

Create Your Breakthrough 3-DAY RITUAL

Read through all steps before you start so you have the time, vision and sacred object ready.

DAY ONE take the Create Space & Hold Space steps

DAY TWO & THREE take the Breakthrough steps

CREATE SPACE

- **BODY (action)** – Clean out a drawer or a room, give something away, take a bath with Epsom salts or burn sage to clear your space
- **MIND (choice)** – Let go of an outdated identity or view of yourself. This could be a role you have played, or a belief that its not possible for you to have what you want
- **HEART (emotion)** – Name the emotion that most commonly stops you in your tracks and its opposite. (If multiple focuses for your breakthrough each may have different emotions)
- **SPIRIT (purpose)** – Call on your spirit guides and/or helpful ancestors to prepare the pathway to create a new experience at the deepest level

HOLD SPACE

- **BODY (action)** – Stand with your bare feet on the earth or if indoors, put your hands on the tops of your feet while sitting. Optionally, invite a witness you trust to put hands on your feet to assist in grounding you. Take a deep breath, then...
- **MIND (choice)** – Name your intention, writing down or speaking it aloud
- **HEART (emotion)** – Close your eyes, and imagine a rainbow-colored balloon above your head, filled with the good energy emotion that is the opposite of your block. Pop it and watch it empty all of its good energy into you. Filling you up from your head to your toes
- **SPIRIT (purpose)** – Open your eyes. In your hands hold an item that symbolizes good energy for you... a rose, crystal, photo of a happy place, etc. Intend that this item hold space for your breakthrough and transformation

BREAKTHROUGH

- **BODY (action)** – For two days after you start the ritual, once a day, hold the object that you infused with your intentions in your hands. Acknowledge your power to transform your intentions into reality. Then move the energy forward by moving it to a new place: to a different room, to a higher place floor-table-bookshelf, from one end to the other of your dining room table, on to an atlas, \$100 bill or under your pillow
- **MIND (choice)** – Re-state your intention each day as you move the symbol infused with your intentions forward. Invite in synchronicity
- **HEART (emotion)** – Fill your aura with good energy (the Heart step in Hold Space)
- **SPIRIT (purpose)** – Ask your guides or Higher Power to gracefully show you the way to your breakthrough and transformation. Invite them to be creative:

"PLEASE SURPRISE ME! MAKE IT BETTER THAN I CAN IMAGINE."