

Crystal Talisman

create your own sacred object using ancient shamanic practices

Part 1 - Surrender + Let Go

"I must be willing to give up what I am,
in order to become what I will be."
~ Einstein

1. What is happening in your life right now?

What are your greatest joys?

What are your greatest challenges?

2. How would you like to experience your life differently?

3. Listen to your heart, how would your heart like to experience life differently?

4. What are your dreams and desires for life?

5. Tune into your heart, what are your hearts deepest dreams and desires for life?

6. In the past, when you have taken action towards these dreams and desires, what happened? Tell your story. What is the sequence of events that unfolds for you each time you stretch and take action towards making your dreams your reality? (Some things to think about with this question are . . . What challenges, roadblocks, detours show up? What emotions emerge? How do you hold yourself back? What limiting beliefs emerge?)

7. Has this story unfolded for you more than once?

You may recognize different characters or situations that play out, but how is it similar to previous experiences? What is the core theme?

8. What emotions and/or feelings does this theme and story bring up for you?

What beliefs does it bring up for you?

About yourself?

About life?

About your potential and what is possible in your life?

9. Our beliefs always serve us in some way. They support us in somehow staying safe, small, or unseen. They help us to not 'rock the boat' or to 'keep the peace'. They serve us and they keep us stuck. When we realize that while they have helped for a while they are now interfering with our growth and keeping us from our dreams we can begin to let them go. When we create this awareness, letting go of these stories and beliefs, we are free to step into our potential. Shifting them simply requires awareness, gratitude, and a willingness to let them go. Let's begin with awareness.

How have those beliefs and stories served you? How have they kept you safe?

Are they still serving you? Yes or no? And why or why not?

If not, are you ready and willing to let them go? Yes or no?

Why or why not?

If not ready to let them go, bring this belief or story with you on your shamanic journey and invite your future self to offer some deeper insight and support in letting it go.

If you are ready to let them go, also bring this with you on your shamanic journey. Your future self will support you in a letting go ritual.

Great! You are ready for your shamanic journey! Take a little movement break and then return to the audio for Class 1. We will talk a bit more about what a shamanic journey is and what to expect on your journey.

Part 2 - Shamanic Journey Reflection + Setting Your Intention

1. What did you experience on your shamanic journey?

2. How did you experience your future self?

What emotions did you feel?

How did you see yourself?

How did you appear different?

How did you appear the same?

What wisdom and insight did your future self offer you about what is happening in your life right now?

What insight did your future self offer you about the challenges you have been experiencing in your life?

How did your future self suggest you surrender and let go of the stories and beliefs around those challenges?

What insight did your future self offer about the dreams that live in your heart?

What would your life be like if you were to bring those dreams into reality? How would you feel (engage each of your senses here . . . taste, smell, touch, emotions, see, hear)?

3. What changes do you believe you will have to make in order to bring this dream into reality?

4. How do you feel about making those changes?

Do they feel natural for you? Why or why not?

Are you ready and willing to make those changes? Why or why not?

***If not, I invite you to spend a little time reflecting on the why not. What are the fears and stories that are surfacing and telling you no? Then, take the shamanic journey to connect with your future self again. Ask your future self to support you in letting go of your fears, doubts, and worries so that you are ready to make this commitment to growth.

5. How will you know when you have embodied this heart-felt vision? Describe how you will be experiencing life. Let yourself feel this transformation. Tune into how you felt in the presence of your future self. What parts of yourself felt alive. What emotions, feelings and desires emerged for you? Tune in with all of your senses.

6. Re-read what you wrote in #5 regarding how you will be experiencing life. Our transformation is ultimately driven by the way we desire to feel. What feeling has the most juice? What feeling stands out the strongest and makes you come alive? Write it here!

7. Now, let's write it as an intention. Rewrite your above feeling in the form of an intention by beginning with "I Am". Keep it simple, clear, and concise (5-7 words or shorter). Write it in the present tense . . . write it as though you are living it NOW!

8. Now that you have a crystal clear intention. Say it out loud.

Repeat it.

Again.

And again.

Let your heart sing it!

Feel it throughout your body.

Let the words echo through every part of your being.

Let it lift you with joy and excitement.

Let it open your heart with love and possibility!

Yes! Feel it! Claim it! Own it! Love it!

9. Write your intention on a piece of paper and add it to an altar or other sacred space that will support you in keeping it in the forefront of your awareness.