

Part 1 - Surrender + Let Go

“I must be willing to give up what I am, in order to become what I will be.” - Einstein

Begin this reflection by opening sacred space.

1. What is happening in your life right now?

What are your greatest joys?

What are your greatest challenges?

2. Why did your soul guide you to say yes to this program?

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

4. What dreams and desires for life have been showing up for you?

5. In the past, when you have set an intention and taken action towards these dreams and desires, what happened?

Write it out like a story. What roadblocks seem to show up? What challenges emerge? Where do you find yourself getting stuck or delayed? What is the story that has been unfolding for you each time you stretch towards making your dreams and visions your reality?

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

7. What beliefs are revealed within this story or pattern?
For example . . . Beliefs about yourself? Beliefs about life? Beliefs about your potential?
etc.

8. How have these beliefs served you? How have they kept you safe? This may not be obvious, but I assure you , there is a reason you've been holding tightly to this story. Dig

in, how have these beliefs and this story benefited you?

9. Are these beliefs still true for you? Why or why not?

Will they serve you as you step into the next chapter of your life?

Do they support your highest vision for your life? Why or why not?

10. Are you ready and willing to let these beliefs go, to surrender them in order to create space for new belief systems that match and support your highest vision? Why or why not?

11. What would your life be like if you were to let go of these limiting beliefs and stories today? How would you feel and experience your life differently?

Create a Burning Ritual:

When we bring limiting beliefs to our awareness, we are taking the first step in transformation, we are creating awareness. We are recognizing a part of the underlying story that really no longer serves our highest potential. As we bring these beliefs to our awareness we need to give them a voice. Not because we want to embrace them even more, but because giving them a conscious voice shifts the hold they have on us . . . it takes them out of the shadows and into the light. And by doing that, the immense energy we have expended to keep them in the dark corners of our mind is now available to embrace the new and empowering vision awaiting us.

So you are likely wondering . . . ‘what do we do with these old stories?’

It is simple. We honor them. We thank them for the role they have played in keeping us safe. We let them know that we are ready to experience life differently. We are ready to claim our power and this belief no longer matches. With that we will create a burning ritual to symbolically let them go and create space for the new and empowering story we will be writing for our life.

1. On a separate piece of paper, write down each of the beliefs and stories that emerged for you in this reflection.
2. Decide where you would like to burn this piece of paper (a burning bowl, fire pit, or sink).
3. Open sacred space using your prayer.
4. Burn this piece of paper. Surrender any emotions that may surface as well. Let them flow, don't try to shut them down or step around them. We let go when we give what has been silenced a voice.
5. Close sacred space. Use the same prayer you did for opening sacred space offering gratitude to each direction, each element, and each animal archetype.
6. Take notes about your experience here:

Part 2 - Setting Your Intention

Open your heart. Listen. Trust.
Your intention will serve as a compass guiding you
on your journey through the medicine wheel.

1. What would be the most amazing transformation you could experience as a result of this program (in the next 4 months)?

In the next year?

In the next 3 years?

In the next 5 years?

2. Why do you desire this transformation?

3. How do you imagine this transformation will ripple through all of the areas of your life? Including, but not limited to: job/career, money, relationships, emotionally, spirituality, physically.

4. How do you most want to feel at the end of this year long journey?

In the next two years?

In the next 3 years?

In the next 5 years?

5. What changes do you believe you will have to make in order to embody both this transformation and this feeling?

6. How do you feel about making those changes?

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

7. How will you know when you have embodied your desired transformation? Describe using each of your senses.

Taste

Smell

Touch

Hear

See

Feel (emotionally + physically)

8. Re-read each of your statements in #7 regarding how you want to feel.
Our transformation is fueled by how we desire to feel.
As you re-read each statement, allow yourself to feel each expression on a deeper level.
Feel for the key, most desired feeling . . . the one that makes you most light up!
What is that feeling?

9. As you identify your most desired feelings, let them take life within your body.
Turn on some music and let yourself feel. Let yourself come to life with the sensations,
the emotions, and the feelings of this core desire. Let it light you up. Let them move you.
Let them guide your body. Let them flow through every cell of you. Expand. Contract.
Resist. Surrender.

Let this movement take you on a shamanic journey into yourself to discover the feeling that most wants to be embodied within this year long journey. Yes, I said "let the movement (and the music) take you on a shamanic journey." Trust your sacred space. Trust your own abilities to go within right now. Take the journey to FEEL and recognize the feeling that wants to guide this next year for you.

It may emerge immediately or it may need a little spaciousness to emerge. Stay in the energy. Stay in the journey. This is you guiding yourself. Receive your magic!

**Sidenote . . . If you're feeling at a loss for music to move with, drop a note in the fb group and I'm happy to share a list of some of my favs. And I'm certain others will have suggestions as well.*

***Second Sidenote . . . you may wish to do this holding onto the stone you selected for this part of your journey . . . actually, I encourage you to do that <3*

When your most desired feeling slips in, crystal clear, write it below: Describe it fully and fall in LOVE with it!

10. Now, it's time to take a little break and to step out into nature. Go for a hike. Spend time in your garden. Go to a neighborhood park. Just get outside. Ground the energy, clarity, and awareness that came forward for you. Let the words distill down. Then, as they do, rewrite that feeling into an intention, beginning with "I Am". Keep it simple, clear, and concise.

11. Use your breath to blow the essence / energy of your intention into your first medicine stone. Place this medicine stone on an altar or other place of reverence.

Additional Thoughts . . .

Next week we will talk about different cloth options for your medicine bundle. But for now, spend time with your stone. Let it breathe. And let your intention breathe.

If and when old stories pop up or you find challenges in your day to day life, reflect on how perhaps they are revealing an old pattern. Let yourself be lovingly present. Then, go back to the burning ritual you did earlier and repeat it. You can repeat that ritual as many times as you like. Always do it with honor and reverence. Let the fires support you in shedding, letting go, and creating space.

You are creating space for a new way of being. This takes time to unfold and integrate. Let the fire support you. Let your stone support you. Let your animal spirit guide for the south support you.

Share your intention and experiences with us . . . stories, beliefs, pictures, and things that emerged for you on this part of your journey. As we give voice to our journey and experiences we take our transformation to a whole new level!

Write down additional notes and reflections here:

