

Week 1 Quest



- Using the information from your answers to the creating sacred space questions, create/draw a mandala of your opening of Sacred Space.
- Show each direction, including an image and words that represent the energy of that direction.
- Create an image of that place where you sit in the center of your journey.



Write your Sacred Contract on this picture.

Week 2 Quest



- Practice the breath work meditation every day, if possible
- Journal what you notice during and after the breath work
- Spend time connecting with your connection to Earth below and the Essential above.



Week 3 Quest



- Practice your journey statement and movement

"As I....., I (then)....."

- Create a way to get in touch with any gift or power animal or soul piece that has come up for you during your one-on-one session.



Month 1 Reflections



And now, lovely one, find a quiet space, light a candle and I invite you to spend some time reflecting on your journey so far in your first month...



What has been your experience of opening Sacred Space?

Do you notice anything different about your day or night when you open it?



When you are feeling lack from your life, where do you source from?

Do you tend to reach for something outside of yourself?



Who are the allies you are working with? Your power animals, guides, archetypes? How are they supporting you?



What areas have you discovered you need to come into alignment with?

Congratulations on everything you have chosen to open up to in this first month!