

The background of the entire image is a soft, ethereal teal color. In the upper half, there are wispy, smoke-like or smokeless patterns in a slightly lighter shade of teal, interspersed with numerous small, glowing golden-yellow dots that resemble stars or sparks. In the lower half, three lit white candles are positioned on a dark, reflective circular surface. The candles are of varying heights and are lit, casting a warm, yellow glow. To the right of the candles is a small, dark, irregularly shaped object that looks like a piece of raw, dark stone or a small, dark, textured object. On the far left edge, a portion of a white, textured object, possibly a flower or a piece of fabric, is visible. The overall mood is mystical and serene.

# *Spirit Circle Foundations*

**WEEK 1**

[www.psychicmediumbella.com](http://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

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How does someone else's energy feel to you?

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Where in your body so you feel the emotions strongest?

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# 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?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.