



Suggested Guidelines for Working with Your Spiralight

So you've found yourself in the company of a Spiralight...lucky you!

The Spiral has been revered by people around the world since the beginning of time. The spiral occurs in earth, water, wind and fire elements. Galaxies form spirals, stars and planets are born in spirals, plants often grow in spirals, our very DNA comes in the form of a spiral. It is a symbol representing movement and energy. Some say it is the signature of the Great Mystery itself.

The purpose of your Spiralight is to assist you in finding clear answers to important questions. Answers that are in balance and harmony with your true nature. Answers with the power to bring greater clarity and joy into your life.

How to Awaken Your Spiralight

All you need to do to awaken your Spiralight is to lick your thumb or a finger and hold it against the bottom of the Spiralight as you count to 8. Your fingerprint is your unique life force signature. It contains all the information your Spiralight needs to assist you in finding answers. A strand of hair also contains your unique signature and could be placed beneath your Spiralight in lieu of your finger print.

You might also choose to listen for a name. Listen for the name that seems to come from the Spiralight instead of choosing a name. My general rule of thumb is – if the name I hear is a big surprise to me – it is probably the right one. If no name comes right away– no problem – you might hear it later or maybe you will find that names are unimportant. If you do receive a name, consider looking up the origin of that name.

Guidelines for Asking Questions

Focus on open-ended phrasing starting with "what," "how," or "why," and center the inquiry on your own actions and personal growth. Avoid rigid yes-or-no questions or trying to read another person's private mind.

- **Be open-ended:** Use "how can I" or "what do I need to know" instead of "will this happen".
- **Focus on yourself:** Empower yourself by asking what actions you can take, rather than trying to control external events or other people.
- **Stay in the present:** Target current energies, lessons, and immediate choices rather than trying to accurately predict a fixed distant future.

For best results, ask open questions like:

- How can I make x more enjoyable?
- What beliefs are keeping me from accomplishing x?



- What do I need to know about x now?
- What is the next right action to take regarding x?
- Where am I heading regarding x?
- What do I need to learn regarding x?
- What is the likely result if I take x action?
- Why am I having difficulty regarding x?

Let Your Question Go

Write your question down on a piece of paper and place it beneath your Spiralight with the intention that you are releasing your attachment to the outcome. Being in an open, curious mindset will help ensure the answer you receive is not simply a reflection of your pre-existing thoughts and beliefs.

The Answer

Automatic writing is not only fun, it's also a profoundly effective way to bypass your conscious mind and inner critic to access the subconscious or spiritual guidance. By writing continuously without editing, you allow unfiltered thoughts to flow.

Steps for the Automatic Writing Process

1. **Set Your Environment:** Find a quiet space where you will not be interrupted. Gather a physical notebook and a pen or pencil; this physical connection between hand and brain is more effective at bypassing logic than a keyboard. That said, the keyboard will work for many people too.
2. **Center Yourself:** Take a few deep breaths to quiet your mind. If you practice meditation, a short session can help you transition into a relaxed, free-flowing state.
3. **Write Your Question Down:** Be sure to follow the suggested guidelines.
4. **Set a Timer for 10, 15 or even 20-Minutes**
5. **Write Continuously:** Start writing and do not stop. Let your hand move across the page without lifting your writing utensil. Do not self-edit, judge, correct spelling, or worry if the text becomes a chaotic stream of consciousness.
6. **Review Later:** Once the timer has gone off, read through what you have written to find buried emotional truths, creative ideas, or sudden flashes of insight.

Tips for Success

- **Avoid Overthinking:** If your mind goes blank, simply write "my mind is blank" or whatever word comes to mind until a new thought flows.



- **Focus on Feeling:** Rather than forcing a narrative or worrying if your work makes sense, focus on the physical sensation of your hand moving across the paper.
- **Practice Regularly:** Building a habit of 10 to 20 minutes a day will help train your brain to quickly drop conscious barriers.

Did I Interpret the Answer Correctly

If you ever wonder whether you have interpreted an answer correctly – you can try this exercise. Go someplace quiet and take a few deep breaths to center yourself. Say the answer out loud a few times and notice how it makes you feel inside your body. Does the answer make you feel energized or does it deplete your energy. Does it open or close your heart? An answer that is aligned with your true nature should make you feel empowered. If the answer seems to drain your energy or close your heart, you may have misunderstood.

Want to share a Spiralight experience with others? Go to Wild Hare Studio on Facebook. FYI - there are several pages called Wild Hare Studio so be sure to scroll down and look for the one with the picture of a woman looking at a painted owl. That's me and an owl I painted close to my front door.

Big Love,

Cynthia

Visit my website for more tools and class info: www.wildhare-studio.com