

Join us…

The Modern Mystic Institute Offers Tools and Insights for Shifting Times

Welcome!

Tools and Insights for Shifting Times…

- **Welcome! Monthly Mystic Salon**
- **Who: Society and NEW friends**
- **Why: We are here to serve**
- **About me**
- **Today**
- **What we knew and what we see now**
- **Let yourself be guided**

Thank you for joining us…

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About these Salons

Tools and Insights for Shifting Times…

- **Bringing resources out from the inner rings**
- **Applying new paradigm frameworks and methodologies to your life AND livelihood**
- **Restoring a container for conversations of the Mystics Path**
- **Each Salon will focus on a single framework you can apply immediately**

…your presence is all that is required (owl eyes + deer ears)

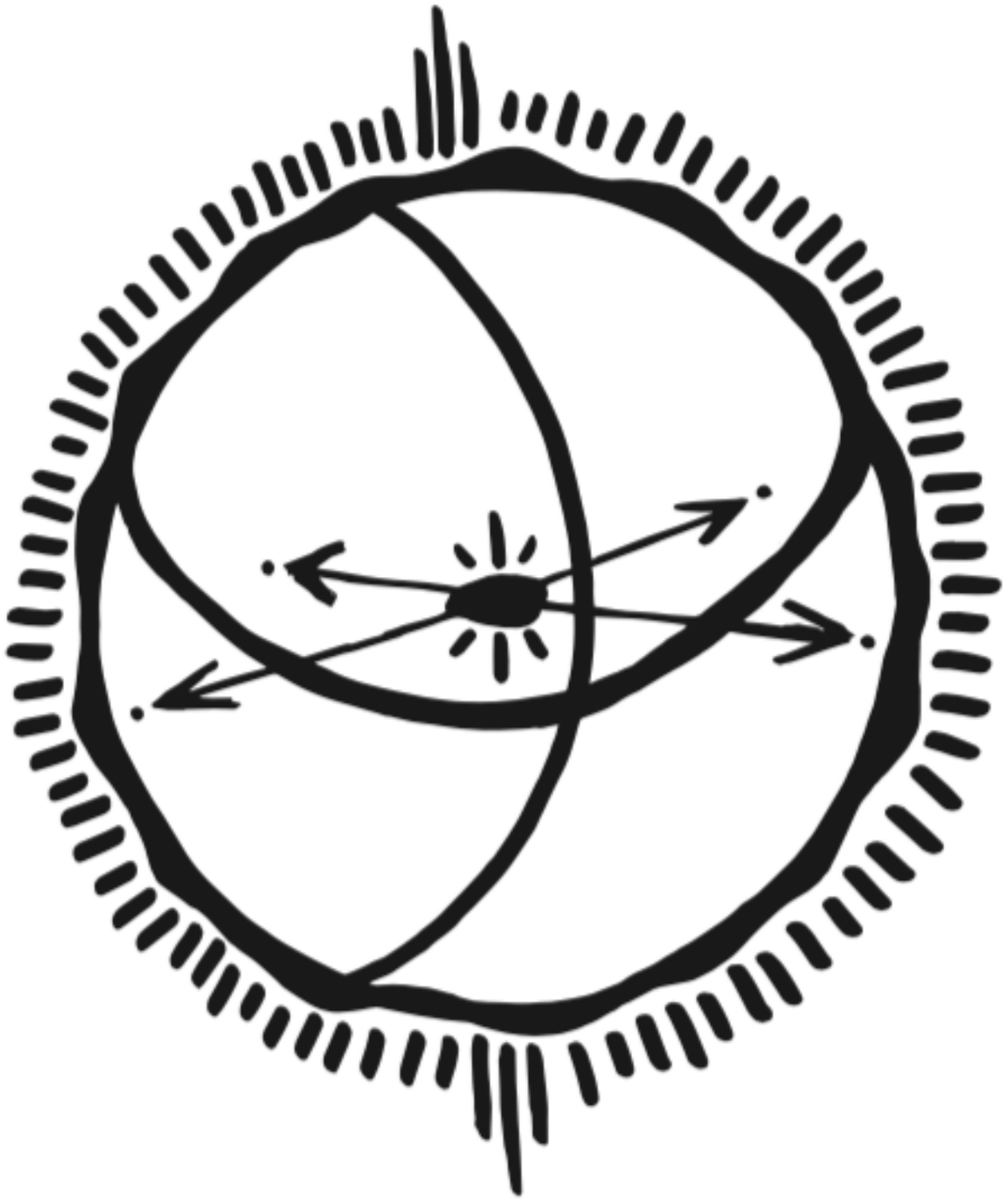
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Mystic Salon Topics

Tools and Insights for Shifting Times…

- **April I** Anticipating Shift: The Transformation Lifecycle
- **May I Your KEY to Safe Shift: Creating Resonance using ACAR model**
- **June I** Overcome Anything: The Gratitude S.E.C.R.E.T
- **July I Lost no more -** Clarity in Chaotic Times (The 8 Directions and how to summon them)
- **August I** Ancient Tool for Manifesting Anything and Everything (The Wheel & Rings primer)
- **September I** Create the Container for your Desires: The Magic Triangle
- **October I** Turn Envy into Manifestation: Alchemy of Envy
- **November I** The Worry / Knowing Framework and how to claim it
- **December I** A Map for New times: The Mystics Manifesto

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Bringing our Hearts and Minds Together

Before we get into today's topic…

- Full Moon - Eclipse - Retrograde
- Corona's Guidance: Transition, "Transformation" and Rebirth - BUT: but first…
  - Reckoning, Revisioning, Repair
- All Three Transformational Levers
  - Heath & Wellbeing - Surrender
  - Prosperity & Abundance - Star
  - Relationships: Consciousness
  - Returning to the words spoken before all else
- Where to begin….

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What is the Timeline?
What is Time?

Perhaps not the right questions…

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A little bit on Time..

- It’s everywhere
- Our conceptualization is shifting
- Relationship is shifting
  - Time and Dreamtime
    - as they relate to revisioning
    - and to lucidity
- Kairos to Chronos
- As it relates to change or shift

“….digesting takes time” - Claire Hayes

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So what do we DO?

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The Words Spoken Before All Else

Gratitude is an ancient practice….

- Guided by the Indigenous Peoples of the WORLD
- It's IN all of us - orignial instructions
- It's been co-opted to the determent of the magic
- The first step in ME walking toward healing & Peacemaking
- One of the top topics I'm asked to speak on

You are wired to make magic through Gratitude…

The Words Spoken Before All Else

Examples….

- Nicole Lee - The Accelerator
- The Great Law of Peace of the Iriquois Nation
- 365 Days of Gratitude - My Story
- Implementation of Gratitude
  - 8 Shields
  - My Life
  - My community
  - Business
  - Teachings

You are wired to make magic through Gratitude…



The Traditional Thanksgiving Address (and it's adapations)

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From the Mystics Path

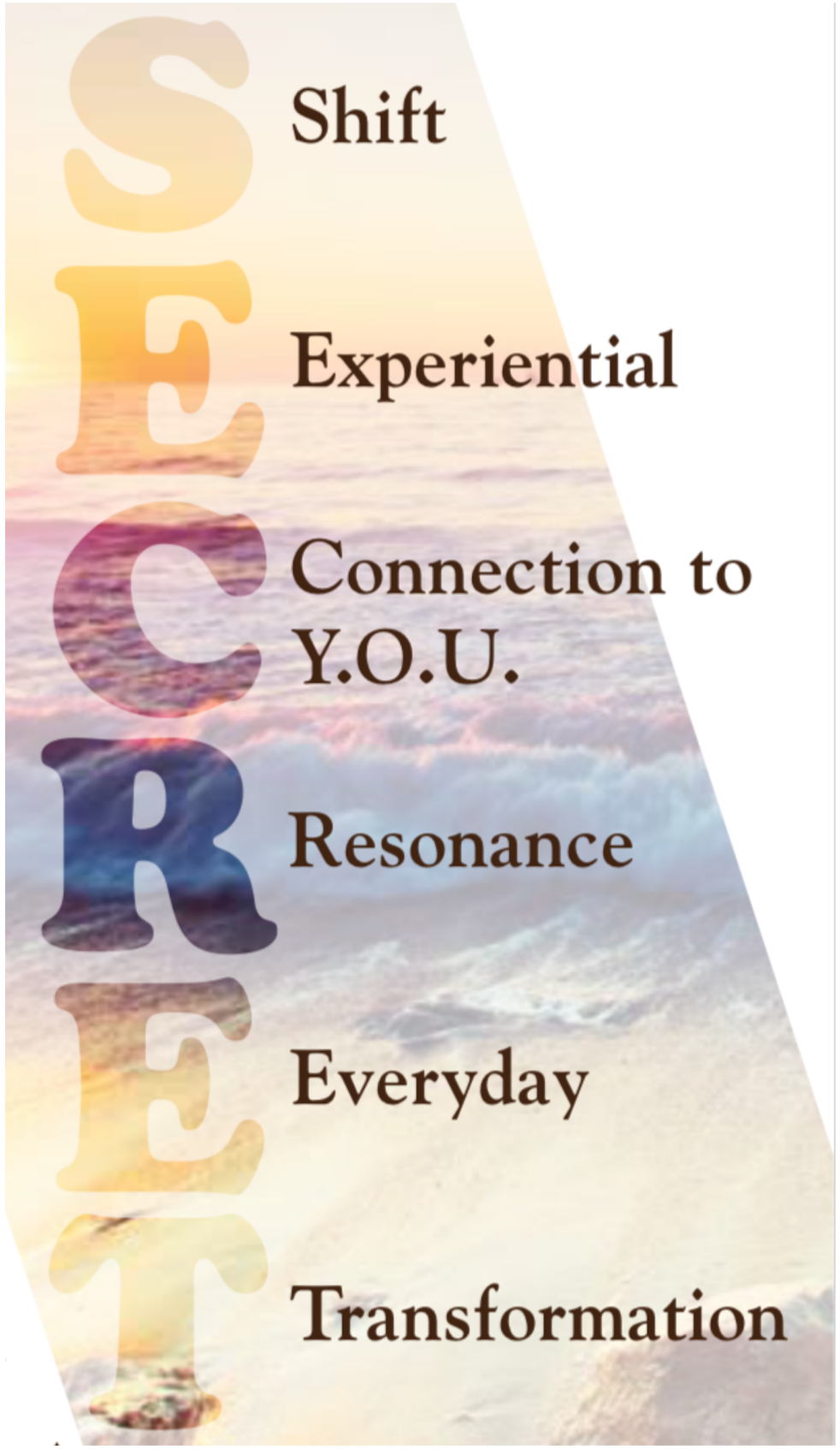
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A Framework for Activating Gratitude

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- It's a tradition
- A spell
- A pathway to manifestation
- A remembering
- A framework





S | Shift

It's the subtle shifts that gratitude calls our attention to. Shift is how we invite quantum leaps in our life without the "grand lead" or the trauma of exponential change up front. Even the tiniest shifts of the rudder of a ship can significantly alter the course of the boat. Trust in the subtle nature of the change that results from practic-ing gratitude over time.



E | Experiential

So here's the thing, when people are seeking to create a gratitude practice in their life they often say they "think" about the things they are grateful. And thinking about gratitude can be powerful. But the real trick is to identify the moments when you are actually feeling grateful.

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C | Connection to Y.O.U.

Y - *Yourself*
O - *Others*
U - *Universe*

In addition to bringing more peacefulness and wellbeing into our lives, cultivating a regular gratitude practice has the additional benefit of alleviating the sense of disconnect or loneliness so prevalent in our times. Gratitude brings you closer to you - as you deepen your understanding and awareness of what brings you pleasure, peace and calm you develop insights of how to invite more of that goodness into your life. In time this deepening of connection extends to our relationships with the world around us, people, places and things. New relationships



R | Resonance

Our resonance is the energetic or vibration we are putting out. It is the frequency at which we create – therefore it directly affects the frequency of what we attract. Putting out a positive 'vibration' attracts positivity, and visa versa. At its most simple, your resonance is what people are picking up, feeling, or sensing underneath, or behind what you are putting out in the world. It also goes much deeper, to subtle levels of resonating with what the world needs, what the world is calling forth from you. When we cultivate a gratitude practice, we begin to resonate at the frequency of gratitude. What you put out, returns to you, and you begin to experience more of the things you are grateful for. It's a glorious

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E | Everyday

How often do I "need" to do my gratitude practice? This is one of the most common questions when someone is considering a practice. What's too much? Too little? Just right? The truth is gratitude has a snowball affect, the more you access true thankfulness, the more your life is filled with things to be thankful for, and the gratitude just grows and grows. But to feel truly grateful for all things in all moments is a goal most of us will be unlikely to attain in our lifetimes, so somewhere between "all the time" and "once in awhile" is likely the sweet spot. Try for daily. Try for upon waking at the very least. Then maybe toss in a statement of gratitude before meals. Then maybe at the end of your day? Gratitude does not have to take time or resources from the rest of your day - even the most simple act of thanks - done regularly, over time can usher in the most magical transforma-

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T | Transformation

Quite simply, gratitude has the power to transform in the most subtle yet profound ways. Instead of radical shifts that require herculian courage and strength - all you needed was awareness and intention. There is no way to not invite positive change once you align to embodying thankfulness. And transformation leads to awareness of the power of positive change, which brings us back to where we began. In the appreciation for subtle shifts and the magic they bring downstream.

The Gratitude Secret is a way to think about the benefits and rewards of cultivating gratitude. Choose a practice, keep it simple, and show up each day, in gratitude.

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A Simple Practice

Upon waking, just say thank you. You've received another day. Yes, you can layer it with intentions and desires, but, to practice gratitude is simply to say thank you. To practice gratitude is to acknowledge that all of this life is a gift. It is a blessing and a gift to get another chance each day, to simply wake up in the morning after going to sleep at night, to have the sun rise for you again. Each time the sun rises and you wake, you get a new start, a fresh, blank page before you. This is the page on which you get a new chance, each day, to write the story of your life. Start with gratitude before all else. You'll soon be grateful you did.

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In Conclusion & Gratitude

- **Let you be you**
- **You have a robust toolbox**
- **You were made for these times**
- **Calendar our monthly Salons and Business Alchemy Breakouts**
- **Share and invite - “not on our watch”**
- **Remember Y.O.U.**
- **#together:**
  - **Sherrie@MysticsSociety.com - Emergency Sessions with Lindsay or MMI Mentor**
  - **Join and Engage in the Mystics Society**
  - **Daily prayers: bring it, share it, let’s do it…**

Thank you for joining us.

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