

Moving into your ESSENCE more fully is WONDER FULL you experience more of the WISDOM AND WONDER OF THIS TIME if you make it pure

THIS ESSENCE EXERCISE IS PURELY TIME TO COMMUNE WITH YOU

Purely a time to soothe you

It is good to gather around you some ritual helpers – some suggestions are stones candles books rattles drums incense oils- but really it is whatever makes you feel safe and loved

Sit in a comfortable chair – a pillow at your back is nice - you will be experiencing lots of energy and it is easier to ground it when you are grounded

**Sit and put your right hand over your heart softly say out loud:
In here I Will rest**

Be sure to space out your words and breathe during it and take several nice breaths and say it again say it until you feel whole

With hand still over your heart softly say out loud: From here I will live

Be sure to space out your words and breathe during it and take several nice breaths and say it again say it until you feel strong

Move your right hand to rest just above your belly button softly say out loud: With all of ME I remember

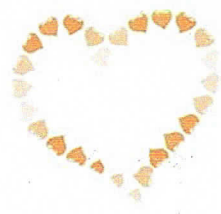
Be sure to space out your words and breathe during it and take several nice breaths and say it again say it until you feel solid

**Bring both of your palms to rest on top of your thighs softly say out loud:
In all of me I stand**

Be sure to space out your words and breathe during it and take several nice breaths and say it again say it until you feel CENTERED

**With palms still resting on your thighs softly say out loud: ALL that
doesn't help me rise I LET FALL**

Be sure to space out your words and breathe during it and take several nice breaths and say it again say it until you feel CLEAR AS CRISTALLL



**Bring your arms up so that your hands cross over your chest
just breathe into that for a few minutes then softly say out loud:
That which is me I set free**

**Be sure to space out your words and breathe during it and take several
nice breaths and say it again say it until you feel LOVE**

**Breathe into that for a few minutes
then thank you for being willing to remember, and willing to grow**

gather your rituals materials UP

**take a glass of water and surround your rituals materials around the glass
keep them there for about an hour then drink the water
before each sip softly say: I no longer thirst for ME**

and so YOU RISE