



Journeying Tips & Suggestions

There is absolutely no ***Wrong or Right way*** ~ There is **Your way!**

Whatever works **BEST** for you.

These are suggestions to get you started or to Try something different every now & then.

The more you journey & connect with the Oracle art, the stronger their energetic frequencies and vibrations will become. Creating a powerful connection to/with your intuition and Higher Consciousness

Tips to connect & enhance your Oracle Journey

Feel/Connect: Place one hand on your Heart the other hand on your Energetic Womb Space ~ Everyone has an energetic womb space. ~ Close your eyes ~ Allow ~ Feel

Breathe: take 3 breaths with your exhales being longer than your inhales.

Allow. Be curious. Have an Open Mind and Heart. Be Present.

Quick Journey options when you're short on time.

- Before you get out of bed ~ start your day with 5 minutes in place of scrolling your email
- While your brushing your teeth
- While you're on the toilet ~ you laugh but how many of us scroll FB, IG or email while we're on the toilet? My hand is raised!
- With your morning coffee or tea (this has become my journeying time)
- Gaze into the painting for 5 minutes before getting into the shower
- Gaze into painting for 5 before doing any routine thing you do, like washing dishes, folding laundry.
- Instead of YouTube before turning out the lights at bedtime ~ I'm guilty here as well

Pick 2 or 3 tips when just starting out to work with

- Start by finding a comfortable position for you
- I like to take 3 deep breaths ~ helps to release stuck energy, calm & reconnect mind, body, spirit
- If your feeling scattered, calling back your personal energy
- If you like/want to work with your Guides ~ Ask them to join you
- You can go into a Journey with an intention or question that you'd like help with
- You can Journey in silence
- Listen to Music ~ each moon cycle I'll provide some music links, but feel free to listen to what appeals to you.
 - Suggestions ~ Tibetan singing bowls. Nature sounds. Drumming. Solfeggio's for Journeying
 - Whatever is relaxing for you
- I do recommend using earbuds when listening to music

- If you're new to Journeying, start with 10 Minutes work up to 20 minutes over time
 - I do feel 20 minutes is optimal. But if you only have 5-10 minutes, that's fine too.
- Gaze into the painting
 - Let your eyes just naturally be drawn to wherever they want to go
 - You'll intuitively be taken into/through the portal in each painting.
 - Try De-focusing your eyes
 - Can even close your eyes after a few minutes of gazing (once you feel you've enter a portal in the oracle art)
- Feel free to give over all your worries, stress, problems, fears to the painting
- Let go of whatever you don't own, you don't even have to know what that is. Old non-beneficial limiting belief's & patterns.
 - That is purpose of journeying with the oracle art. They take whatever you need to release
 - The Oracle art will transmute what you release and send healing back energy to you
- Journey with journal prompts
 - I'll provide a number of journal prompts each moon cycle
 - Or ask, what do I need to know today?
- I suggest having a journal at the ready and writing down what comes through.
 - Even if it's just a word or vision
 - Or doesn't make sense to you at the time
 - Free flowing writing
- Journey with a Mantra or Affirmation
- Guided journey ~ I provide a guide journey each moon cycle in the members portal

- Some people are Active Journeyer's, some suggestions are:
 - Yoga poses ~ A personal favorite is Tree Pose. Star pose, warrior or sun salutation
 - Dance
- At the end of each Journey
 - Calling back all of you to the present time, day, place
 - Give gratitude for any messages, visions, downloads that came through
 - Thank your higher self, spirit guides, muses, the art, etc

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