

~ Gentle Intentions ~

- Use broad strokes, nothing too specific
- Identify where there may be stuck energy - what's not flowing?
- Where is there room for Awareness? Acceptance? Forgiveness?
- Where is there room for more Gratitude?
- What are you holding onto / What would you like to release?
- Where are there barriers?
- Where can there be more Ease?

Some mantras to consider:

- Show me
- Let go
- Open
- I am the Medicine, and the medicine is Me

Remember, the medicine will show you what you are meant to be shown! You and the medicine are the co-creators of this experience.

