

ENERGY FLOWS

Grab your journal, get cozy in your sacred space, wrap yourself in a snuggly blanket, grab a delicious beverage, and your favorite pen as you drop into reflection mode. These activities will support you in creating the strands of a new story. Let these serve as inspiration to get started. You may choose one, two or all of them. There is no right or wrong. Let your inner Oracle be your guide!

- ◇ Practice saying this affirmation out loud: Love is the strength I need today!
- ◇ Write a "love letter" to your inner child, telling this child (yourself) everything you needed to hear when you were little. Know that healing transcends time and space and sending love to yourself as a child is a powerful way to heal old wounds and rewrite your inner stories.
- ◇ Reflect on a time where you felt your heart "broken" by an experience. Have you been able to move through it and find a blessing within it yet? If not, what keeps you stuck in the heartbreak?
- ◇ Flip to a blank page in your journal or grab a piece of paper and something to draw with. Reflect on the key concepts of Energy 4 and what words come to mind for you. Use the words to create a word cloud in the shape of a flower, a heart, or other that inspires you. It doesn't have to be perfect! Your word art is just for you, so have fun with your creation.



JOURNALING

Explore your thoughts and feelings about this energy by reflecting on these questions.

- ◇ How do you feel about this truth: I have a right to love and be loved?
- ◇ What does love mean to you? When you tell someone that you love them, what are you truly trying to express to them?
- ◇ Talk about your relationship with forgiveness. Does it come easily for you? Do you struggle with truly letting go and forgiving yourself or others? Why?

READING

It's time to explore your personal story related to this energy. Using Oracle Cards will open a direct dialogue with the Universe to better understand how you can work best with this energy. A one-card reading can provide you with amazing insights.

1. Shuffle your cards while thinking of the question: What do I need to know or do to expand and harmonize this energy with love for the highest good?
2. Pull one card from the deck.
3. Read the description in the companion book to see what resonates with you, then tap into your intuition for more clarity.
4. Use a journal to write down the card you pulled. What does this card mean to you?