

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: I am proud to be me!
- ◇ Find a cozy, sunny spot in your house or outside and just spend a few minutes with your eyes closed, soaking in the nourishment and magic of the sunshine. Send gratitude for the warmth and revitalization.
- ◇ Sit with the element of fire—whether it's a bonfire in your backyard, beach or campground, a candle in your house, a cozy fire in your fireplace, or even just a picture or image of fire—and allow yourself to just drop in tune with and connect with fire. What feelings come up? What messages do you hear?
- ◇ Flip to a blank page or grab some paper and some crayons, paint, charcoal, or whatever your favorite medium is and create a piece of art inspired by fire. The act of creating is fiery in itself as you ignite your creativity and vision. Let go of perfectionism! It doesn't have to be fine art! This process of creating is just for you to cultivate a connection to fire.

JOURNALING

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

- ◇ What story do I tell about who I am?
- ◇ Do you feel ashamed about anything in your life or past? If so, how is that affecting your life now? In what ways do you shame others?
- ◇ In what ways do you allow creative self-expression in your life? In what ways do you block it?

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?