

August Reflection Ritual

1. How busy does your soul want to be? What is your soul's right pace? Take notes here:
2. What conditioned ways of being busy and living life am I ready to lay down, let go of, and honor as complete?
3. What is right for me now? What is right for me today?
4. What is my heart telling me about my inner truth and deepest desires?
5. What heartfelt dreams are ready to be brought into alignment with my sense of possibility and will?
What action are they asking me to take today to do that?

