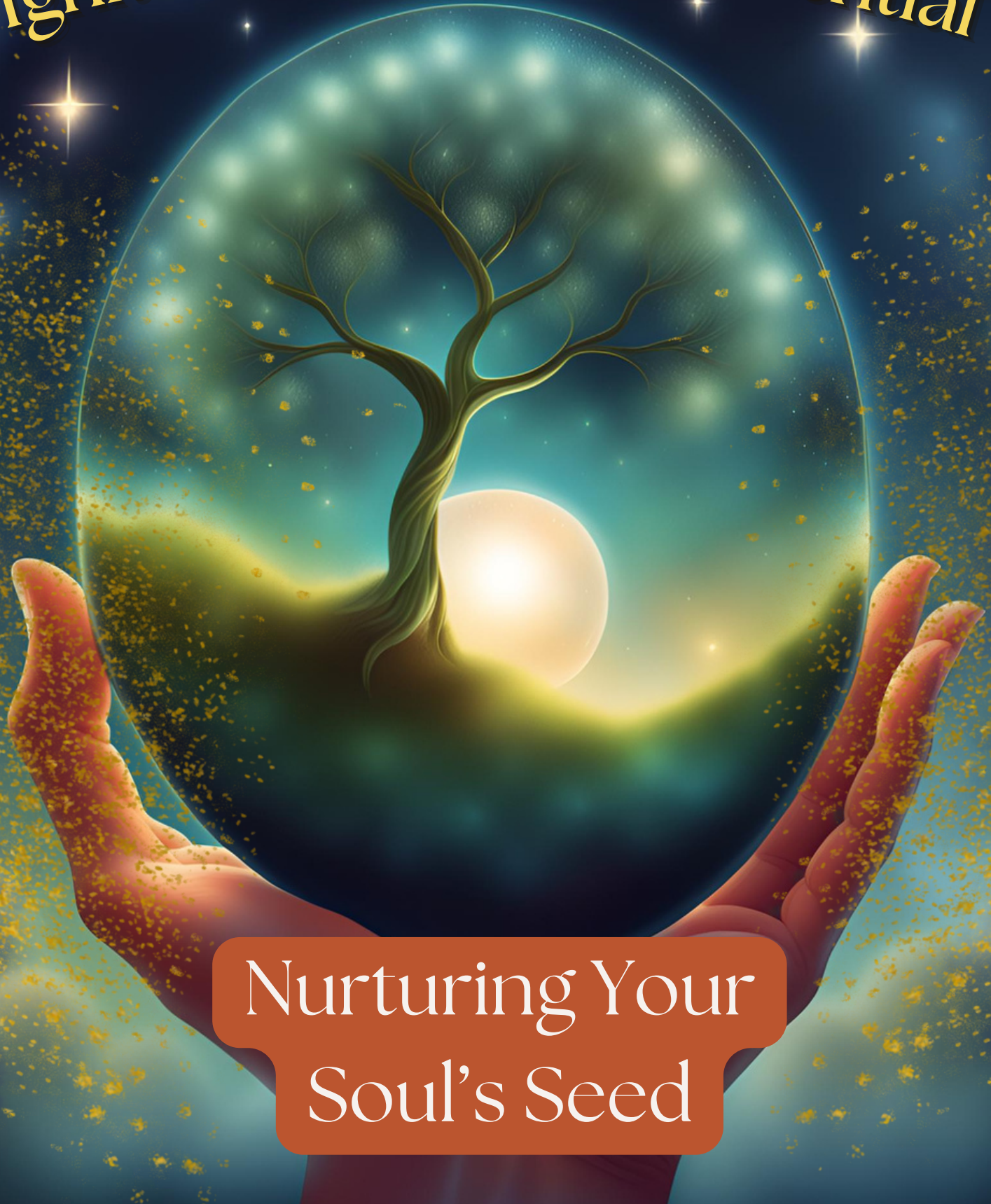


Ignite Your Seeds of Potential

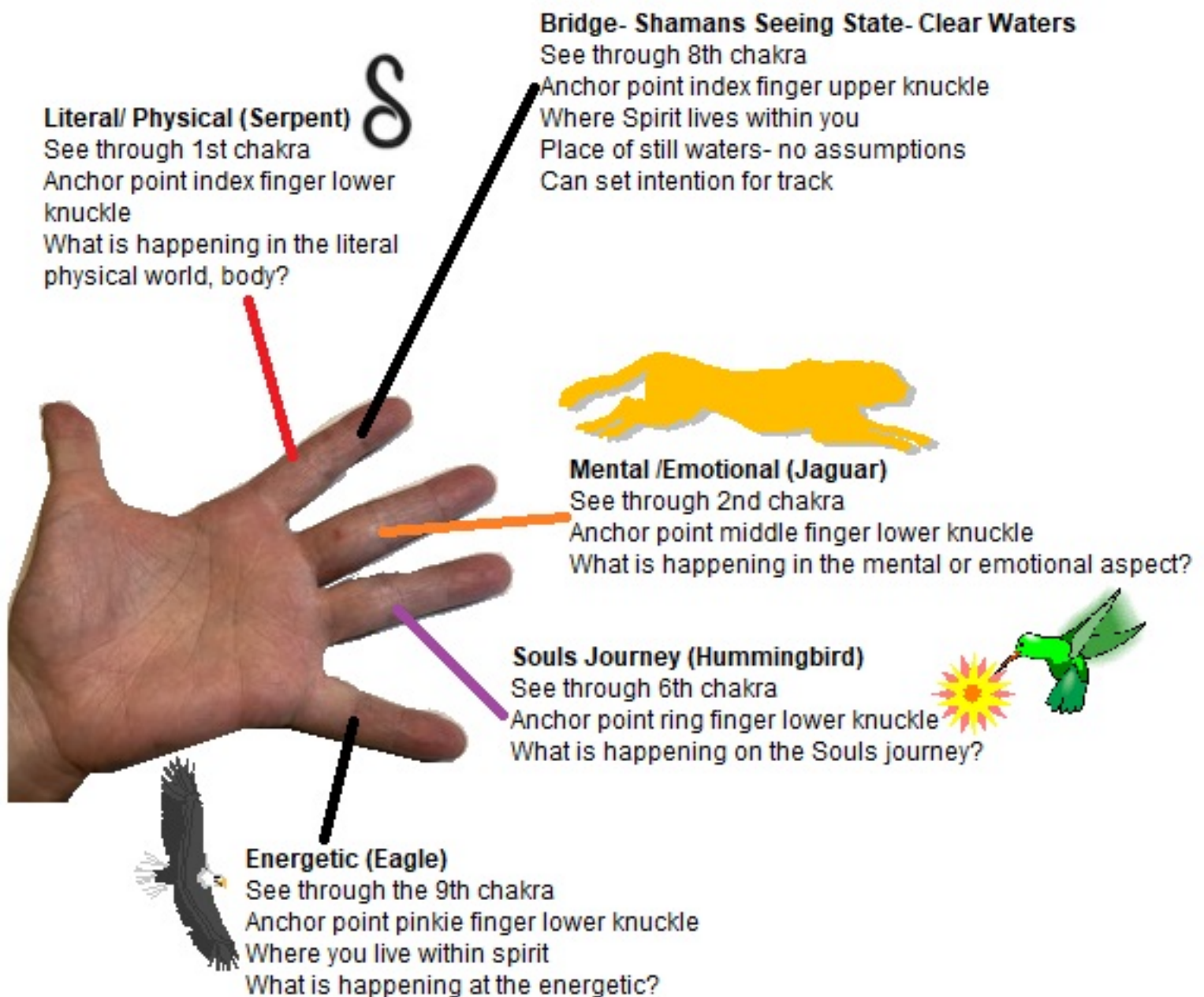


Nurturing Your
Soul's Seed

W E E K F I V E

"If you want to find the secrets of the Universe, think in terms of energy, frequency and vibration."
- Nikola Tesla

Perceptual States - Levels of Engagement



SEED OF POTENTIAL PORTAL

1) What is limiting me from seeing the highest vision of my Seed of Potential?

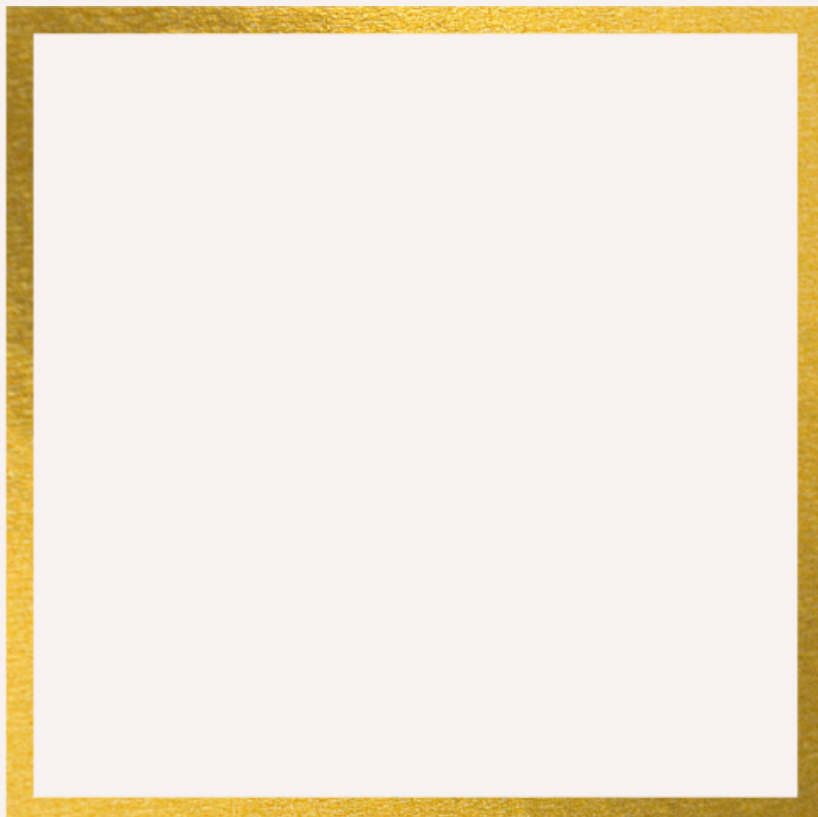
TRACK ALL STATES

- Literal
- Emotional/Mental
- Soul's Journey
- Energetic

2) What do I need to receive more of from Source or the Earth energies?

3) How does my Soul's journey look when I shift the limiting beliefs or energies?

Draw a symbol for what limits you and superimpose a symbol of your shift to create your Seed of Potential Portal symbol:



WEEK FIVE HOMEWORK:

1) **Practice tracking with your perceptual states** - You can use the Seed of Potential Portal page as a prompt.

2) **At least twice this week, apply this practice:**

- Connect your conduit with your highest Essence and with the Earth
- Ask a question with the support of the oracle cards and perceptual states
- Clear anything energetically
- Ask, “What is the gift coming through that will support me?”

3) **Collage, paint, write and/or doodle over your Seed of Potential portal symbol.**

4) **Continue to feed your Bands of Power with your breath.**

5) **Share any insights with the group on Telegram**

