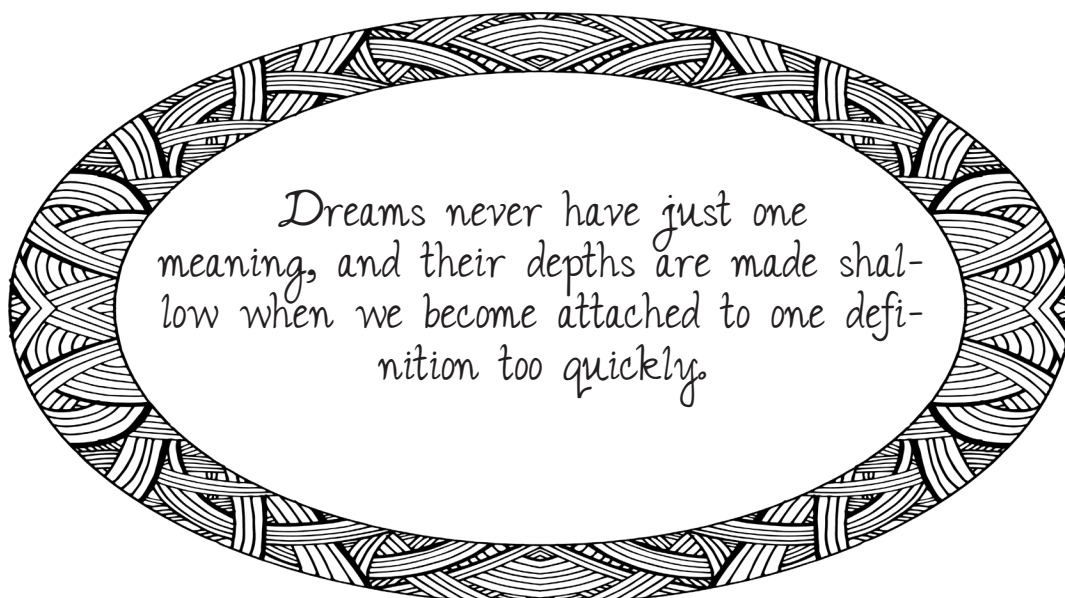
A moment of our experience involves both our felt impression of the moment and our objective perceptions of it. In the dream reality, there is only the internal felt impression of the moment. Thus, dreams can't be understood in the same way we attempt to understand our waking experience—by categorizing, conceptualizing, or evaluating. To gain wisdom from dreams, your task is to experience them, first and foremost, and as fully as possible.

While the waking world operates under shared objective laws, individuals operate under a set of subjective, internal rules. Often these subjective rules go unspoken or unexamined. They include all inter-

nal ideas about what's appropriate, what's moral, what's reasonable, and ultimately, what's good or bad. Our subjective rules dictate how to look, how to act, what to say, what's safe, and what's possible. And while certainly some of these principles are deep truths, many of them are not.

Discerning this distinction is difficult. It's easy to confuse your deep internal truths with the rules of your family or loved ones, the rules of your culture or society, or simply your own fears. And when you insist that others follow your rules, it can become painful and frustrating to be in relationship. It's easy to spend the greater portion of your life living in illusion because of attachment to

false subjective rules; dealing with the surface level emotions that are triggered when rules are broken.



Subjective rules are so natural; it can be nearly impossible to recognize them in waking life. Often, they simply appear to be the way things are. But in the dream realm, nothing that anyone does or says, including you, has any material consequence in the external world. To put it another way, there's basically nothing to worry about when you're dreaming. Things that are quite relevant in waking life, like having functioning brakes, aren't actually necessary in dreams. By holding this truth, you can begin to notice logical discrepancies between events in your dreams and your reactions. This can help illuminate your harmful subjective

EXERCISE ONE: ENTERING THE DREAM REALM

1. Visit the space of your dream for 3-4 minutes. Consider what you see and where you are in relationship to objects or situations in the dream. Notice any movement in the dream. Most importantly, pause to feel, on a visceral level, what it is like to be within that particular dream space at each moment.
2. Write/think for 1 or 2 minutes about the dream's meaning.
3. Take the opportunity to let whatever idea you just wrote down or thought about go---completely.
4. Go back through the environment of your dream, track its movement and scene changes with careful attention. For a challenge, focus on the areas within your body that you experience the feelings in the dream. When an idea of what the dream means comes to your mind, take the opportunity to let that idea go, and simply continue to experience your dream, slowly and with tenderness.
5. If insight comes to you, allow it, but don't become attached to it. Attachment creates another rule for ourselves to follow. Instead, when an insight comes to you through a certain visceral experience, carry that experience with you and touch into it throughout your day. Observe what comes up. Trust that it is through valuing the visceral experience, rather than creating further rules/ideas, that the healing process begins.

tive rules.

For example, you may have an internal rule that says you can never be late, that being late is very bad. The point isn't to decide whether this rule is right or wrong. The purpose is to examine whether the rule creates a boundary between you and the depths of your own experience. Perhaps you have a dream where you are running late, causing you lots of anxiety. These seemingly mundane dreams are often dismissed, especially if the feeling and situation of the dream is familiar to the dreamer. A person might even assume that the dream is telling them to stop being late so they won't be anxious.

According to this first law, though, the dream could be imparting something very different. For, even in the dream realm where there is absolutely no consequence to being late, you are still feeling great anxiety. This can be understood as a discrepancy, or a place to you bring your curiosity. The dream is opening up an inquiry for you to dive into without expectation or judgment. Ultimately, this inquiry could lead to a deeper understanding of how the rule *Don't be late* came to your consciousness and the role it plays in your inner life. You could come to understand that the anxiety triggered by running late has a deeper cause than tardiness, or that the rule you've created around your promptness simply serves to obscure another feeling. This framework could be applied to a variety of rules that can arise in dreams like, *I shouldn't express my feelings to men*, or *I am not capable of pursuing a career in the arts*.

TIP: IF YOU NOTICE A DISCREPANCY IN YOUR DREAM, TRY TO DETACH YOURSELF FROM THE CAUSE OF THE FEELING AND INSTEAD TURN YOUR ATTENTION TO THE FELT EXPERIENCE OF THAT MOMENT. WONDER IF THE FEELING IS FAMILIAR. WHAT WOULD IT FEEL LIKE TO TAKE A STEP TOWARDS THAT FEELING? WHERE CAN YOU FEEL THAT FEELING IN YOUR BODY?

Law Two **IT'S ALL FOR YOU AND IS YOURS.**

Once I had a dream that I was standing next to a man before a stack of over 100 TV screens, all displaying static in a glowing white room. The man tells me, *There is infinite divine truth in every person.* I feel the reality of this and become fearful, blubbering, *Well that's confusing!* He ignores me, saying, *The problem is it's controlled by humans.*

A dream is one of the most unique and personal experiences a human being can have. No one will ever fully know what a dream was like for the dreamer. If someone else could inhabit your dream, they would not have the same experience of it as you do. Even a perfect depiction of a dream, as powerful as it can be, cannot do justice to the dream's full reality.

Every aspect of a dream and the dream as a whole can be understood as a precisely orchestrated interactive theater, directed by a source that seeks to heal and teach you through felt experience. Understand each person, object, and landscape that you find in your dream as being cast and placed with precision to bring forth a particular feeling in you. Revel in the fact that this delicately coordinated event was curated for you and you alone.

In some ways all conscious experience, waking and dreaming, is like this. No one can ever fully know what it's like to be you, right here and right now. Your individual, visceral experience of the world is entirely yours and wholly unique, and there is something immeasurably precious about it. Your particular nature is a treasure that needs no external validation. It is of infinite intrinsic value. Dreams help us accept and honor this truth by providing you unfettered access to your deep internal realms.

TIP: REMEMBER TO CONSISTENTLY BRING YOURSELF BACK TO THE FELT EXPERIENCE OF THE DREAM, RATHER THAN YOUR IDEAS ABOUT IT, TO ENGAGE WITH THE TRUTH OF EACH DREAM MOMENT.

Just as your dreams are for you and are yours, so is your life. No one can take this freedom away from you. No one can take this responsibility away from you. Even when oppressors come and limit liberties in countless ways, they can never take away your ownership of your own experience. No one will ever have more control over your experience than you do.

In waking life, every moment is a conversation between our inner experience, our perception of the outside world, and external actions. Inner impressions of the outside world and what actually happens there are neither one and the same nor completely separate. Rather, they are engaged in an ongoing improvisation we loosely call our life. Dreams give you a glimpse of your inner world without any external input. This helps to clarify the relationship between internal experience and external perception to achieve balance. When you can bring the interaction between your inner experience and external perceptions into proper balance, you become in tune with your true self, and can then act in greater harmony with the world.

Today, our society privileges external perceptions and rationality over internal experience and feeling. Downplaying the power of inner experience disempowers humanity. Individuals end up acting on internal impulses without awareness, believing they are caused by outside forces. Caught in unconscious projections, you assume that since you perceive the external world in a certain way, you feel a certain way, when truly it is the other way around. It's easy to end up feeling like your life is out of your control. Taking ownership over your inner experience is a crucial and complex skill that dreams can teach. Since your dream experiences are wholly your own—they

EXERCISE 2 – CENTERING YOUR EXPERIENCE ON YOURSELF

1. Begin with a dream where there are other individuals, known or unknown, in the dream.
2. As you slowly take a mental walk through the landscape of this dream, take a moment to reflect on every object and character, thinking to yourself, If I keep in mind that this object and/or character was specifically placed here to render a particular feeling in me, what could that be? What do I generally feel when this thing is around? How does this compare to what is felt in the dream?
3. As you continue your mental walk through the dream, remember to ask yourself as often as possible, what am I feeling in this moment? Ask yourself more than you think is relevant. Pay special attention to stark changes in feelings.
4. Notice if there are any feelings you are having for or because of another character in the dream. (i.e., I was anxious because Molly was mad at me, or I was feeling bad for Charlie because he looks sad). Is this a familiar kind of feeling for you in your waking life?
5. Try to feel into what it would be like to know that this feeling is for you and is yours. (i.e. I am anxious, regardless of what Molly feels, I feel pain, regardless of what Charlie is feeling).
6. Just notice what comes up as you ask yourself these questions. Try to be aware when you feel a question is particularly annoying or useless. It may be a sign that you are hitting upon something important.

only contain your consciousness—they demonstrate the ways that you project and blame your feelings on others.

TIP: ANYTIME YOU ARE FEELING ANYTHING IN A DREAM BECAUSE, FOR, OR IN SPITE OF SOMEONE ELSE, UNDERSTAND IT AS AN OPPORTUNITY TO EXAMINE WHETHER YOU ARE DOING THAT IN YOUR WAKING LIFE, AND WHETHER THERE IS SPACE TO TAKE FURTHER OWNERSHIP OVER YOUR PERCEPTION AND EXPERIENCE IN THAT SITUATION.

Many individuals struggle with feeling their own anger. If a feeling of anger comes up, instead of recognizing it as their own, they project it onto someone or something else. An angry commute filled with thoughts like *That guy is a horrible driver! I am so angry at him now!*, is an example of this kind of projection. In waking life, these projections are difficult to notice, because there is always the chance that the guy driving is a maniac, and you have every right to be angry. Dreams can help you see your projections more clearly, because in a dream, there is no other consciousness present but yours.

Thus, if you are driving in a dream and feeling annoyed even though the other drivers are minding their own business, the dream may be pointing out that this frustration lives in you, even when there is nothing there to trigger it. Even if another driver does trigger your anger—cuts you off for example—when we keep in mind that the dream *is for you & there are no rules*, we can understand the dream as trying to highlight that this angry reaction is easily provoked in you. After all, when you're inside of the dream realm, there are no material consequences for anyone's behavior, so even if someone is driving poorly, it doesn't actually matter.

Ultimately, as you do the painstaking work of merging projected and avoided feelings back into yourself, you can begin to come home to your true essence. Right from the start, if you keep your eyes peeled, you'll notice

guideposts along the way, pointing towards the deepest, most sacred aspect of yourself. This can be clearly seen when you remember that everything in the dream is for you.

Q: How could a nightmare be “for me”? Are you saying that when I have an uncomfortable dream there is something wrong with me or I am bad?

A: Not intrinsically, but it could certainly be pointing towards an area that needs healing or growth. Instead of turning to shame when shadow is illuminated, ask yourself, how could the uncomfortable emotional experience you had in a dream be a teacher for you? What is it like to simply acknowledge that this difficult feeling lives somewhere inside of you?

So, if you dream of a foreign yet vaguely familiar house; a house that feels and looks the way you dream a house could—know that it is your house. And if you are heading to your high school friend’s wedding, a friend

that always seemed, on some cosmic level, to matter more—know it is your wedding. And when you find yourself plopped into one of the most beautiful landscapes you’ve ever seen—with one of the most intriguing people you’ve ever met—remember, please remember—this experience has been created entirely for you and you alone. And that truly, it is a reflection of the beauty that lives and breathes inside of you each and every moment of each and every day, whether you acknowledge its presence or not.

Law Three **YOU ARE SUPPORTED**

An essential aspect to beginning your dream journey is focusing on the felt experience of the dream. The reasoning boils down to this: in dreams, you can experience your deepest feelings, and if you practice feeling them in waking life, you begin a path toward healing. This concept may seem easy enough. There's a sense in which feeling appears inevitable. How could you not feel what you feel? Perhaps, but this work is about distinguishing between aspects of felt experience.

Projected feeling or feeling based on illusory and self-imposed rules is not the same thing as feeling from the core of your essence. Most people, most of the time, are either not feeling their deepest feelings, not acknowledging them fully, or both. I can say this from personal experience, since I've spent the past six years putting significant effort into feeling my true feelings, and I still fail much of the time.

Fortunately, since the depth and complexity of an individual's felt experience is infinite, the task is infinite, so failure is a given. When it comes to the tough feelings, it's even more likely. It's one thing to feel the beauty of a Cajun prairie at sunset, quite another to feel the devastation of a concrete and smoke-filled apocalypse. And yet, both are equally valid aspects of felt experience that can live in harmony within one soul.

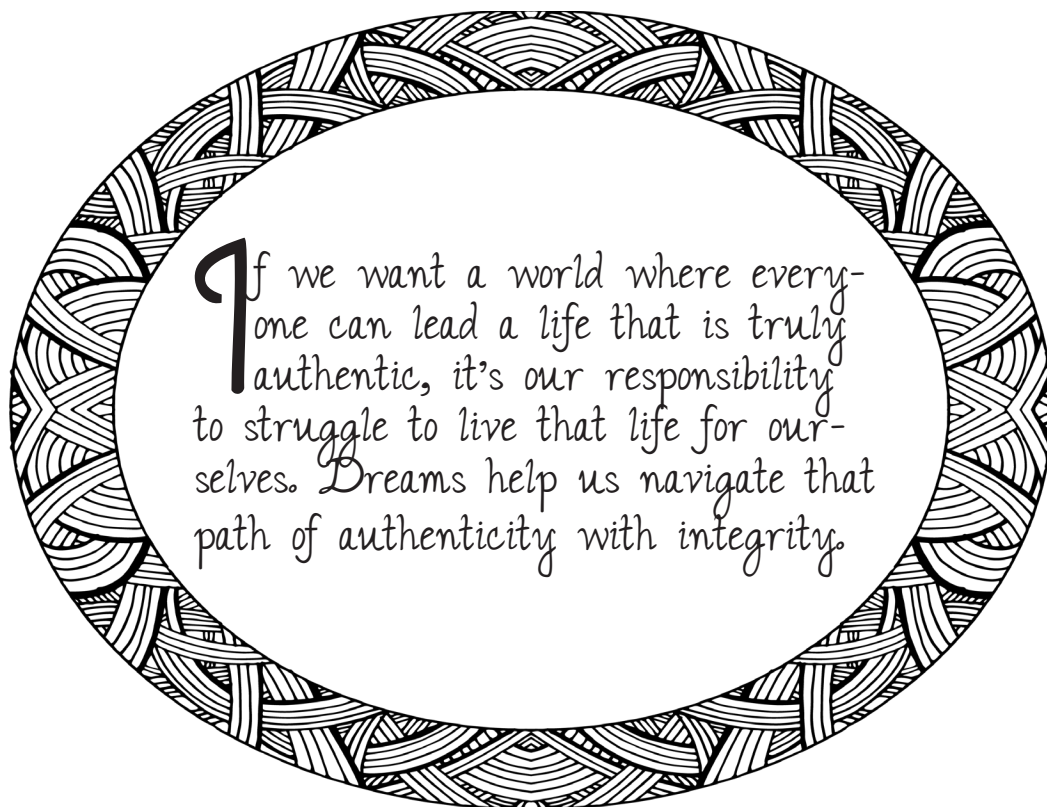
That's why this final law is so important. In order to begin to feel fully, you must first be able to trust that you are supported. Supported by what or who and why are vital questions that you will need to answer

for yourself along the way. But the basic fact that you are supported is a foundation for understanding the dream realm and applying its teachings to your life.

Trusting that you are supported and loved from the inside out is not something to be convinced of through reasoning or logic. It needs to be experienced in order to believe. Dreams provide this opportunity, generously demonstrating this truth in the exact ways that will resonate with you most. Through practice, you can begin to cultivate feelings of support in waking life. This alone is a powerful tool on any healing journey, especially if you find yourself in circumstances that lack external support.

At the same time, there is a rational reason to believe we are supported: the fact that dreams exist at all. I have personally been able to experience wisdom, healing, and transformation through my own dreamwork and through my one-on-one work with others. To me, that fact alone is nothing short of a miracle, a personal bedrock in my relationship with faith. Feeling the healing power of just a single dream is an invitation to wonder whether a greater form of support does exist after all.

To feel that you are held, you must prepare to let that feeling



into your soul. Often, it's just as painful as it is lovely to return to the inner connection you have lacked---no matter how much you have longed for it. There is incredible power in knowing that you are fundamentally loved and supported to be exactly who you are and it takes time to build your capacity to feel it. For many people, a long road of peeling back layers of rules, coping mechanisms, and ultimately trauma lies between us and fully embracing support and love. But no matter where you are on your journey, with a careful eye, you can notice gentle ways dreams offer precisely the degree of support you are able to manage at any given moment.

My dear friend once had a dream where he asked an old man at the entrance to a cave, *What is the way in?* The man replied, *Well, dreams for one. And there are two or three other ways.* The dream realm is not the only place to begin a relationship with the idea that you are supported in this world. Countless other spiritual and psychological paths (or maybe two or three) offer ways to discover this revelation. And for those who are so blessed, we merely have to look at our friends, families, and lovers to see the reflection of this support staring right back at us. Having another person there to hold space as you feel into the experience of a dream can jumpstart any dream exploration—as well as nourish your growing awareness of both internal and external support.

TIP: YOU MAKE SENSE OF YOUR DREAMS FROM THE PERSPECTIVE OF YOUR WAKING CONSCIOUSNESS, THE EXACT PERSPECTIVE THE DREAM IS TRYING TO HEAL. THAT'S WHY IT'S SO HARD TO UNDERSTAND DREAMS ALONE. SHARING DREAMS WITH OTHERS IS PERHAPS THE BEST WAY TO OPEN UP THEIR FULL HEALING POTENTIAL.

EXERCISE 3 – WALKING THE DREAM WITH A PARTNER

1. Find someone who is willing to share in your experience of your dream. Agree that you will both resist the urge to find meaning or settle on an explanation from the dream.
2. To start, sit at the same eye level and spend 1-2 minutes making direct eye contact in silence. This is a wonderful way to cultivate a moment of shared presence. Try to keep up eye contact as much as possible throughout the exchange.
3. As the listener, remember that any judgments or ideas that you bring about the other's dream can have a powerful effect on how they understand the dream and themselves. Do whatever you can to release those judgments or ideas. Gently challenge the dreamer whenever you think they are settling into a judgment rather than being open.
4. Have the dreamer speak their dream out loud, in the first person, and in present tense. Try to be as detailed as possible. Remember to mention any and all feelings that are present within the dream.
5. As the listener, feel free to ask any clarifying questions you may have about the dream and its contents. Follow any curiosity you may have about the dream without leading to a conclusion.
6. Once the dream and questions are completed, go back to whatever the most intense feeling in the dream was. As the listener, give the dreamer the space to simply feel the feeling in the presence of another. As the dreamer, breathe into the feeling and try to locate it in your body (i.e. chest, gut, throat). Observe any thoughts that come up when you attempt to feel that feeling.
7. Thank each other for the opportunity, and then switch.

About 3 years into my dream journey, I had a dream that I still come back to today. I dreamt I was walking with my beloved partner Jordan in a cafeteria. It was nothing fancy, but I realized that we could have a wedding there. Impulsively, I said to him, *Let's get married now*, and he agreed. So we quickly set it up, and I stood at the end of the aisle. Then he arrived and the woman officiating said, *Do you, Jordan, take this woman?* Jordan looked into my eyes and told me *Kezia, I just love you so much*. As we hugged, he turned into a polar bear. I felt an immeasurable amount of love that still surprises me even now.

To me, this is an example of how I've personally been able to feel supported and loved in a dream, in ways above and beyond what was possible in waking life. Time and again I've come back to that moment of my beloved confessing his love for me, and found the support and courage I needed to move forward on my journey back to my own heart.

Once you've had the feeling of being supported enough, you stop denying it. Eventually, you turn your attention to it. Slowly, you begin to feel the stunning, indescribable awe in the most unexpected moments. You get to know the sound of your true voice. You get to know exactly which habits of the mind get that voice to bury its little head in the sand. And then, in the very next moment, the feeling of support will be gone. When this happens, don't worry. You do not always have to feel supported to know that the support is there when you're ready to feel it again. And when you forget for too long—you can trust that your dreams will be right there to lift you up in just the way you need.

The reality is you're supported. You are absolutely, positively, without a shadow of a doubt l-o-v-e-d way beyond your own imagination...plus more. Once you learn to trust this, you'll start to hear the whisper, even when spinning thoughts hum at a high pitched squeal, when your body feels visceral danger at every turn, when your judgments take control and put obstacles in your path. Through it all, you'll start to trust the voice in you that cries out, out of the wounds, past the lonesome howls to a windy darkness, scaling the vast cement walls you've built around your heart. Your dreams will teach you how to bring that voice into the world and arm you with the courage to let it be your truth.

And thus I present to you these three drafted laws, and invite you to explore their contours for yourself. If you follow your dreams, you'll get a glimpse of your true depths, and realize they are beyond your mind's feeble comprehension. You'll find there is a path for you that may not be as big and flashy as some---or may be much bigger and flashier than you ever thought. But the size and the shape of the path will not matter, because it will be yours. The support will beckon you to feel the wretched pain of love, of vulnerability, of relationship, and of connection, and it will hold you close and define comfort. The trust will be as certain as your knowledge that the sky is blue, grass green, and clouds white. And it will give you the strength to make leaps into the unknown that stretch way beyond your current realm of possibility. This is my dream for you. Now dream it out!

About Me AND HOW I GOT HERE



From the time I was a little kid, dreams have been completely mysterious and amazing to me. I was always a little lost in the world of fantasy. I didn't have just one imaginary friend—by 3, I was part of a vast network of spies, constantly communicating with me through patterns on the sidewalk or telephones imbedded in bathroom walls. I was obsessed with summer camp, where evening programs designed to transport us to the Wild West or the stage of a Nickelodeon game show felt utterly real to me. I never understood the big distinction, on a visceral level, between the experiences I had when I was awake versus the experiences I had when I was dreaming or imagining. Weren't they just different types of the same thing? Why was one type privileged so heavily over the other?

When I was 12, I approached my father with my mounting questions about dreams. He shared my interest, and purchased “Interpretation of Dreams” by Sigmund Freud for us to read together. The 400+ page tome intimidated and then promptly bored me. I moved on to a short-lived interest in magic tricks. My father, on the other hand, continued his research, eventually planning to write a book about dreams.

This project led him to meet Marc Bregman, a dream analyst who had been practicing in Vermont for a few decades at that point. Bregman and a number of his devoted students had developed a term and methodology for their approach to dream exploration, Archetypal Dreamwork. Marc is at once abrasive and completely captivating, and my father became his student. This eventually led my father to publish a book, *The History of Last Night's Dream*, which beautifully outlines the historical role of dreams as well as his personal dream journey. I started working with Marc shortly after, in early 2009.

While I had been amazed by the inner changes I'd witnessed others undergo through this dreamwork, nothing prepared me for the incredible transformation that began when I became Marc's student. Through consistent and patient exploration of my dreams, I began to experience the external world and myself in an entirely new way. After taking classes and attending retreats, I devoted myself to dreamwork and decided that it would be my life's mission to assist in any way I could to bring it into the world.

At that time, I assumed this mission would come to fruition in close association with Marc. As fate would have it, my devotion to the method led me to part ways with Marc and his organization. In short, Marc's vision of how his Archetypal Dreamwork should be taught and practiced was too nar-

row for me. In long, breaking away from my teacher could fill its own e-book. I treasure the many potent lessons he taught me, but also know that teaching the work in the way that feels right to me is my only path forward. For now I can only hold gratitude in my heart for all that I learned from him and my numerous other teachers along the way.

Now, my original 'dream' that dreamwork could rise in prominence as a way to bring healing to the psyche and develop a deep, personal relationship to spirit is becoming a reality. There are a wide variety of teachers and dreamers around the country and the world who are committed to a pioneering vision of how dreams can be utilized for healing, strengthening of spiritual connection, and community building. As growing numbers are waking up to the need for long-lasting societal evolution and change, I feel more certain than ever that the time has come to reinvigorate a connection to the dream realm that has so many rich treasures for humanity to honor and cultivate. Projects and teachers like Marina Abrajomvic's Dream House, Dream.me, and Dreamwork with Toko-pa convince me that this vision is coming to fruition around the country and the world.

And that is why I am so excited to present to you this introductory e-Book, *Laws of the Dreamworld*. This set of exercises, meditations, and practical how-to's is meant to offer you an opportunity to begin your personal journey of dream exploration and practice, as was received by me through my studies of Archetypal Dreamwork, my countless hours guiding dream journeys for others, and of course, my personal dreams.

To Learn More

LIKE WHAT YOU READ? DON'T LIKE WHAT YOU READ? HAVE SOME BURNING QUESTIONS TO THROW MY WAY? GET IN TOUCH! I LOVE TO DEBATE AND MULL OVER AND TOSS IDEAS AROUND WITH ANYONE WHO'S INTRIGUED BY DREAMS!

TO RECEIVE THE LATEST UPDATES OF CLASSES, WORKSHOPS, AND RETREATS I AM HOSTING, VISIT MY WEBSITE, WWW.KEZIAVIDA.COM AND SIGN UP FOR THE NOTES FROM THE DREAMWORLD NEWSLETTER.

IF YOU'RE HOOKED AND INTERESTED IN EMBARKING ON AN INTENSIVE DREAM JOURNEY WITH ME AS YOUR GUIDE, PLEASE DO NOT HESITATE TO CONTACT ME. I AM EAGER TO WORK WITH ANYONE WHO HAS PASSION AND DEDICATION TO THE PATH OF DREAMS. I AM COMMITTED TO MAKING MY WORK ACCESSIBLE TO INDIVIDUALS OF ALL WALKS OF LIFE AND OFFER A SLIDING SCALE AND OTHER ACCOMMODATIONS.

**LOVE AND BEST,
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