

Conjure Up Your Intention

Day 3

Relax,
Create your space
Remember your unplugging and self reclamation from day 1
Remember your noticing from day 2

Take the next stage and really notice the difference between your body and soul and really feeling into it.

Today is still not about getting any particular answers.
This is preparation and self discovery work.

Try not to put any pressure on yourself as this about opening, allowing and being.

Focus on giving your self the time and creating a comfortable safe space for this, even if that is in your bed, and it is ok to allow yourself to drift off into a sleep afterwards.

There is no call back on this meditation so if you need to be somewhere you might need to set an alarm for yourself.

Enjoy.

Conjure Up Your Intention Before We Begin

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.

Conjure Up Your Intention Before We Begin

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

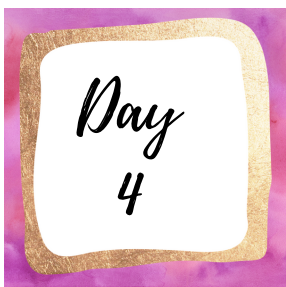
This can show up as procrastination or excuses, to a downright fear of doing this work. Journal through these feelings or share in the group.

Conjure Up Your Intention Before We Begin

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.



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.

Conjure Up Your Intention

Day 2

*T*he experience of day 2 is an exercise in noticing.

As you listen to the supporting soundscape, allow any thoughts, words, feelings or images to arise.

Notice these without becoming frustrated when they do arise.

Make notes on:

What do you notice?

What do you hear? *Are there any particular instruments or sounds that pop out more than others? Are you aware of any outside noises?*

What do you see? *Colours, shapes, images?*

What do you feel? *Are there any particular emotions coming up that you did not expect to feel?*

Where do you feel it?

Conjure Up Your Intention

Day 2

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.