Predict & Reflect

Every morning:

- 1. Center in silence.
- 2. Journal your conversation with Spirit.
- Write down some predictions / declarations / intentions.



All day:

- 1. Ask Spirit for guidance and to give you clear signs.
- 2. Commit to being an open vessel and to being of service to others.
- 3. Use divination if you'd like. Test: general stuff vs. highly emotional stuff.

For yourself

For another

For a stranger

Every evening reflect on the signs that showed up during the day and how they matched your predictions.

