

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: My voice matters!
- ◇ Music is often the best way to say what we struggle to express in conversation. Your task is to find a song that makes you feel like you; feel energized, feel heard, feel alive. How does it help to express yourself, and how does it capture what you want to say about yourself today?
- ◇ Go outside and find a comfortable spot to sit and listen. What sounds do you hear? What animals, people, vehicles and other sounds can you detect? Do this for as long as you can focus.
- ◇ Rub your earlobes and ears between your thumbs and forefingers with the intention of activating the energy centers and being open to hearing and listening to guidance. Do this as your sign and symbol to the Universe that you are listening and ready to hear!



JOURNALING

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

- ◇ What are some personal truths that you need to express right now?
- ◇ What are some sources of media or information that you use in your daily life that are truly nourishing to your psyche and spirit? What are some sources that you use or visit daily that cause fear, anxiety, or any amount of discomfort in your mind and body?
- ◇ In what ways does the Universe speak to you and give you personal signs and guidance?

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?