



WORKBOOK

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Sacred Success Academy

ALIGN WITH YOUR SOUL'S PURPOSE

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01

Preparing Your Medicine Bag

Strengthen Your Personal Energy System

Congratulations on stepping into this beautiful journey of aligning with your Soul's Purpose!

From this moment on, you are making the decision to see your life as a **Sacred Journey**.

We are stepping consciously with:

- all of our 5 senses
- our intuitive sense
- our Spiritual connection

In this **first month** we are preparing our field to receive more light into our energy field.

We come into alignment by clearing and **expanding our ability to receive** from true source.

We will:

-  Create our unique Sacred Space
-  Connect with a sustainable Source of energy
-  Learn and practice basic energy tools
-  Start to clear dense energy and cut cords
-  Begin a relationship with our allies

Week 1 ~ Creating Space

After watching the video for Week 1, use this page to reflect on the practices for this week.

What is your Sacred Contract with yourself?

(How will you treat yourself? How will you take care of yourself?)

I, _____, promise to honor the following for myself, as the precious
YOUR NAME
and Divine Being that I am:

I will do this to the best of my ability, remembering that this is my unique journey,
perfectly unfolding in every moment.

What does Sacred Space mean to you?

What are the mythic elements of your journey?

(Pick an element for each direction that resonates for you.)

**Write down some ideas about how you will open your personal
Sacred Space.**

Week 1 Quest



- Using the information from your answers above, create/draw a mandala of your opening of Sacred Space.
- Show each direction, including an image and words that represent the energy of that direction.
- Create an image of that place where you sit in the center of your journey.
- Practice opening and closing Sacred Space every day - see what it feels like to open it up at night and then close it in the morning. Try different times.
- Create an altar with objects that are meaningful and feel sacred to you.
- Acquire or create a small medicine bag that will hold your physical sacred objects as you move through the next 6 months - this can be made of any material with a draw string, or you can just use a cloth that you will fold into a parcel.

♡ Write your Sacred Contract on your mandala picture. ♡

