

Class 3 Reflection Ritual

Unleash Your Creative Self

Finding the creative flow to create your crystal talisman is the same creative flow that you need to open to in order to create your intention and create your life. As you open to creating your crystal talisman, you are calling in the energy of your intention, you are calling forward the power to create your life. Regardless of how comfortable you are with creative process, every time you step in to create something new, you are opening a doorway that will bring forward challenges, obstacles, worries, and doubts. This is natural. It is your responsibility to your intention to face each challenge. To be lovingly present with it, to look it in the eye and recognize this is just the universe making sure you are ready to step forward and if you are, if you are wholly committed to your intention then you look that challenge in the eye, open your creative channel even further, and step forward. Are you ready to open that channel? Let's dive in!

Part 1 - Your intuition

1. What do you already know about your intuitive self?

2. How do you currently recognize your intuition in your life?

3. Which of your intuitive skills already feel the strongest or most natural?

When does intuitive guidance show up for you? What are you doing when your intuition drops in a little wisdom?

4. Do you take action on your intuitive guidance? Why or why not?

5. Do you have any fears or worries about developing your intuition?

If so, what are they and what do you know about where they came from?

Are you willing to let them go? Yes or no? Why or why not?

Meditate with your crystal.

Holding your finished crystal talisman in your hands, reconnect with your intention.

- Feel your intention within your body. Notice the emotions, physical sensations, thoughts, ideas, and other sensations it triggers within you.
- Gather the energy of all of those sensations together, into your belly.
- Inhale, drawing a full breath into your belly.
- Exhale, with an open mouth, blowing the energy and essence of your intention directly onto your crystal talisman.
- Repeat this with three full exhales.
- Tune in with each of your senses.
- Answer the questions below.
- You may also wish to repeat this several times. Remember that intuition is cultivated with love, patience, practice, and play.

2. This can be a quite stillness or an active meditation such as getting out for a walk or doing some yoga. Take notes on what your crystal talisman shares. Do not dismiss any experience. It is important information.

What textures do you feel in your talisman and your crystals?

What do those textures mean to you?

What do you sensations do you experience physically? Emotionally? Spiritually?

What do you smell?

What do you taste?

What do you feel like you just know?

What do you see? Keep in mind that what you see with your physical eyes may be different from what you see or how you experience your crystals with your mind's eye. For example you may physically see that your crystal is a soft pink, but then when you close your eyes you see an outline of green and a center of soft yellow. Or you may know that it is a circular shape, but your minds eye shows you a heart. Trust what you experience in both ways. Write down both pieces of information. These pieces are clues. They are guiding you into deeper relationship with your crystal.

In your minds eye?

With your physical eyes?

What do you hear?

What emotions do you experience?

What action is your crystal talisman inviting you to take today?

Invite your talisman into your day

- Holding your finished crystal talisman in your hands, reconnect with your intention.
- Feel your intention within your body. Notice the emotions, physical sensations, thoughts, ideas, and other sensations it triggers within you.
- Gather the energy of all of those sensations together, into your belly.
- Inhale, drawing a full breath into your belly.

- Exhale, with an open mouth, blowing the energy and essence of your intention directly onto your crystal talisman.
- Repeat this with three full exhales.
- What action is your talisman inviting you to work into your day?
- Take notes in your reflection ritual.

How do you want to spend time with your crystal talisman? (For example, years ago I created a pair of ruby earrings. I wore them every day for about six weeks. And the thing I felt compelled to do nearly every day, while wearing these earrings, was to get out into the woods and hike. They were calling me to be in my body, to feel my roots, and to root into my life.)

1. How is your talisman inviting you to spend your time? This could be reading a book that aligns with your intention, designing graphics, getting together with family and friends and having more intimate conversations, or scheduling a sacred escape to a sacred site that has been long calling to you.

2. How you spend your time with your talisman is how it is guiding you into actions that will support you in bringing your intention to life. What action is your talisman inspiring you to take?

Dream with your crystal talisman . . .

- Before you go to bed, hold your finished crystal talisman in your hands, reconnect with your intention.
- Feel your intention within your body. Notice the emotions, physical sensations, thoughts, ideas, and other sensations it triggers within you.

5. How are you currently interpreting your dream?

6. Keep a record of new insights, ideas, or awarenesses around your dream . . .

And . . . most importantly . . . HAVE FUN!

Crystals love to play.

Intuition loves to flow.

Open your channels and let it in!