

Conjure Up Your Intention

Day 4

Today is all about the divine practice of automatic writing.

See this as a sacred meditative practice to really hear yourself.

Set your space, make it as comfortable and beautiful as you can, have something you like the smell of, favourite crystals and a homely feel.

Do whatever you need to do get yourself into a calm and comfortable space internally.

Use today's sounds, or choose to sit in silence or use other sounds if you prefer.

Remember your practices from the past 3 days, detach, centre yourself, ground, notice and feel into your inner essence.

When you are ready, write.

Write how you feel, write nonsense, write random words, write what you notice, write what summary of the last few days.

Write anything to start you off, breathe and pause when you need to, close your eyes and connect if you need to.

Allow your pen to take you on a soul journey.

Today's sounds are designed to clear space and open creative flow.