

Conjure Up Your Intention Day 1

WELCOME to day 1!

As we commence this journey together, you might be aware of the energy building, thoughts and feelings bubbling to the surface and even some resistance. You know something wonderful lies on the other side of this process, but change can sometimes be uncomfortable and that's ok.

To help you see through all the fog it is important to begin with reclaiming your energy, standing in your power, owning your space and becoming fully grounded in the self.

Detaching, even momentarily, from people, things, emotions and all the different energies that surround us and calling all the parts of yourself back is a great practice and a very helpful place to begin.

Use the sounds to support you and the mantra "I am me and only me"

- Sit in a space that feels good to you and call in your energy from all the objects and anyone else who uses the space.
- Focus on any situations or emotional experiences and call back your energy from the experience.
- Visualise your energy returning to you from all the experiences, things and people and feel your self becoming empowered as you detach from anything that is connected to your energy.

This exercise is not about cutting off or giving up on anything, it is just a process to feel into your own mind and body. To experience what it is to be just you momentarily. Creating the space to listen to your own divine wisdom.