



Suggested Guidelines for Working with Your Inspirita

Used in the guided way, your Inspirita will teach you how to meet problems and challenges in new ways. As you learn to see through new eyes, you will open previously unexplored areas of innate wisdom that have been hidden deep inside. You will discover inside yourself; strengths and gifts you may have been unaware of in the past and you will be able to meet life's challenges with more trust and confidence.

Step 1 – Introductions

Say hello to this fantastical little being that is going to assist you in the future. Share your name and ask your Inspirita to share theirs. Take some time to become familiar with your Inspirita's super powers AKA attributes. Copy the attributes onto a separate piece of paper and write down what each attribute means to you and/or do an internet search to gain a better understanding of the true meaning behind each attribute. Write down reasons you feel each attribute is valuable.

Step 2 – Notice moments in your life when calling in one or more of these attributes would be beneficial.

Escalated emotional states, be they positive or negative, are often an indication that calling on your Inspirita would be beneficial.

You might be frustrated, feeling stuck or out of sync with a person, place or situation. As you feel your energy draining and your mood turning darker, remember your Inspirita and the attributes it has to offer.

You might be feeling excited and a bit overwhelmed by a new opportunity. If you were to embody one or more of your Inspiritas attributes – would you gain some balance, harmony, or a different perspective on the situation?

Step 3 – Receive

To receive guidance – recall your Inspiritas attributes as you lift it up, in front of your nose. Close your eyes and breathe its energy into your heart - take a second breath and allow its energy to enter your mind - take a third deep breath and allow its energy to fill your body – take a fourth breath and allow it to fill your energy field (this extends about 1-arm's length outside of your physical body). Feel fully infused with the energy of your Inspirita and allow new emotions and perspectives to emerge. Note - If you are nowhere near your Inspirita, you can imagine going through this process.

From this Inspirita-infused state you will be shown new ways of looking at the situation. It can be helpful to ask what you are not seeing, what needs to be done, to ask for 1 small step or gesture you can make right away that will improve the situation.



Step 4 – Gratitude

Give a heartfelt thanks to your Inspirita for its assistance. You may even want to provide a small token of your appreciation from time to time - a flower or treat or.....

Step 5 – Notes

It is helpful to make notes about your shift in perspective and its impact. You may receive important insights during this experience. Even life changing insights.

Want to share your Inspirita 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