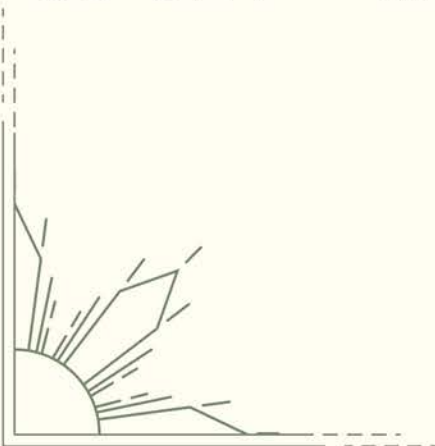


CHURCH OF THE SACRED SYNTHESIS



30 DAY MICRODOSING GUIDE & JOURNAL



Welcome to The Church!

These are some things
you may expect with our sacrament:

A typical micro-dose is 150-250 mg. You can try less and see how you feel and then move up from there if you prefer. Remember, You can always take more, but once you take it, you can't take less.

The journey usually lasts between 3-4 hours, so make sure you have given yourself the time needed for this to feel safe enough to experience.

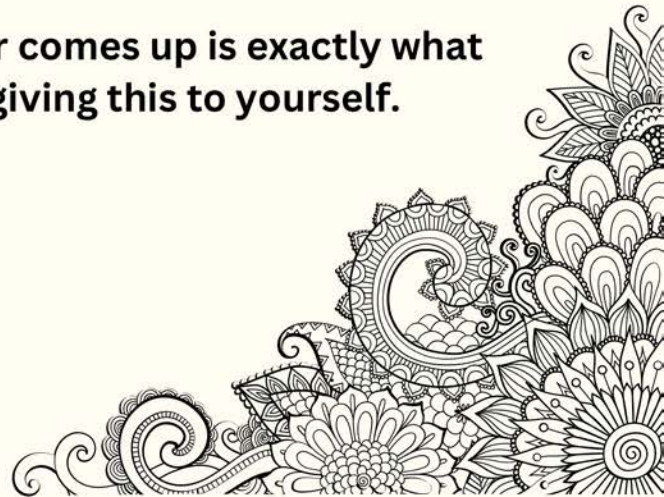
Depending on the set and setting, this is usually a smooth and gentle experience that encourages you to move your body, do yoga or maybe even dance.

It may call you to sit in stillness and receive messages from your higher mind. Some emotions may come up that need your love and attention. If that happens, just go with it and it will release, ultimately making you feel a lot better after.

If you are doing something that requires your attention, you can expect increased focus and attention to detail.

In this journal you can sit and feel the experience for as long as you are able to each day. 5-10 minutes is just fine. You may follow the prompts each day for guidance to take you to new levels of spiritual growth.

Remember, this is your journey. Whatever comes up is exactly what you need at this time. Thank you for giving this to yourself.



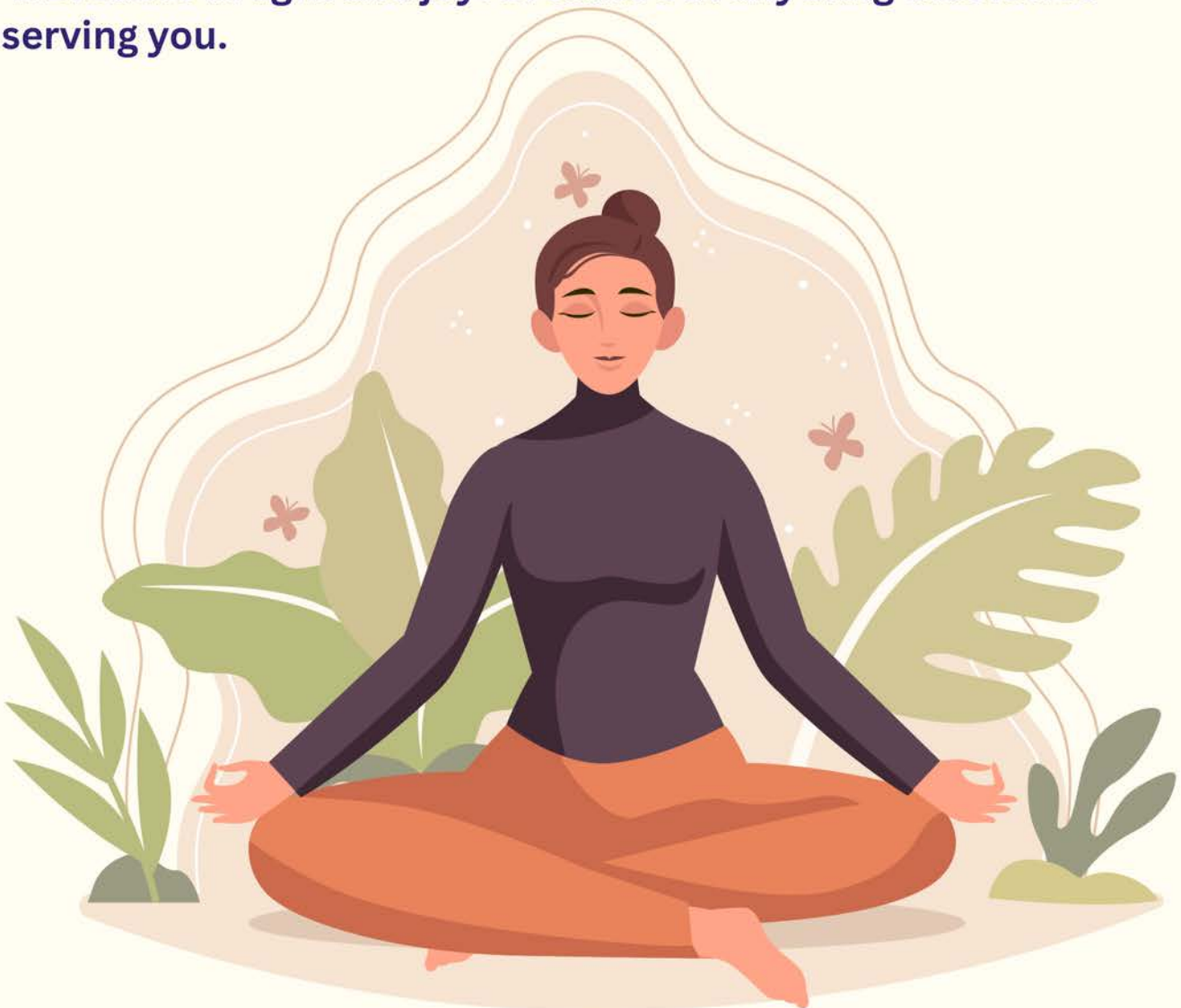
Tips for Protocol:

- ~ Remember that this is to be used for your spiritual growth/practice.
- ~ Our Sacrament contains Psilocybin/Psilocyn, Psilomethoxin (4-OH-5MeO-DMT) and other natural mushroom alkaloids.
- ~ Always speak with your doctor before starting if you have concerns or questions.
- ~ We recommend a micro dose of 150-250 mg.
- ~ You may not want or need to take it daily.
- ~ Listen to your body and spirit.
- ~ You can; however, add more throughout the day or increase your amount until you reach your “sweet spot”. Use your intention for the day to determine your amount.
- ~ It is really up to you and your specific chemical makeup how you feel and what your intention is.
- ~ You may also want to take less than 150 mg. That is perfectly fine.
- ~ Remember, you can always take more, but you can't take less once it is ingested.
- ~ It is your body and your journey. Please conduct yourself responsibly and safely!



Tips for preparing your space:

- 1: Light a candle to bring in that alchemization. Allow the flame to take any energy you no longer want to carry.
- 2: Smudge with sage, palo santo, or copal with the intention of cleansing your space. Open a window to allow the smoke to leave.
- 3: If you have a bell, chime, sound bowls, or a drum, use them with the intention of cleaning your space for just a minute or two.
- 4: Breathe in light and joy. Breathe out anything that is not serving you.



Tips for Mental Chatter:

- ~ At first, just sit and allow the thoughts to be there without judgement. Find it interesting how your thoughts happen without any prompt from you. They have a story of their own.
- ~ Once you do this, you realize that these thoughts have no real meaning or significance in our lives. They are focused on either the past or the future which do not exist in this moment. This is just how our ego protects us. The ego is trying to keep us safe; however, it actually doesn't know anything but your past experiences and therefore, it is irrelevant.
- ~ Start to look at each thought as a passing cloud with your mind being the sky. Allow them to come and go. We don't get upset at the clouds, nor do we pay them much attention. Do the same here.
- ~ Another way of dealing with this is to focus your attention on your breath, a candle flame, or the topic of your meditation for the day.



Intention Setting:

- ~ Bring the capsule to your heart space.
- ~ If you have a prayer you would like to say here, please do, as this is your journey.
- ~ Think about how you would like to feel today. Maybe there is a specific thing you want to focus on.
- ~ Bring it to the forefront of your awareness.
- ~ Give gratitude for this experience going just the way you need in this moment.



Breathing Techniques

~ Simply slow the breathe down to calm yourself. Breathe deep and let it out slowly with a sigh. Repeat as long as you'd like.

~ Box Breathing: Inhale through the nose to 4 count, hold for 4 count, breathe out through the nose for 4 count, and hold for 4 count. Repeat as long as you'd like.

~ Inhale through the nose for 4 count, exhale through the mouth for 6 count, like you are breathing out through a straw.

- Allow yourself to let our audible sighs during the out breaths.

just
BREATHE



Section One

The Physical Body

We live in this physical reality and we are in these bodies at this time. As it is important to access other levels of consciousness, it is also just as important to ground into your body, to love your body, and to make your body an important part of your daily practice. Self love and Self care can look like taking a nice bath, looking in the mirror and giving yourself compliments, massaging yourself while thanking your body for being so strong and functioning without you having to worry about it.

In this section, we give you practices that allow you to get more in touch with the body.

Enjoy!



Trust your JOURNEY

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| <input type="checkbox"/> Joyful/Loving | |

NOTES/REMINDER:

Welcome to Day 1!

As you start this journey, sit quietly. Close your eyes and start to breathe through the nose, counting to 4 on the inhale. As you exhale out through the mouth, count to 6. Allow your thoughts to be as they are, without judgement. Just observe.

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NOTES/REMINDER:

Welcome to Day 2!

As you sit today, you may use the same breathing technique from day 1, or choose another from the above suggestions. Close your eyes. Sense each one of your fingers and toes one at a time. Bring your awareness to the bottom of your feet, then the palms of your hands. Do they feel hot or cold? Do they tingle? Scan the rest of your body. Tune in! How does your body feel? .

you are AMAZING

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NOTES/REMINDER:

Welcome to Day 3!

As you sit today, simply pay attention to your breathing pattern without trying to fix or change anything. Notice the feeling of the breath coming and going. Notice the cool air in your nostrils and the warm air coming out of the mouth. Tune into your body. Are there any areas that need your attention? Take the time to stretch or move as you feel called.

How does your body feel?

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NOTES/REMINDER:

Welcome to Day 4!

As you sit today, focus on the breath using one of the breathing techniques above. Place your attention on simply being in your body. Ground down by imagining your energy going into the ground through your root (your feet or the base of your spine) on your out breath. Feel the rejuvenating energy our Mother Earth provides us with. How do you feel?

POSITIVE VIBES

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NOTES/REMINDER:

Welcome to Day 5!

As you sit today, focus on the breath using any of the techniques above. Place your hands on your belly moving in and out as you breathe. Begin to shake your arms and legs. Notice the energy being released through this practice. Imagine your in breath being white light and your out breath being grey, releasing the energy from those parts of the body where it was stuck.
How do you feel?



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NOTES/REMINDER:

Welcome to Day 6!

As you sit today, notice where your body feels tight. Using your intuition, move and stretch those places as you breathe slowly. Really tune in. No movement is wrong. You may feel called to rotate your waste around and around, or gentle stretching. However your body wants to move is perfect. What did you notice?



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NOTES/REMINDER:

Welcome to Day 7!

As you sit today, think of all of the things you are grateful for. Place your hand on your heart and feel the pure vibration as you focus on gratitude. Place your attention on the people or things you love or that make you feel love. Sit in that love for as long as you'd like.

How does your body and energy feel?

HELLO gorgeous

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NOTES/REMINDER:

Welcome to Day 8!

Take this day to simply be kind to yourself.
Take a hot bath or shower, light candles and play soothing music. You may want to rub lotion on after your bath. Slowly do so, thank each part of your body for what it does for you. Honor yourself. You are doing great!
This is what self care looks like.

Section Two

Energetics and Chakras

Although we see and feel our bodies, and they are “physical” seeming, we are actually made of pure energy vibrating at the level of the matter. This means that we need to get to know the energetics of our body. This section will give you some ways of tuning into that energy. We will go over each of the seven energy centers/Chakras.

- ~ **Root Chakra: Grounding, Basic Needs, Feeling of Safety**
- ~ **Sacral Chakra: Sensuality, Creativity, Pleasure**
- ~ **Solar Plexus Chakra: Self Empowerment, Action, Transformation**
- ~ **Heart Chakra: Unconditional Love, Compassion, Joy**
- ~ **Throat Chakra: Clear Communication, Speaking your Truth**
- ~ **Third Eye Chakra: Intuition, Insight, Mysticism**
- ~ **Crown Chakra: Connection to Spirit, Universal Consciousness, Wisdom**



GOOD ENERGY

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NOTES/REMINDER:

Welcome to Day 9!

As you sit in stillness, focus on your breath for a few minutes.

Use one of the breathing techniques above. Notice the energy of your body; how it vibrates slightly inside. We are energy in form. Become aware of that energy. What did you notice?



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NOTES/REMINDER:

Welcome to Day 10!

As you sit today, using the breathwork of your choice, Feel the energy at the base of your spine. This is your root chakra. This is your space of safety and well being. If you don't or didn't feel safe as a child, there may be some clearing that needs to happen. Tune into it. What does it feel like? What emotions come up?



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NOTES/REMINDER:

Welcome to Day 11!

As you sit today, using your desired breathwork,
 Feel the energy right above the naval.
 This is your sacral chakra; your source of pleasure and
 creativity. Without judgement of what pleasure
 should look like, tune into it. What does it feel like?
 What emotions come up?



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NOTES/REMINDER:

Welcome to Day 12!

As you sit today using your desired breathwork, feel the energy center between the naval and the heart. This is your solar plexus chakra; your source of power and transformation. Tune into it. What does it feel like? What emotions come up?



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NOTES/REMINDER:

Welcome to Day 13!

As you sit today using your desired breathwork, feel the energy in and around the heart.

This is your heart chakra. This is your center of love and compassion. Feel the frequency emanate from this space. Tune into it. What does it feel like? What emotions come up?



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| <input type="checkbox"/> Muted/ Dull | <input type="checkbox"/> Unclear/Lost |
| <input type="checkbox"/> Creative/Passionate | <input type="checkbox"/> Focused/Discerning |
| <input type="checkbox"/> Powerless | <input type="checkbox"/> Disconnected/Judgmental |
| <input type="checkbox"/> Powerful | <input type="checkbox"/> Present/Trusting |
| <input type="checkbox"/> Fearful/Lonely | |
| <input type="checkbox"/> Joyful/Loving | |

NOTES/REMINDER:

Welcome to Day 14!

As you sit today using your desired breathing style, feel the energy inside your throat. This is your throat chakra. Allow yourself to make a sound as you breathe out. It could be an audible sigh, a hum, a mantra, or a scream if that is what you're called to do. This is your practice, so nothing you do can be wrong. Allow your emotions to come out at this time with that sound. Tune into it.

What emotions come up?



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HEALING, INTEGRATION & EMBODIMENT PRACTICES

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| <input type="checkbox"/> Meditation/breathwork | <input type="checkbox"/> Mantras, Singing, Music |
| <input type="checkbox"/> Movement/Exercise | <input type="checkbox"/> Stillness/Self Care |
| <input type="checkbox"/> Time in Nature/Grounding | <input type="checkbox"/> Other |

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| <input type="checkbox"/> Powerless | <input type="checkbox"/> Disconnected/Judgmental |
| <input type="checkbox"/> Powerful | <input type="checkbox"/> Present/Trusting |
| <input type="checkbox"/> Fearful/Lonely | |
| <input type="checkbox"/> Joyful/Loving | |

NOTES/REMINDER:

Welcome to Day 15!

As you sit today using your desired breathwork, feel the energy between your eyebrows. This is your 3rd eye chakra. Tune into it. This is a wisdom center, the eye that sees what the physical eyes don't. Do you see something?

Does it tingle? What does it feel like?

What emotions come up?



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| <input type="checkbox"/> Movement/Exercise | <input type="checkbox"/> Stillness/Self Care |
| <input type="checkbox"/> Time in Nature/Grounding | <input type="checkbox"/> Other |

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| <input type="checkbox"/> Powerful | <input type="checkbox"/> Present/Trusting |
| <input type="checkbox"/> Fearful/Lonely | |
| <input type="checkbox"/> Joyful/Loving | |

NOTES/REMINDER:

Welcome to Day 16!

As you sit today using your desired breathwork, feel the energy at the top of your head. This is your Crown Chakra; your connection to spirit. Imagine it opening like a flower. Tune into it. What does it feel like? What emotions come up?

Section Three: Energy Around Your Body

Your Aura is an energy field that surrounds your body. It holds an energy that correlates to your physical, mental, emotional and spiritual health. This section provides daily practices to allow you to tune into your Aura.

You will also see practices that will take you around the room you're in and even other places, expanding your level of conscious awareness.





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| <input type="checkbox"/> Time in Nature/Grounding | <input type="checkbox"/> Other |

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| <input type="checkbox"/> Powerful | <input type="checkbox"/> Present/Trusting |
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| <input type="checkbox"/> Joyful/Loving | |

NOTES/REMINDER:

Welcome to Day 17!

As you sit today using the breathwork of your choice, tune into the energy right outside of your body. You may feel a tingle or buzzing. Do you happen to see pictures in your minds eye? Do you see colors? Many aspects of us live in our Aura, so whatever you see is perfect. What did you find?



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HEALING, INTEGRATION & EMBODIMENT PRACTICES

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| <input type="checkbox"/> Time in Nature/Grounding | <input type="checkbox"/> Other |

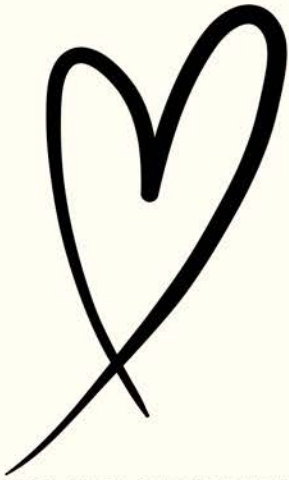
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| <input type="checkbox"/> Joyful/Loving | |

NOTES/REMINDER:

Welcome to Day 18!

As you sit today using the breathwork of your choice, tune into the energy at the top of your head. Notice what it feels like. Move your awareness to the sides of your head and inside the middle of your ears. What are the sensations in those areas? Do you feel a buzz or a tingle anywhere? What did you find?



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| <input type="checkbox"/> Time in Nature/Grounding | <input type="checkbox"/> Other |

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| <input type="checkbox"/> Fearful/Lonely | |
| <input type="checkbox"/> Joyful/Loving | |

NOTES/REMINDER:

Welcome to Day 19!

As you sit today using the breathwork of your choice, tune into the energy around your heart space. Feel the front and how it vibrates, then bring your attention to the back of the heart. Does it feel heavy? Does it feel light? What did you find?



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HEALING, INTEGRATION & EMBODIMENT PRACTICES

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| <input type="checkbox"/> Movement/Exercise | <input type="checkbox"/> Stillness/Self Care |
| <input type="checkbox"/> Time in Nature/Grounding | <input type="checkbox"/> Other |

TODAY I FEEL:

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| <input type="checkbox"/> Grounded/ Safe | <input type="checkbox"/> Expressive/Honest |
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| <input type="checkbox"/> Creative/Passionate | <input type="checkbox"/> Focused/Discerning |
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| <input type="checkbox"/> Powerful | <input type="checkbox"/> Present/Trusting |
| <input type="checkbox"/> Fearful/Lonely | |
| <input type="checkbox"/> Joyful/Loving | |

NOTES/REMINDER:

Welcome to Day 20!

As you sit today using the breathwork of your choice, tune into the energy around your hips and pelvic area. Is that area tense? We tend to hold stress there. Does it feel heavy? Does it feel light? Do you need to release something. If so, breathe it out on your exhale with a nice sigh. What did you find?



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HEALING, INTEGRATION & EMBODIMENT PRACTICES

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| <input type="checkbox"/> Time in Nature/Grounding | <input type="checkbox"/> Other |

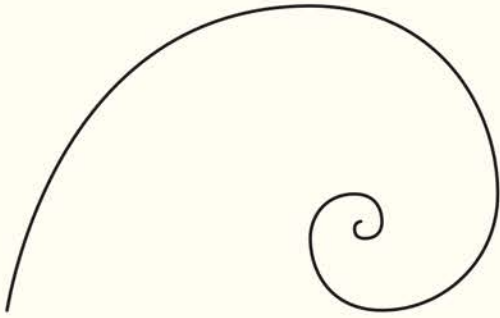
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| <input type="checkbox"/> Creative/Passionate | <input type="checkbox"/> Focused/Discerning |
| <input type="checkbox"/> Powerless | <input type="checkbox"/> Disconnected/Judgmental |
| <input type="checkbox"/> Powerful | <input type="checkbox"/> Present/Trusting |
| <input type="checkbox"/> Fearful/Lonely | |
| <input type="checkbox"/> Joyful/Loving | |

NOTES/REMINDER:

Welcome to Day 21!

As you sit today using the breathwork of your choice, allow your awareness to extend further out into the room you are in. Slowly extend it out into the rest of your house. If you have a child or loved one near, move your awareness into their room and stand there giving them your love. What did you find?



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HEALING, INTEGRATION & EMBODIMENT PRACTICES

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| <input type="checkbox"/> Meditation/breathwork | <input type="checkbox"/> Mantras, Singing, Music |
| <input type="checkbox"/> Movement/Exercise | <input type="checkbox"/> Stillness/Self Care |
| <input type="checkbox"/> Time in Nature/Grounding | <input type="checkbox"/> Other |

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NOTES/REMINDER:

Welcome to Day 22!

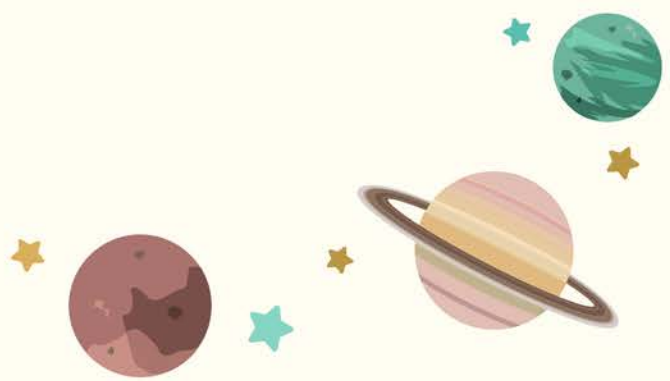
As you sit today using your favorite breathwork, allow your awareness to move up, out of your body and out of the house, into the sky. Go all the way up into the stars. Feel free to go to an ocean or a mountain top. The world is yours.

What did you find?

Section Four: Connecting to Source

We encourage you to honor whichever beliefs that resonate with you in terms of what “Source” means. It could be God, Allah, the big bang, or another deity. What we are asking you to tap into is the higher intelligent and powerful force of creation that allows all to exist and drives the mystical, sometimes unexplainable phenomenon of life. Even without labeling, it’s the synchronistic moments when you feel divinely guided and protected by something bigger. Over the next week, we’d like you to spend some time focused on these ideas and what it means to you, your life, and your true peace.





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TODAY I'M GRATEFUL FOR:

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HEALING, INTEGRATION & EMBODIMENT PRACTICES

- Meditation/breathwork Mantras, Singing, Music
- Movement/Exercise Stillness/Self Care
- Time in Nature/Grounding Other

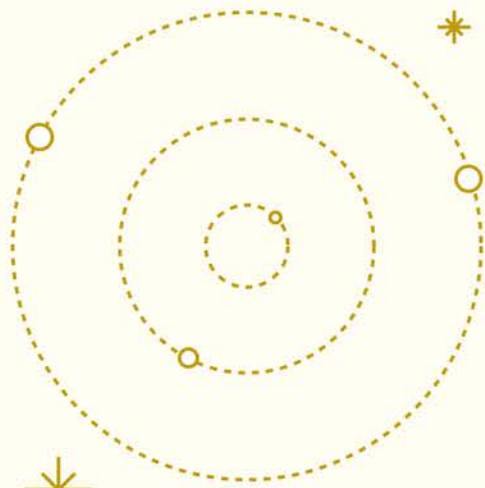
TODAY I FEEL:

- Anxiety/Unsafe Silenced/Unheard
- Grounded/ Safe Expressive/Honest
- Muted/ Dull Unclear/Lost
- Creative/Passionate Focused/Discerning
- Powerless Disconnected/Judgmental
- Powerful Present/Trusting
- Fearful/Lonely
- Joyful/Loving

NOTES/REMINDER:

Welcome to Day 23!

As you sit today, take a moment to meditate on the vastness of the universe. Let go of any fear you might have around it. While we are all a part of a collective species, world, solar system, and so on, each of us is anything but small or insignificant. In all that exists, you are magnificently unique. Even with similarities, it's our connections to each other that make the fruit of life. You are irreplaceable and you are here because you were meant to be. It would not be so if the universe had not already made up its mind about your necessity.



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HEALING, INTEGRATION & EMBODIMENT PRACTICES

- Meditation/breathwork Mantras, Singing, Music
- Movement/Exercise Stillness/Self Care
- Time in Nature/Grounding Other

TODAY I FEEL:

- Anxiety/Unsafe Silenced/Unheard
- Grounded/ Safe Expressive/Honest
- Muted/ Dull Unclear/Lost
- Creative/Passionate Focused/Discerning
- Powerless Disconnected/Judgmental
- Powerful Present/Trusting
- Fearful/Lonely
- Joyful/Loving

NOTES/REMINDER:

Welcome to Day 24!

As you sit today, think of a moment when you were divinely guided by something you couldn't explain. Did it feel like coincidence or luck? The universe is full of surprises and reaches out to us in ways to express love. Meditate for a few moments on receiving that love and giving thanks. You need not bear the weight of everything when you know the universe has your back.



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HEALING, INTEGRATION & EMBODIMENT PRACTICES

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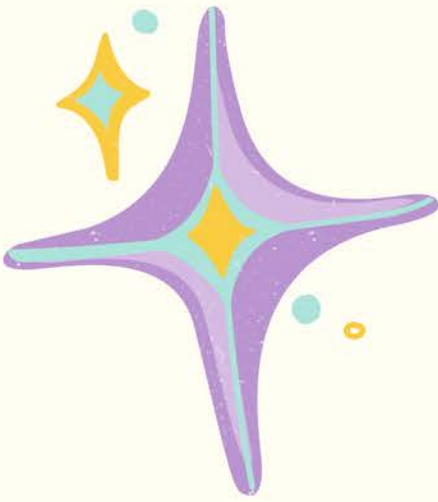
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NOTES/REMINDER:

Welcome to Day 25!

As you sit today, repeat in your mind or out loud a few times, "I am an integral part of something greater than myself." Your necessity and value is an unquestionable truth as evident by every breath you take in this life.

You are a part of the whole. While you need not do anything to earn your value, you have so much to offer to the world around you. Everything is a mirror, as above, so below. We serve a higher power when we serve each other. As we help another, we are helped.



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Welcome to Day 26!

As you sit today, let's play with our imaginations. While we know we can be helped through physically helping others (at the very least, it feels good), this can be done at a quantum level, sometimes even more successfully than the physical. Our connection to the universe, to source, our creator, can never be severed. Only our awareness can be elsewhere. This means, we're always tapped in, and so is everyone else. Take a moment today to focus on the good qualities of someone in your life. Send that gratitude to them with your mind and heart in agreement.

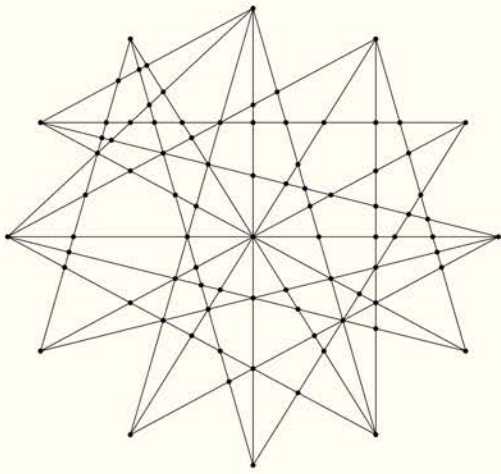
HEALING, INTEGRATION & EMBODIMENT PRACTICES

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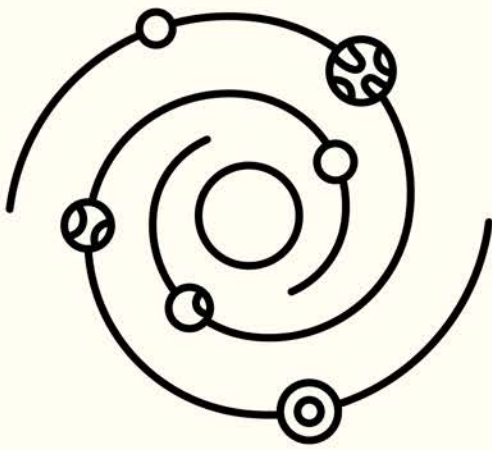
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NOTES/REMINDER:

Welcome to Day 27!

As you sit today, let's expand our practice from yesterday into forgiveness. Begin small, Rome wasn't built in a day. Can you think of someone whom you can extend grace to? They are connected to the same source and are loved equally and abundantly by the universe. Take a moment to connect with them in empathy. "I've made mistakes too, and I'm grateful for the grace of others that was granted to me." Remember their good qualities and their value to this world and to you. How does it feel to forgive?



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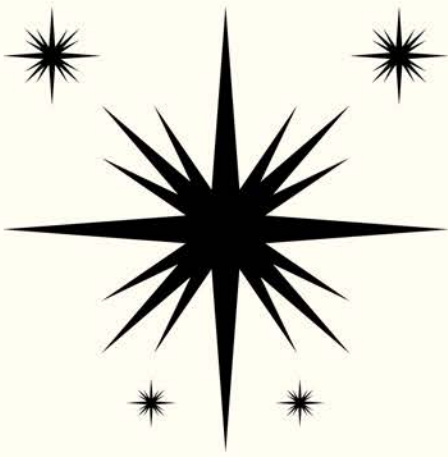
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| <input type="checkbox"/> Joyful/Loving | |

NOTES/REMINDER:

Welcome to Day 28!

As you sit today, think about that vast web we're all a part of. Have you noticed a shift in yourself as you've focused on the good and well-being of others? We truly are all interconnected. We are mirrors in a way. What you send out can come back to you in profound ways, because you're strengthening your awareness of your connection. From here, we can be empowered to make a difference just by changing our thinking, quite literally.



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HEALING, INTEGRATION & EMBODIMENT PRACTICES

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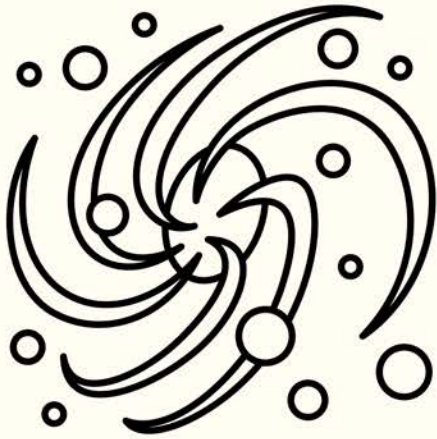
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| <input type="checkbox"/> Joyful/Loving | |

Welcome to Day 29!

As you sit today, take a moment to feel gratitude for your connection. If we are one, if we are interconnected, it means we are never truly alone. It means we never really lose anyone. The way we connect on the physical plane may change if there is a death, or a necessary parting to maintain peace and health in our physical bodies. There is, however, limitless and endless forgiveness to be had in the quantum field, while still being physically and divinely protected in this life. We can let go of suffering on our own timelines. There's nothing required of you, it is simply a gift you are able to access at any time.

NOTES/REMINDER:



DATE: / /

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S M T W T F S

TODAY I'M GRATEFUL FOR:

1. _____
2. _____
3. _____

HEALING, INTEGRATION & EMBODIMENT PRACTICES

- | | |
|---|--|
| <input type="checkbox"/> Meditation/breathwork | <input type="checkbox"/> Mantras, Singing, Music |
| <input type="checkbox"/> Movement/Exercise | <input type="checkbox"/> Stillness/Self Care |
| <input type="checkbox"/> Time in Nature/Grounding | <input type="checkbox"/> Other |

TODAY I FEEL:

- | | |
|--|--|
| <input type="checkbox"/> Anxiety/Unsafe | <input type="checkbox"/> Silenced/Unheard |
| <input type="checkbox"/> Grounded/ Safe | <input type="checkbox"/> Expressive/Honest |
| <input type="checkbox"/> Muted/ Dull | <input type="checkbox"/> Unclear/Lost |
| <input type="checkbox"/> Creative/Passionate | <input type="checkbox"/> Focused/Discerning |
| <input type="checkbox"/> Powerless | <input type="checkbox"/> Disconnected/Judgmental |
| <input type="checkbox"/> Powerful | <input type="checkbox"/> Present/Trusting |
| <input type="checkbox"/> Fearful/Lonely | |
| <input type="checkbox"/> Joyful/Loving | |

NOTES/REMINDER:

Welcome to Day 30!

As you sit today, feel the gratitude from your source for the dedication and time you've spent connecting and seeking. You are beloved beyond measure. It's not too hard to imagine being grateful for connecting to that which you love. What you love is seeking you, just as you are seeking it. The connection is always there when you bring your awareness back to it.

Here are 30 mantras you can use for self-discovery and healing:

"I am deserving of love, peace, and happiness."

"I trust the journey of my life."

"I release what no longer serves me."

"I am enough just as I am."

"I am open to new possibilities and experiences."

"I embrace my imperfections and celebrate my uniqueness."

"I forgive myself and others, letting go of resentment."

"I am in control of my thoughts and emotions."

"I am capable of achieving my dreams."

"I am grateful for the lessons life brings me."

"I choose to focus on the present moment."

"I am worthy of success and abundance."

"I honor my body, mind, and spirit."

"I release fear and embrace courage."

"I choose to see the beauty in every situation."



"I trust in my inner wisdom and intuition."

"I am free to create the life I desire."

"I let go of comparison and embrace my unique path."

"I am worthy of love and respect."

"I release self-doubt and embrace self-confidence."

"I am connected to the infinite wisdom of the universe."

"I am a magnet for positivity and abundance."

"I surrender to the flow of life with grace and ease."

"I am grateful for my body's ability to heal."

"I embrace change as an opportunity for growth."

"I release the past and embrace the present moment."

"I am surrounded by love and support."

"I trust that everything is unfolding for my highest good."

"I am the architect of my own destiny."

"I am worthy of joy and fulfillment."

Feel free to customize these mantras to better suit your personal journey and preferences. Remember to repeat them regularly, allowing their positive affirmations to sink into your subconscious mind for self-discovery and healing.



Notes:



Notes:

Lined writing area consisting of 20 horizontal orange lines for taking notes.



Notes:



Notes:



Notes:



Notes:



Notes:

Handwriting practice area consisting of multiple horizontal lines.



Notes:

