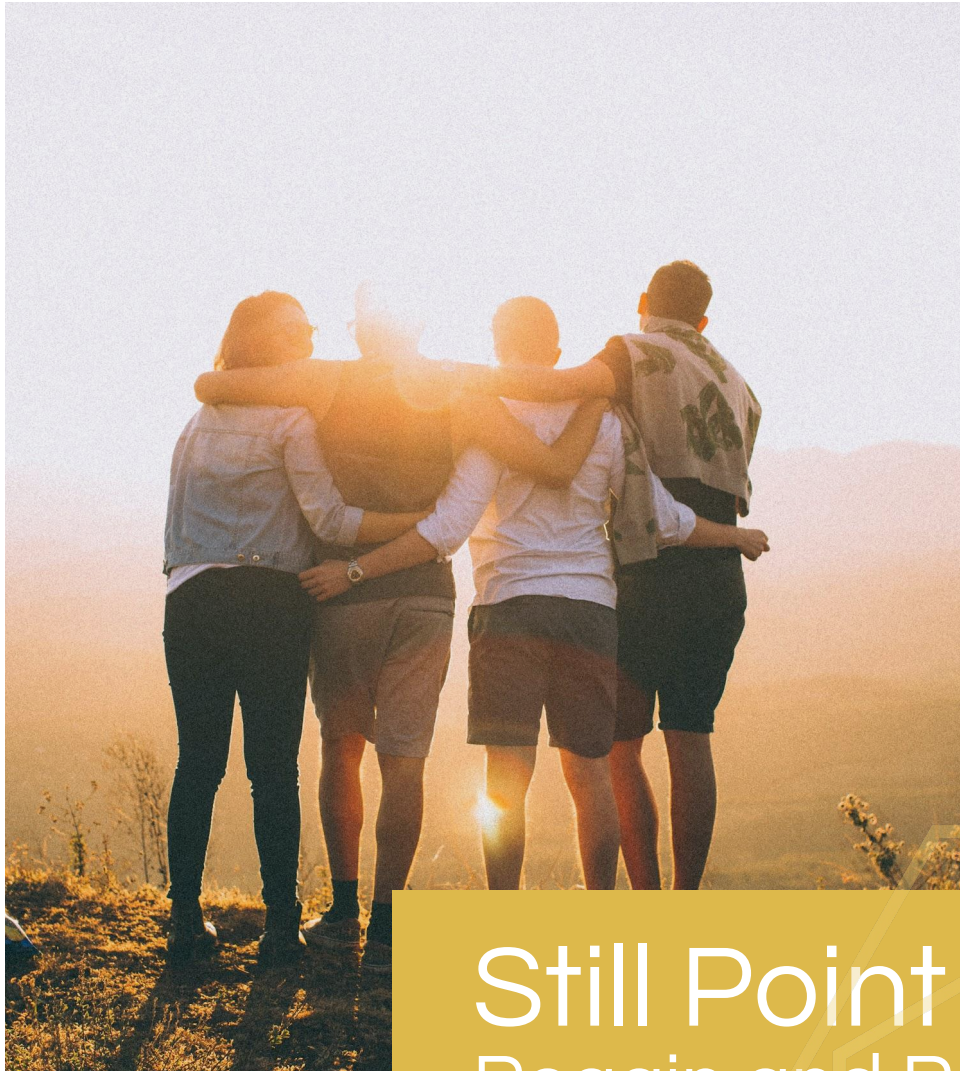


THE
ELEMENTAL
BEING



Still Point

Regain and Reset Elemental Practice

We unite to gain strength, inspiration and direction. ▲

Worksheet for Still Point September



What you need: a pen and paper, 8 tea lights and one large center candle.

Write down 8 things from 2022 you were grateful for. Light all 8 candles, one at a time, breathing and feeling into the memorable senses of what you are grateful for.

I am grateful for

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Write down 8 things that could have gone better, feelings, events, patterns that you want to dissolve, to move forward from. Blow out one candle at a time, saying "Thank you, I release, let go and surrender."

I am moving forward from

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____



Write down 8 things you want to call in (What must you have? What do you want to do? What is your wildish self asking for? What does your heart desire?). Then light each candle and breathe in and visualize with all your senses what it will feel, smell, sound, taste and look like.

I am calling in

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

When you are ready, light the final candle in the middle that represents abundance, fulfillment, courage, joy, love and any other feelings and words that will represent the rest of 2022.

Repeat after me:

“This rest of 2022 will be what I consciously choose it to be, with daily awareness, actions, compassion and forgiveness. I will love myself first deeply, and from my reserves I will love the world deeply. I will not say no to me, to say yes to anyone else. I will first tend to my soil/soul before I tend to the world's soil.”

With love, compassion and support, Brandy Osborne