


# 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!*

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- ◇ Practice saying this affirmation out loud: I am divinely connected!
- ◇ Visit a library, bookstore, or your own bookshelf if you've got a pretty good collection of books. Go to a section that you feel drawn to and choose a book "randomly" with the intention of hearing useful messages from Source — don't think about this too much, just scan the shelf and grab whatever you feel called to grab — and open it to whatever page you naturally land on. Read the page or the section you feel guided to. Spend some time doing this and you'll be surprised at what useful and relevant pieces of information that come through to help guide you on your path!
- ◇ Close your eyes and take a few breaths. Bring your awareness to the crown of your head and notice any sensations you feel there. Begin to picture the sparkling white, Divine Light energy flowing down into your crown like water from a faucet, and pouring down through your entire body sending Divine Consciousness to every cell. What do you notice about the flow of this energy? Is the faucet set to just a light trickle, or is it on full blast? Mentally adjust this flow to whatever pace feels the most right for you. When the flow feels right and your spirit feels nourished, thank this constant flow of connection between you and Source and know that it is always there and can be adjusted whenever needed. Bring your awareness back into your body and back into the room and open your eyes.

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- ◇ Gather something to draw or paint with and find a bright, well-lit area to sit and create. Think about what if the relationship between you and your Higher Power were a garden, what would the garden look like? Would it be full of vibrantly colored flowers, herbs, etc., or would it be full of poisonous plants and weeds? Would it feel safe and benign, or scary and unpredictable? Use a blank piece of paper or canvas to draw or paint a representation of your mind today.

# JOURNALING

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

- ◇ What are some major realizations or epiphanies you've had in your life that have changed your path or deepened your spiritual experience?
- ◇ In what ways are you being called to step out of your comfort zone right now?
- ◇ Gratitude puts everything into perspective. List 10 things that you are grateful for and the reason why. I'm grateful for...because...

# READING

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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?