

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 choose love over fear!
- ◇ Calm Your Nervous System: There are internal tapes that get turned on and this is how to turn it off. Use both your index and middle finger to create a figure 8 around your eyes. This will recalibrate the right and left hemisphere of the brain. It's so calming that this will likely make you yawn!
- ◇ Go out in nature and plant your bare feet into the grass, the sand, the dirt, etc. Feel your feet connecting with the vibration of Earth's energy.
- ◇ Deactivate the Nervous System: Give yourself a big hug with both hands at the top of your shoulders. Slowly work your way down to your elbows by following the outline of your arms. Keep doing this until you feel more peaceful.
- ◇ You know the saying "dance like nobody's watching"? That's exactly what you're going to do! Put on your favorite high energy feel-good song and turn it up! Let your body move naturally to the rhythm of the music. Don't think about the movements you're making, just close your eyes and move. If you're able to, stomp your feet emphatically into the ground! Repeat this exercise any time you feel a need to reconnect with your body and ground yourself.



JOURNALING

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

- ◇ What do I need to know about my growth?
- ◇ How do I love the part of me that's afraid?
- ◇ Next - Write down your fears—small ones, big ones. How do you think these fears affect who you are in the present moment? What would be different if you moved beyond them? How would you change?

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?