

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 see endless possibilities!
- ◇ For the next week, focus on eating foods that are naturally vibrantly colored (so all your fruits and veggies!). You can focus on one color a day or try to get as many of the colors of the rainbow into your diet as possible each day. As you eat these vibrantly colored, natural foods, imagine them strengthening the light and vitality of your body with their pure, vibrant, nourishing energy.
- ◇ Grab a piece of paper or flip to a blank page in your journal and draw a line down the middle of the page. On one half, draw your life as it is now and include all major details that stand out to you, including your thoughts and emotions. On the other half, draw your life as you desire it to be. What changed? Note: this is not an art project and you do not have to be even remotely good at drawing. This is just a practice in bringing an energetic picture to life.
- ◇ Bring your awareness to the center of your forehead, between your eyebrows. What sensations do you feel in this area? As you focus, notice a sphere of purple energy — a deep, vibrant purple — begin to emerge. Take note of the quality of this energy. What size is it and how vibrant or muddy is the color? This is your Light of Intuition. Know that it is safe to see into the unseen and you are Divinely protected as you do so. Expand this energy center whenever you feel like strengthening your vision and intuition.

JOURNALING

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

- ◇ What did you dream of becoming as a child? Has that changed? What new dreams do you hold?
- ◇ List five times in your life when seemingly coincidental events lead you to an important change. Think about people you met “accidentally” or opportunities you learned about in the most unexpected and unusual way. Describe what happened. How did you feel?
- ◇ How does change make you feel? Are you energized and excited by it, or generally afraid of and resistant to it? 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?