



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 Spirit 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 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 find answers true to your nature.

You could also place a strand of hair beneath your Spiralight overnight. A strand of hair also contains your unique signature – it just takes a little longer for your Spiralight to extract the information from it.

Once you have shared your information you can ask your Spiralight to share its name with you. Listen for the name that seems to come from the Spiralight instead of a name you have chosen. 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. Ask again later when you have had a chance to quiet your mind more. Eventually you will hear a name.

Guidelines for Asking Questions

Keep your question simple and clear. As a rule, if you cannot put your question into a single sentence without commas, you need to refine your question. **Only ask one question at a time and remember it needs to be about YOU.**

It is best to **avoid asking yes/no questions or questions that start with the words 'should I'** as these questions often result in incomplete answers.

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?
- What am I not seeing?

Let Your Question Go

Release your attachment to the outcome and set your Spiralight free to explore the sacred spiral for an answer.

Listening For the Answer

Keep a journal close to your Spiralight so you can write down your questions and any answers you receive. Answers may come immediately after a question is asked but often, answers come later. If you do not receive an immediate response, try asking shortly after rising from a nap, a deep sleep or any other time when your mind and emotions are calm.

Look into the face of your Spiralight momentarily then close your eyes and imagine yourself following a spiral path – you might find yourself soaring in a spiral right up to the stars, sliding down a spiral to the heart of mother earth, walking a spiral to the edge of an ocean or even to ancient ruins.

Take your time – just relax and go with it. Where does the spiral take you; what do you hear, see, smell or feel along the way? When you feel you have reached your destination ask your question again.

When the moment seems appropriate, open your eyes and begin writing. It could be a single word, a few sentences or even a few pages. Write whatever pops into your mind – don't think about it – just go with the flow. Don't pay attention to punctuation or sentence structure, don't try to understand the significance of what you are writing. Write until you feel a natural stall in the process, then stop.

Reread your notes. Is the answer you seek inside the notes? Maybe it seems incomplete? Repeat the exercise as often as needed. Some answers may take days - even weeks to be completely received.

Deciphering Answers

Answers often come in symbolic vs literal form. For example: I ask 'what is the likely result if I take a job as a ski instructor' and my Spiralight shows me a picture of a dancing Hare. I would take those symbols to mean that the result of taking that position will be joy because I love to dance, and that it will be true to my nature because Hare is my totem animal.



Symbolic answers can be very abstract, and their meaning often becomes clear when you least expect it. I can't tell you how many people say the meaning of the message became clear while they were washing dishes or driving.

Answers can also be received in very synchronistic ways, for example: You might hear or see a dove after asking if you should make peace with a friend. You might taste or smell cinnamon when you ask a question about your grandmother who always smells a bit like cinnamon. You might find an object on the ground, shortly after asking a question, that answers your question.

Be patient with the process and yourself. The more you do it, the clearer it becomes.

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