

Conjure Up Your Intention

Day 6

*T*oday you are invited to really connect with your soul.

Imagine you are writing to your longest, dearest, most loved friend, because you are.

To begin, the idea is to write a letter to your soul, as you understand it to be.

Ideas of things to include could be gratitude, apologies, forgiveness, reminiscing, questions and requests, such as asking for guidance or healing.

Know that this soul part of you has been with you always, knows more than you can comprehend and loves you more than you can imagine. Expressing love to your soul is always a beautiful practice.

In saying this, it is good to just write the first thing that comes to you and stay out of your head as much as possible.

The second part of this exercise is to really settle into your depths, and write a letter from your soul, to you.

This is where openness and a connection to love is so important.

If you asked your soul any questions, perhaps the answers might flow in response, there might be reassurance, an expression of love or a healing message.

Just like on day 4, it is perfectly ok to just sit there and allow if it feels unnatural to write.

Wishing you lots of love and connection in today's journey.