

Filling Space



What if everyone you met
radiated their unique light into
the dark spaces?

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*I let the light of Source energy
flow into my heart and radiate
out, beyond my body.*

1. How can you maintain your authentic vibration in the midst of stressful situations?
2. What are your super powers?
3. How might your community need your super powers?

D - 9

*I have faith that in my body's
ability to guide me toward
ease and joy.*

1. What signals (physical sensations) does your body give you when it has an important message?
2. How can your curiosity about these signals help you to navigate change and stressful situations with ease?
3. If you knew you had the full support of the universe behind you, what action might you take next to experience joy?

D - 8

*I envision a world where it feels
safe to fully honor, embrace
and embody Divine Feminine
energy.*

1. How would it feel (in your body) to know there is nothing wrong with you?
2. What is your vision for the ideal healthcare system?
3. How would it feel to experience that dream come true? How can you gift yourself with that dream and/or feeling state today?

D - 7

Whole-Self Wisdom



CEREMONY CARDS

Whole-Self Wisdom



CEREMONY CARDS

Whole-Self Wisdom Meditation

Take a moment to wiggle your toes and feel your feet touching the ground.

Notice the support of the earth beneath your feet. What does that support feel like?

Bring awareness to your low belly, and notice your breathing - for three full breaths.

Next, bring your awareness to your heart. Feel, or listen for, your heart beat.

Imagine a white-golden light coming through the crown of your head and extending out from your heart, until you see/sense the edges of this light all around you, above, and below you.

Set an intention to receive a helpful insight from your Higher/Whole Self for the questions listed on each card.

Note: If you find it challenging to see/hear/feel/know the insight, you can try using your non-dominant hand to write the response.

*The "Whole-Self Wisdom Ceremony Cards" include questions from the 33 poems in **Just Write the Book of Poems and I'll Find You** by Kelly C. Mullen.*

Use this deck of cards to perform a ceremony on your own, or invite others so you can share each other's messages.

To perform your ceremony:

- 1. Sort cards into the following categories, in order: Creating, Holding, Clearing, and Filling Space.*
- 2. Pick a card from each pile, and place the four cards in front of you.*
- 3. Review the Whole-Self Wisdom Meditation (see card), and complete the questions on each of the four cards you select for your ceremony.*
- 4. Apply the **mantras** throughout your day to help you make changes in your life with more ease.*

If you like, you can also read each of the related poems as part of your ceremony before you dive into the questions. Whatever you decide is perfect.

May these ceremonies allow you to experience your true nature in harmony!