

Conjure Up Your Intention Before We Begin

Before we start any journey, it is good to prepare.

If you see this nine-day process as a sacred gift to yourself and think about what you can do to create the space and allow the magic right into your life, you will get so much more from the experience.

We are all seeking for something: some of us know what it is and others have no idea!

First things first, prepare to meet all your own practical needs. This will save time and energy, allowing you to focus fully on the process, always being prepared to utilise any spare time.

Some ideas of things you might need are:

- Pencil case - with pen, markers etc.
- Journal, notebook or folder with paper
- A designated comfortable spot (or spots) where you feel comfortable and safe.
- A blanket or shawl, thick socks or anything else you can quickly grab for comfort.
- Tarot or Oracle Cards.
- A candle and something to light it with
- Any favourite crystals or other items you might want.
- Headphones / computer, phone or tablet.
- Plenty of snacks, teabags and whatever ingredients you need to keep yourself nourished.
- Water bottle and/or thermos mug to keep hydrated wherever you are.

Keep all the things you need together so that you can make the most of your time and energy.

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Preparation Journal Work

Sit with your journal and ponder over these suggestions.

Who is the seeker? Who are you right now? How do you feel in this moment about who you are as you are? What questions or expectations come to mind in this moment?

Where are you going to "journey"? Will it be in your home? Will you need to do some in your car? Or outdoors? Will you need to lock yourself in the bathroom? How will you create a physical space? Would you like to set up and alter? Do you already have an alter?

The journey will mainly happen within, but it is so much easier to go deep when you are in a safe and comfortable space. Reflect on this and allow any questions or thoughts to surface as you write.

Take some time to think about any challenges or obstacles and how you might work through them or around them. We all have commitments and unforeseen circumstances but if we can pre-empt them, and have a plan, we are more likely to stay on track.

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Things to be aware of

Shadow

Our shadow selves show up in many ways. Sometimes it can feel uncomfortable, sometimes it can show up as fear, judgement or guilt.

This is to be expected and part of the process.

ACTION: Note which ways your shadow shows up and what parts of you are ready to be seen.

Divine Wisdom

Spirit, higher self, inner knowing, whatever you want to call it, its always there guiding you and just waiting to be heard.

Soul

This is the pure, innermost sacred you guiding you to love, clarity, comfort and joy.

Resistance

This can show up as procrastination or excuses, to a downright fear of doing this work. Journal through these feelings or share in the group.

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Pull a tarot or Oracal Card for each day.

This is your 9 day tarot/oracle spread, you can use any cards you have and if you don't have any there are free printable cards online you can use as well as apps, Gifs and all kinds of creative ways.

If you need support post in the group or reach out.

