

USHAKEABLE SOUL CLARITYN



IGNITE YOUR SEED OF POTENTIAL

workbook

WWW.TITINAVANHOORN.COM

WEEK ONE

Unlocking Your Soul's Purpose

Create a Sacred Space





WEEK ONE NOTES:

What does the Essence of your Seed look/feel like?

What was the message from your Higher Self?

If you knew you were the Creator of your life, instead of the victim, how would you feel and what would you and your life look like?

What does your Sacred Space feel like?

WEEK ONE HOMEWORK:

- 1) Sit with the symbol or gift you received in the meditation and do some **automatic writing** with it, or with your Higher Self – ask questions.
- 2) **Create your own unique Sigil** (historically a symbol used in magic - it can be very simple).
- 3) **Create a mandala** from the Seed of life – put the Sigil in the center. Add words, images or symbols of your Soul's calling as well as those things that you are alchemizing, such as fears, blocks, resistance, old patterns.
- 4) Begin to **create an altar**. We will continue to allow it to grow and change organically over the next 6 weeks. Place your Sigil in it.
- 5) As close to every day as possible, stand or sit upright and feel the continuous **connection of the Earth below and the Highest Source above**. Bonus points for doing this outside!
- 6) Practice **breath work**.
- 7) **Join Telegram** – share a picture of your altar and/or mandala AND any insights that are bubbling up for you



SEED OF LIFE MANDALA

