

Crystal Talisman

create your own sacred object using ancient shamanic practices

Class 4

Welcome to Class 4 of the Crystal Talisman Journey.

In this week's class we will be activating your crystal talisman in a sacred ceremony. In ceremony, ritual, and sacred practice we bridge heaven and earth. We tap into our highest vision and ground it on earth.

Now that you have created your crystal talisman and connected with its energy to receive wisdom, insights, and guidance, you are ready to step into ceremony to activate your talisman. During this ceremony an energetic alignment between your vision, your talisman, and you is activated.

Let's begin . . .

"When we use ceremony for manifesting something we want, we can add to the power of our creative potential by working in partnership with the creative forces of the universe."

- Sandra Ingerman

Congratulations!

You have taken quite the journey to arrive at this point. You have set an empowering intention, an intention that opened a portal of possibility for your life, and an intention that is calling your destiny into the here and now so that you may powerfully recreate your reality!

Then you selected your perfect jewels and started creating your crystal talisman. In some ways this may have felt like an uncomfortable step . . . actually it often does. Often we think the discomfort is about the technical aspects of how we are creating our talisman or maybe we worry about having the right crystals, or maybe we even doubt that it will turn out right or really support us in the way we desire. I find A LOT

surfaces in the midst of creative process. But what shows up there is really the voice of our unconscious echoing our deeper doubts and worries about recreating our reality. If you are here, at this step, that means you faced all of the doubts and worries and concerns that surfaced and created your talisman. You may still be wondering a bit about having the right stones or it being the right design or whatever other worry may be running through your mind. Right now I want to invite you to take a deep breath and know that what you created is PERFECT! It is exactly what you took this journey to create and it will support you in creating a new reality.

I celebrate you and I celebrate the creation that came forward in this journey!

You have also spent time connecting with your piece and receiving its wisdom! Yay! How does it feel to 'talk' with your crystals and your crystal talisman? What wisdom is it sharing with you? How are you feeling about the relationship that is developing? Just like any relationship, it takes time and commitment to deepen. Keep showing up. Keep listening and continue to take action upon the guidance.

Through every step in this creative process you were breathing life into your creation and your intention. From start to finish you've likely felt your piece come more and more alive. This is exciting! You may feel ready to dive into ceremony or you may feel like you want to wait a bit before taking your next step and activating your crystal talisman in ceremony.

I love timing things out with the full or new moon. If that feels natural and aligned for you, check your calendar and schedule a date and time for ceremony. Because I try to time things out with moon cycle, I often place my finished creation on an altar until I am ready to activate it in ceremony. This gives it a sacred space. I visit with it and continue to invite it to share messages until I step into ceremony with it.

So . . . Ceremony, that is our next step! Yay!

I have created a video for you. This ceremony will invite you to once again journey into the cavern of your soul where you will be greeted by your future self, spirit guides, and ceremonial space created just for you.

During your ceremony, please bring with you your crystal talisman and the ceremony reflection ritual. This week's reflection will support you in bringing voice and word to your journey experience. This is a powerful tool for integration.

In the journey you will also be merging with your future self. A lot will change immediately. You will notice a difference within yourself right away . . . and you will also recognize that living this new way of being will take some getting used to. This is the integration part of the journey. If our life changed into the one we desired over night, most of us would in some way unconsciously sabotage it because we were not ready. The integration period helps us to become ready. It helps us to grow incrementally yet at a faster pace than how change has occurred in the past.

Here are some tips for smooth integration . . .

1. Give yourself a full moon cycle to integrate. This is 29 days.
2. Be gentle with yourself. Be nurturing. This is a time for you to become familiar with the self care rituals that are most nourishing for you on all levels. Make them a part of your daily life.
3. Sometimes shifts such as the ones activated in this journey can stir up big emotions. Let yourself feel the emotions that surface. Don't shove them down or ignore them. They will move faster if you let them flow.
4. Wear, carry, or keep your crystal talisman nearby ALL of the TIME! This is super important. You created this piece to support you in bringing your intention to life . . . it can't do that if it's hanging out in a closet or drawer at home. Keep it with you.
5. Take action. You WILL be inspired with new ideas during this time. Don't push those ideas to the side. Listen to them and take action. You do not need a full picture to take the first step . . . and in fact, it is in taking the first step that the next steps will be revealed.
6. Keep checking in with your talisman and listen to its wisdom. It will have lots more to share!
7. Have fun! This is the most important piece!

I thank you so much for taking this journey with me!

I celebrate you and all that is to unfold in your life as you continue to work with your crystal talisman! Shine Brightly, my sacred friend!