

Week 1 Quest



- Explore your relationship to Power. Your personal power and what you have observed in others
- Create a visual representation (creation in progress) of your Medicine Bag - your transformed wounds, gifts, Soul Piece, allies

Week 2 Quest



- Journey to receive a Soul Piece from your underworld
- Create a daily practice to connect with this Soul Piece and integrate it into your life

Week 3 Quest



- Receive the Bands of Protection/Power
- Feed your Bands daily with breath work and visualize filling the bands with the elements

Month 3 Reflections - Seeds of Potential



As you choose to step through into the **Portal of your Soul**, what are you **leaving behind**? Identities, old habits, emotional crutches, relationships?



What is available to you now from your **Essential Self** that you have been making space for?



Describe your Seed of Potential