



03 Owning Your Medicine

Tap into your Soul's unique code so you can
shine from a place of personal power.

Are you getting a sense of the gifts that you have been growing on your unique Soul's journey?

When you dance with the perspective that everything that has happened in your life, as uncomfortable as it may have felt, has been to **unlock your Soul's code**, our life starts to look very different.

How has it been to **claim ownership of gifts** that have made you who you are?

This month we will start to develop your **Soul Map** for the gifts that you may not have dreamed up yet. Let this be a month of **RECEIVING**. Bask in the gifts that life has been bringing to you and the ones that you don't even know are to come....

We will:

- Journey for a **Soul Retrieval** - that aspect of yourself that has been hidden and now ready to be lived in the world
- We will explore our **relationship to Power**
- You will receive the **"Bands of Power/Protection"** rites
- Start to plant your **Seeds of Potential** and explore what they need in order to flourish

My Medicine Bag



Use this diagram (or one that you draw for yourself) to "collect" all the elements that you have been growing in your life.

- What *qualities* have you been growing?
- What inspired *dreams* are coming through?
- What are the qualities of your *allies/power animals*?
- What elements of your *Essential Self* are coming through?
- What are the qualities of your *Soul Piece*?

Qualities

Dreams

My Medicine Bag

Soul Piece

Gifts



Month 3 Reflections on Power



Write down in free-flow fashion the words that describe what comes up for you with the word "Power".



Who, in your personal life or which public figure, symbolizes power for you? Why?



How comfortable are you about stepping into your own power?



What stories, fears or memories come up for you when you think of allowing yourself to be exactly who you are in the world?