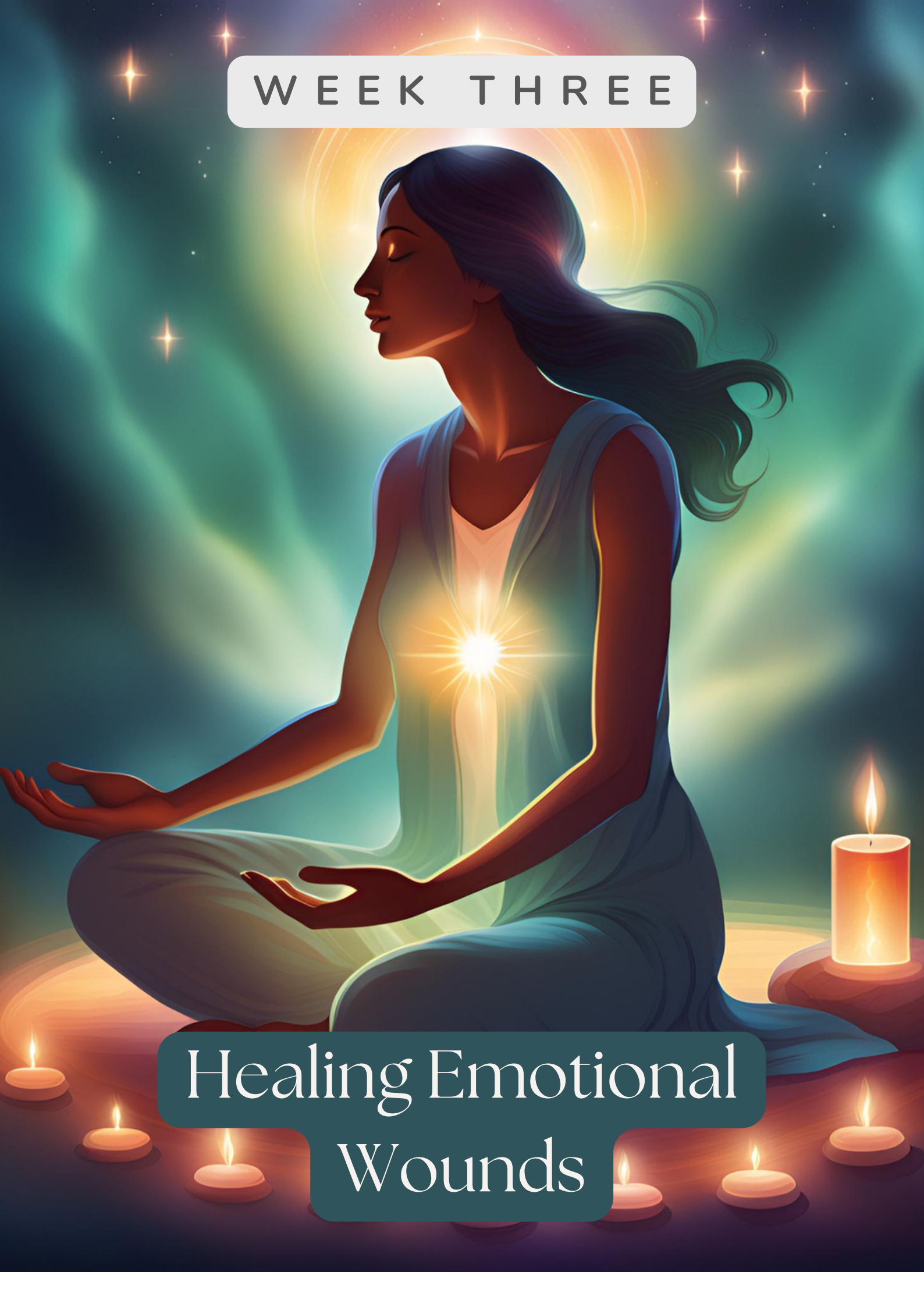
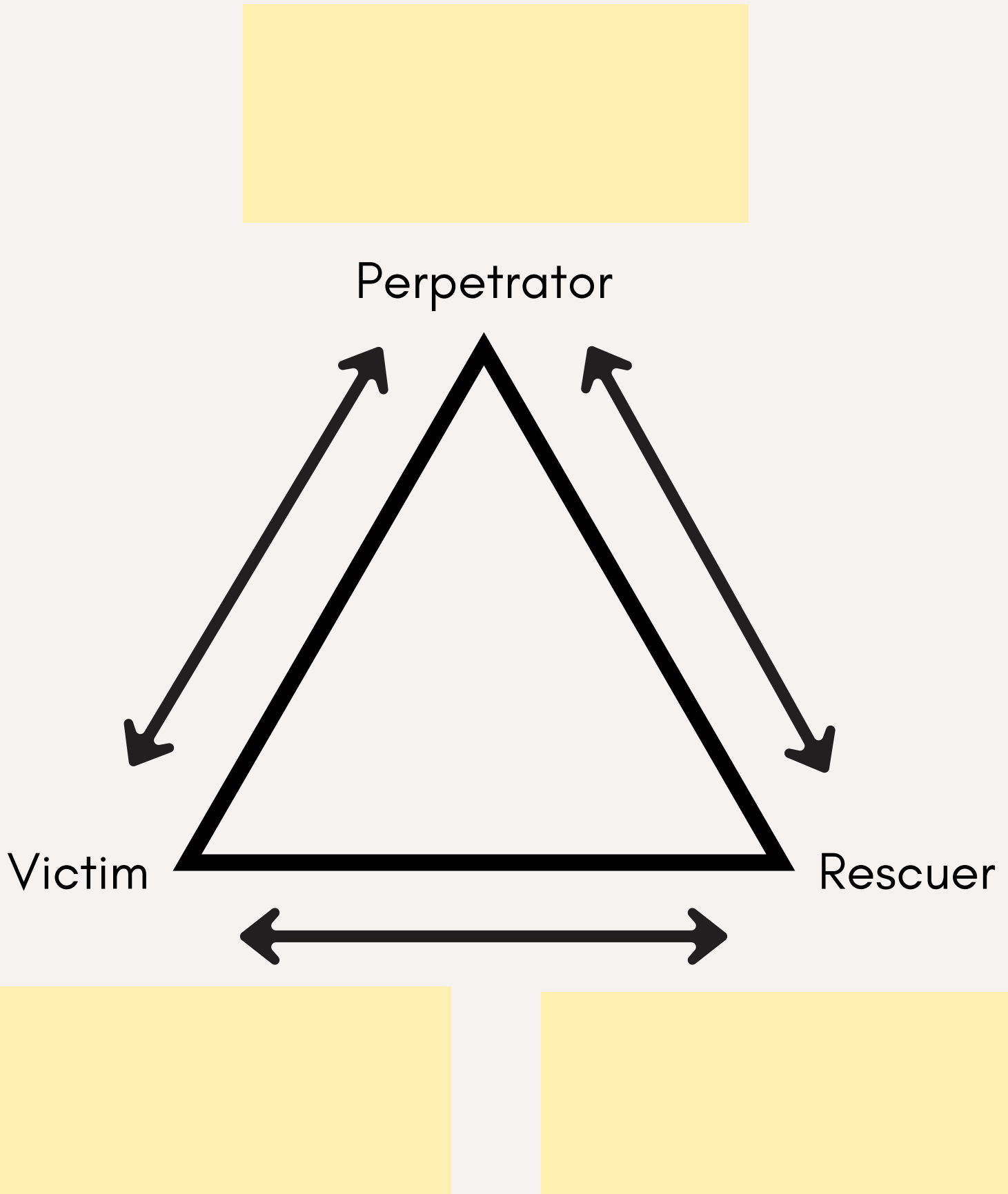




WEEK THREE

Healing Emotional Wounds

TRIANGLE OF DISEMPOWERMENT



Transforming a Limiting Belief

Have a piece of paper with you for writing gifts on.

Step 1 – AWARENESS

- What is happening to you, what is limiting you?

~**Blow into the stone**

- How is that reflected in your life?

~**Blow into the stone**

Step 2- OWN IT

- How do you feel when that happens to you? Really feel that...

~**Blow into stone**

- What does that say about you? Feel it in your body...

~**Blow into the stone**

- What does it make you feel about yourself?

~**Really drop into that feeling... Blow into stone**

- What is underneath that?Under that..... Really feel that; **Show it ...**

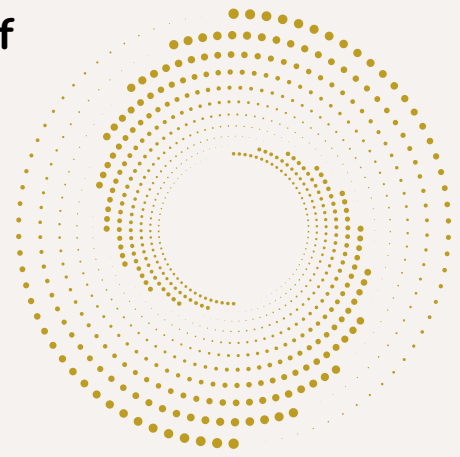
~ **Blow into the stone**

- What does that say about you? Really feel that;

~ **Show how it is held in your body... blow into the stone**

- If I'm holding this belief what am I creating?

~**Sense the domino effect throughout your life**



- Place stone on floor in front of you....Give yourself a shake

~**Take your awareness to your 8th chakra above your head.**

Step 3- WHAT HAVE YOU BEEN GROWING?

- Step into the stone Pick it up
- Sense what the energy in the stone holds
- How does the pattern help you function in the world? What does it provide that you need?
~**Really feel that benefit - Blow it into your stone**
- Your Soul has created this journey with this belief to grow certain aspects and qualities.
- What have you been growing? **Sense that gift. Blow it into the stone**
- What else have you been growing? **Sense it. Blow into the stone**
~ **What else.....Blow into the stone**
- Place stone down..... Step back into original position..... **Jot down benefits & gifts on paper**

Step 4- RECEIVE THE GIFT(S)- Let it Transform you

- Holding your piece of paper
- Pick the stone up and bring it into you....
- Receive the benefit you wrote down...- **bring it into your chakras- let it inform you**
- Take it in deep... **Sense it coming all the way in... You may need to go to a different chakra.....**
- Receive the first gift on your list.....**bring into a chakra - really drink it in**
- Receive the second gift on your list etc
- What's the new way you feel? ..**Take it into body movement-really feel it**
- If it had a voice, what would it say... **let the word or words come out..**

Let that gratitude rise up.....What needs to be honored? Honor It!



Sense that new relationship with life

After stepping out, bring it down energetically

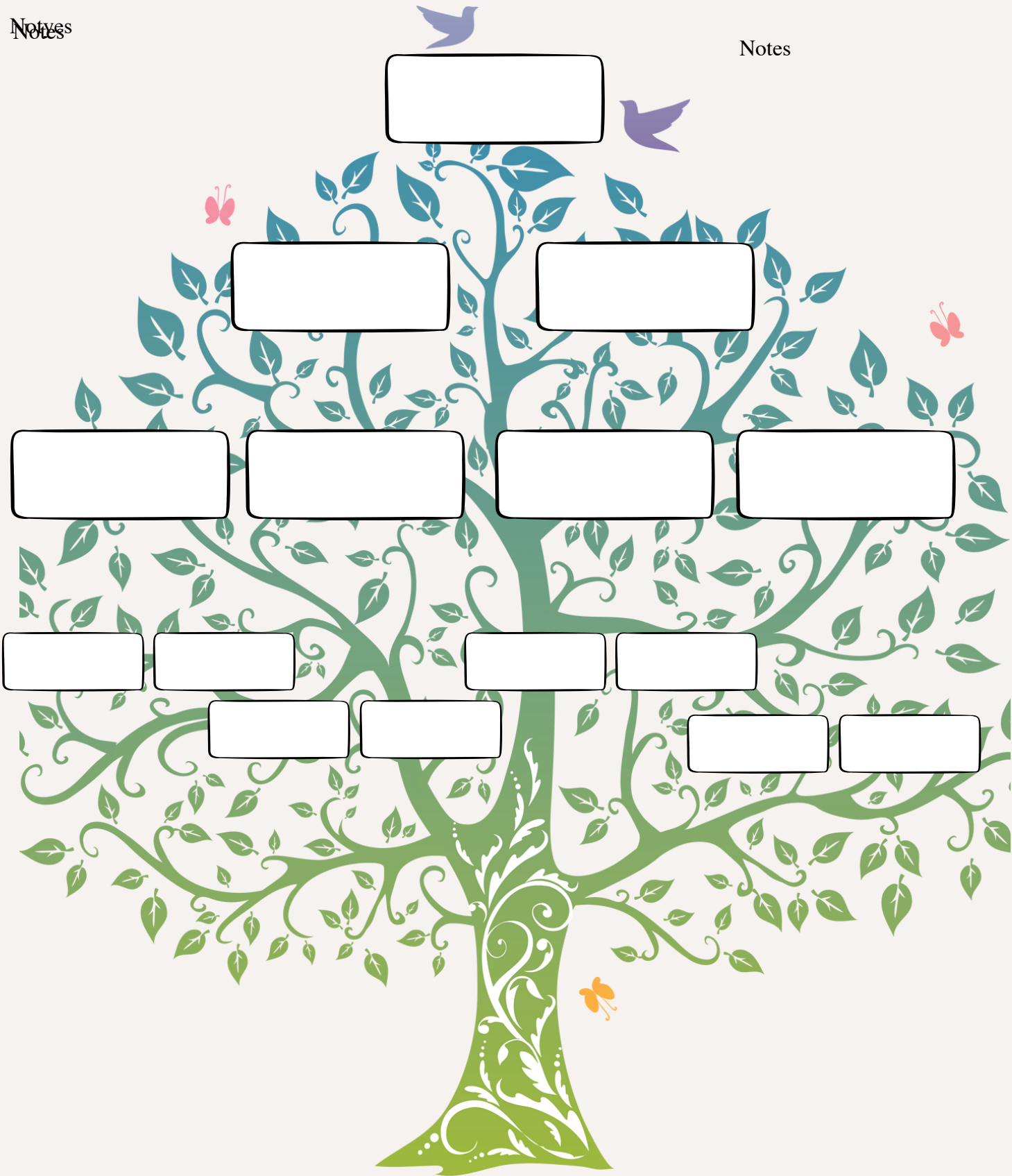


How do you feel? What does your new body stance/energy feel like?

ANCESTRAL FAMILY TREE

Notes

Notes



WEEK THREE HOMEWORK:

- 1) **Explore your family tree** - write the names you may know and write down the qualities you admire and which ones you would like to release from your being.
- 2) **Place on your altar** a photograph or something that reminds you of the ancestor you met at the fire - spend the next week honoring them by lighting a candle, speaking or writing to them or anything that feels meaningful to you.
- 3) **Practice the triangle exercise any time you feel triggered by someone in your life.** Claim the gifts that you discover from your exploration.
- 4) **Create a small fire ceremony around the New Moon**, either a real fire or a candle - honor and release your old ways of being in the world and send them to be transformed with grace. **Claim the gifts you have received.**
- 5) **Write a letter to your Seed of Potential** asking what it needs from you and perhaps a small step or action it wants you to take.
- 6) You may feel called to start **clearing some physical clutter** from your life.
- 7) **Share any insights with the group on Telegram**

