

# 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: My boundaries are sacred!
- ◇ Flip to one of the unlined pages in your journal, or grab some paper and watercolors, crayons, or markers and create a picture inspired by water. 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 water.
- ◇ Stretching and Yoga: What better way to promote flexibility and the watery, "go with the flow" mindset than stretching your physical body or practicing a gentle yoga flow? Even if you can only dedicate 5-10 minutes out of your day, this will make a difference. Find what feels good for you and go with the flow!
- ◇ Next time you have a meal, totally drop into the experience of eating it for at least a minute. Really be there with your meal and tune into it. What do you hear as you eat? What do you smell and taste? What do you see? What does the texture of the food feel like as you chew? This is a simple way to pull your awareness into your physical body and connect with the pleasurable sensations of enjoying a meal.



# JOURNALING

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

- ◇ I have a right to feel and set boundaries in my world. How does this statement make you feel?
- ◇ What aspects of your true self are you afraid to allow to be seen? Why?
- ◇ How does it feel to say “no”?
- ◇ How do you like to experience pleasure?

# 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?