



Unshakeable Soul Clarity

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SHAMANIC TOOLS FOR
THE MODERN WOMAN

CLEAR YOUR PATH TO PERSONAL EMPOWERMENT
WORKBOOK

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WELCOME!

*This is your Transformational Journey Workbook
from Unshakeable Soul Clarity*

Use this workbook as a template to journey with:

- Any questions you want some clarity on
- To determine the next small or large step for your life purpose work
- To discover what the gift may be behind a challenge, so that you will be empowered by it

If you have ever felt stuck doing work, or living a life, that has felt flat and not your own

Or, it has been an uphill struggle to change, without a solid inner foundation to launch from

Or, you know that “there has to be more to life than this”, but you’re not clear what it might be

It is time for you to go on a spiritual journey quest!

I believe that when we, as women, come into alignment with our true purpose and passion, this has a ripple effect on the world. The world needs so many of the gifts that come naturally to women in our current culture.

The focus of this workbook is to create clarity and empowered next steps to create your life of PASSION and PURPOSE.

NOTE: This is tailored around work and purpose but can be used in any area of your life.

Step One:

**SEE YOUR LIFE AS A
TRANSFORMATIONAL
JOURNEY**



SET YOUR INTENTION

What is your intention for a change you would like to make, or an ideal outcome?

What do you envision feeling? What is your dream? (If you know at this point)

**Suggestion* ~ If you have an oracle card deck, draw a card to add to the intention that you are setting.*

What did this card reflect to you?

The Journey

by David Whyte

*Above the mountains
the geese turn into
the light again*

*Painting their
black silhouettes
on an open sky.*

*Sometimes everything
has to be
inscribed across
the heavens*

*so you can find
the one line
already written
inside you.*

*Sometimes it takes
a great sky
to find that*

*first, bright
and indescribable
wedge of freedom
in your own heart.*

*Sometimes with
the bones of the black
sticks left when the fire
has gone out*

*someone has written
something new
in the ashes of your life.*

*You are not leaving.
Even as the light fades quickly now,
you are arriving.*



LET'S START A LITTLE DETECTIVE WORK...



Ever since I was a little girl, I was a bookworm and loved to read fantasy books. I believed in magic and wanted to be a GOOD witch. Now I'm in my fifties and it seems like I'm not that far off...

What did you want to be as a little girl? What did you like doing? Do you remember how that felt?

Are you doing it now? _____

What is in the way of doing it?

There is an unadulterated passion in girls around the age of 9-11, before puberty hits. And then, quite often, as they enter adolescence, that is when insecurities and fears hit, during what can be a confusing time of hormones, societal pressure, coping with family systems or maybe even abuse.

So, why do we seem to keep falling back into the same patterns of feeling STUCK and POWERLESS?

And what does Shamanism have to do with any of this?



In Shamanism, we work with MORE than your mental and emotional perceptions, or what we can literally see in front of us.

In Shamanic energy work, we see the world in terms of energy, including our so-called physical selves.

Nikola Tesla – the Serbian American inventor, born in Croatia, who was known for designing the alternating-current (AC) electric system, as well as the "Tesla coil," which is still used in radio technology - said,

“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.”

We tend to think of CHANGE as a linear progression starting from our bodies.

What do the Shamans believe about Creation?

They believe we are Spirit or Universal matter in form. So, if we want a different reality, we have the ability to DREAM one in.

In modern times, this idea is being explored in Quantum Physics – the theory that objects and so-called realities may not be as solid and static as we once thought (as in Newtonian physics).

Albert Einstein proposed that we can't solve a problem from the level of consciousness it was created.

WE HAVE IT BACKWARDS...



We think we have to begin by changing our behavior, then we will feel what we want to feel, and THEN we shall become that ideal we have envisioned.

In the energetics, we work from the TOP down: we start by seeing the "ideal" in the realm of the lighter energies of the "Essential", and then bring it down the progressively denser energies, through our Chakras, and finally into FORM.

So, if energy works this way, what if our belief patterns are just denser energies in our luminous field that can be cleared to make way for our TRUE ESSENTIAL SELF, that pure essence of YOU that has never been wounded, never lacked and was always ENOUGH?

What if everything that has happened in your life was the raw material, the FUEL to grow the gifts to become that amazing BEING that you have ALWAYS been?

To choose this way of working is the FIRST STEP in freeing yourself from seeing yourself as a VICTIM, to becoming a CREATOR.

Our work is to clear the pathway of connection from that ESSENTIAL SELF and bring it into FORM.

Imagination

In Shamanism we work with the subtle bodies and the language of the SOUL - images, metaphors, symbols.

You can do this with the power of IMAGINATION

(Remember the classic test of imagining yourself bite into a lemon and noticing how your body reacts to the idea in a physiological way?)

WE CAN DREAM IN A NEW REALITY – after all, everything is possible in dreams. Some believe that what we call the present reality we live in is a state of illusion.





EXERCISE - LETS GO ON A JOURNEY...

1) *Open a sacred space for yourself in any way that is meaningful.*

You can:

- *Invoke your ancestors*
- *Greet the cardinal directions – South, West, North, East*
- *Invoke any archetypes that are meaningful in your journey*
- *Know that you will be working outside of “normal” Space and Time.*

2) *Sit quietly and imagine yourself going into the depths of the earth, down an underground stream until you stop at a beautiful garden.*

3) *Ask to be shown a Power/Spirit Animal that will assist you on your journey.*

4) *Thank the Earth for this gift and travel back up the stream to your present location.*

If you saw an animal, what was it?

What did it look like?

What kinds of instinctual qualities is it bringing to you that will assist you on your Soul’s Journey in this life?



DAY 1 HOMEWORK

Create a Sand Painting Mandala

This is to create a reflection of how you feel in your life at the moment, to track any issues that are limiting you.

We work in a circle to allow for transformation to happen energetically in a sacred space outside of ordinary time.

1) Using stones, feathers, rocks and other natural materials, create a circle on the earth, in your home on the floor, or on a piece of paper. You can use colored sand, like the Tibetan monks use, or beads, yarn, a scarf Or, draw with colored pens or crayons. Whatever calls you at this time.

2) Choose a color, stone or object to represent you, or draw yourself in the circle.

3) Choose an issue in your life that feels unresolved, chaotic - one which, when you think about it, makes you feel fear because it feels out of your control.

4) Choose elements to represent people or situations in your life involved in this issue and place them in the circle.

DON'T OVERTHINK THIS - LET YOURSELF BE GUIDED BY THE MATERIALS AND YOUR FIRST IMPULSES - SEARCH FOR MEANING AFTERWARDS

5) Notice where you are placing the objects in the circle in relationship to yourself and each other.

6) Decorate your circle. Be creative, play like a child!

7) Write down thoughts in your journal as you are creating it.

8) Let this Sand Painting Mandala "marinate" overnight on its own. If anything else comes up, you can add it to the circle.

9) In the morning, take a look at it again and see if how you see it has changed.

10) If anything has changed or you have fresh insights, record them in your journal and adjust the elements of your Sand Painting accordingly by moving them or adding or taking some out.



**What is your
Sand Painting
reflecting back
to you?**

A little about me...

Hi! I'm Titina van Hoorn, facilitator of Soul Journeys, Healer, Creator of jewelry talismans, writer and mother of two. I have lived in many places around the world, speak several languages and have wanted to work with (good) magic, art and people ever since I can remember.

I started on the path of Shamanic energy work almost a decade ago, and feel passionate about weaving in the ancient, earth-based practices into a modern world that needs sacredness more than ever before. I believe in the importance of coming into deep alignment with your Soul so that its deep healing effect will ripple out into the world.

I support women, in particular, to step into their true Soul purpose calling by clearing the deep limiting beliefs in the way, and empowering them with tools and the ability to access their Inner Wisdom so that they can live a rich life of purpose based on their Truth.

LET'S KEEP IN TOUCH

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