



Spirit Circle Foundations



WEEK 1



www.psychicmediumbella.com

Spirit Circle Foundations Week 1

Welcome to Spirit Circle Foundations – Week 1. This week is about building your foundation.

You are not here to perform or prove anything. You are here to notice how your awareness

works when your body feels safe and regulated.

Meditation is not a posture or a silence contest. Meditation is simply learning how *you* relax.

If your body softens and your mind slows down, you are meditating.

Being in your power means being present, grounded, and connected to yourself. It is not something you switch on for readings. It is your baseline.



Breath Reset Practice

Breath Reset Practice: Place a hand on your chest. Inhale normally. Exhale slowly. Notice what changes in your body. This is your fastest way back into clarity.

Energy Ball Practice: Rub your hands together, then hold them apart like a beach ball. Notice tingling, warmth, pressure, or even imagination. All of it counts.



How does your energy feel to you? warm, cold, hot, tingling

How does someone else's energy feel to you?

Where in your body do you feel the emotions strongest?

Homework

Practice this week: Breath reset daily. Energy ball a few times this week. Notice how your body reacts when you focus on someone else's emotion.

Reflection: What signals show up first for me when I stop trying and start noticing?