



## 02 Digging For treasure

Clear Unconscious Blocks so you can stop sabotaging your success and move with greater freedom and clarity in your life.

**We are starting to go deeper this month into our subconscious blocks.**

**But we can't clear those obstacles to living how we truly want to live if we can't see them!**

This month we will:

- Identify old patterns
- Learn tracking tools to go deeper
- Learn clearing techniques you can do for yourself
- Explore your relationship to Power and what may be in the way

### **IMPORTANT!!**

**Please be gentle with yourself as you go through some of the exercises.** In my experience, there may be a feeling of rawness and wanting to protect yourself as the layers that you uncover are brought to the light.

This may bring up old behaviors to avoid feeling. Take this in small steps if you need to, and yet I encourage you to give your feelings some space to move through.

As things start moving and coming up, it is helpful to take baths (as hot as you can stand them) for a couple of nights in a row with a good cup of sea salt and a cup of baking soda. You can add a couple of drops of lavender essential oil to make it soothing. This will help to clear your system.

# Week 1 ~ Identifying old patterns

(pg. 1 of 2)



*Open Sacred Space, invoke your allies and power animals, and let yourself answer these questions without thinking too much.*

*This is not about tossing out your life as you know it, but to become **MORE** available to it.*



Make a list of 1 - 3 people or situations you currently experience challenges with.



What is challenging about them?



When you have issues with them or get triggered emotionally, how does it feel?



What general stories come up? (e.g. men can't be trusted, rich people are dishonest, people let me down, money is hard to earn)



What deeper feelings come up about yourself? (I'm not good enough, I feel abandoned, I'm not loveable etc.)

# Week 1 ~ Identifying old patterns (pg. 2 of 2)



Is this a pattern that has happened before in your life? If so, give it a name (the "People I get close to leave pattern" etc.)



What need have you been trying to fill from them?



List people who really irritate you or who you have negative judgements about. Next to each name, list your judgment.



Now list people who you really admire or envy and why.

# Week 1 Quest



*Watch the video about tracking tools and complete the following:*

Write your 3 card story below.

Read it to yourself at least 3 times and make notes on where you notice similarities in your own life (patterns, beliefs, places you limited yourself or get stuck)

## 3 Card Story - guidelines

**Write a fairy tale... like all tales there is a journeyer, challenges opportunities & growth along the way Use the cards as your illustrations and let the tale begin to write itself..**

### **To Track:**

- Breathe and clear your mind (open up your 8th chakra)
- Ask a clear question (below are some to start with)
- The 1st answer you get is the real one - anything else is your mind making sense of it
- It might be that your attention is drawn to a certain aspect of a card
- You might be drawn to how a word jumps out

### **Leave the three cards in front of yourself & read the tale out loud**

1st time: Read as it is written

2nd time: Read from “I” as the main character - ask, what is my Soul's Journey?

3rd time: Read from “I” as the main character - ask, what are my limiting beliefs?

**Examples of some questions to ask yourself. Trust the questions you want to ask and what comes up:**

- What elements are present from the picture and the journey in the story?
- What elements are missing from the pictures and the journey in the story?
- What elements are alluded to but still in the developmental stage?
- What are the dangers?
- What are the gifts you are growing?
- What's the hidden shadow (the piece you don't recognize about yourself)
- Who are all the characters?
- What aspect of you is reflected in each character?

# Week 1 Quest



## My 3 Card Story

Once upon a time....



# Week 1 Quest



## 3 Card Story - tracking notes

Soul's journey



Limiting beliefs

Shadow pieces



# Create a Sand Painting Mandala

**This is to create a reflection of how you feel in your life at the moment, to track any issues that are limiting you.**

**We work in a circle to allow for transformation to happen energetically in a sacred space outside of ordinary time.**

1) Using stones, feathers, rocks and other natural materials, create a circle on the earth, in your home on the floor, or on a piece of paper.

You can use colored sand, like the Tibetan monks use, or beads, yarn, a scarf

Or, draw with colored pens or crayons. Whatever calls you at this time.

2) Choose a color, stone or object to represent you, or draw yourself in the circle.

3) Choose an issue in your life that feels unresolved, chaotic - one which, when you think about it, makes you feel fear because it feels out of your control.

4) Choose elements to represent people or situations in your life involved in this issue and place them in the circle.

**DON'T OVERTHINK THIS- LET YOURSELF BE GUIDED BY THE MATERIALS AND YOUR FIRST IMPULSES - SEARCH FOR MEANING AFTERWARDS**

5) Notice where you are placing the objects in the circle in relationship to yourself and each other.

6) Decorate your circle. Be creative, play like a child!

7) Write down thoughts in your journal as you are creating it.

8) Let this Sand Painting Mandala "marinate" overnight on its own. If anything else comes up, you can add it to the circle.

9) In the morning, take a look at it again and see if how you see it has changed.

10) If anything has changed or you have fresh insights, record them in your journal and adjust the elements of your Sand Painting accordingly by moving them or adding or taking some out.