



## **Suggested Guidelines for Working with Your Inspirita**

### **So you've found yourself in the company of a Inspirita...lucky you!**

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. It can also be helpful to write down reasons you feel each attribute is valuable.

#### **Step 2 - Clearly Identify something you want help with**

Why are you seeking guidance? What challenges are you experiencing? Give details.

If you have a vision of the best possible outcome, what would it look like? Give details about that as well.

Try to identify limiting fears or beliefs you have about yourself that keep you from moving forward. List each one separately and ask the following questions for each one.

- Where does this fear/belief come from? *Tip: they often come from long ago – even childhood experiences.*
- Am I holding on to fears and beliefs about myself that are no longer true? *Tip: we all do this to different degrees. Be gentle with yourself as you try to see beyond the illusions you have about yourself.*

Ask what your strengths are regarding this challenge? Try to identify strengths you may not have seen or considered at first.

#### **Step 3 – Make an Offering**

Asking for guidance begins with an offering. An offering can be a flower, food, water, feather – something that feels right to you. Your Inspirita will absorb the energy of this offering so be sure to infuse it with your love using your breath – blow love out through your mouth and into the offering.



#### **Step 4 – Receive Guidance**

Remind yourself of your Inspirita's super powers then pick it up and bring it close to your nose. Close your eyes and breathe its energy deeply into your heart - take a second deep breath and allow its energy to enter your mind - take a third deep breath and allow its energy to fill your entire body – take a fourth breath and allow it to fill your entire energy field (this extends about 1-arm's length outside of your physical body). Feel yourself fully infused with the energy of your Inspirita. In this way you more deeply absorb their essence and more fully receive their wisdom and guidance.

From this Inspirita infused state – reread your notes and ask to be shown new ways of looking at the problem or challenge. Ask what you are not seeing, what needs to be done, **ask for 1 small step or gesture you can make right away that will move you toward your goal.** Continue to engage and ask questions as long as it feels right for you. When you feel the session should end – end it by thanking your Inspirita for its help and saying goodbye for now.

#### **Step 5 – Take Action**

Make notes about the information you received and be sure to move forward with that one step or gesture that came to you.

Track your progress as you go along and celebrate your successes in a way that makes you feel like the powerful being you are!

You can repeat this ritual as often as necessary until you reach your goal. When a fresh offering is provided, the previous one should be discarded. Be sure to keep your Inspirita in a safe and welcoming environment even when not actively in use – ideally where no dogs can reach it 😊

As time goes on and your relationship with your Inspirita develops more fully you will be able to call in its guidance from any location. Just picture it in your imagination and breathe in its essence when needed.

**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](http://www.wildhare-studio.com)