



*Free...yet priceless,
Tools for change*

Finding Direction & Focus - A Meditation

Ever find yourself in those moments where there is too much to do and you're not sure where to begin? Or perhaps your head is spinning with potential and possibilities yet you're not certain where to invest your energy? The following is an amazing experience that brings you clarity for your optimal direction.

This is a powerful meditation my own Inner Divine She passed on to me during one of my own moments of "energy-overwhelm-with-unfocused-direction" (check out my blog post *The Inner Disney World & a Meditation on Possibilities* for the full story).

It has proven to be undeniably helpful in bringing clarity to which projects are the most fruitful at the moment bringing you back to a sense of focused intention and purpose.

- 1) Sit in a chair where you can place your feet on the ground, or stand.
- 2) Consciously give yourself permission to take 5 minutes.
- 3) Breathe deeply for 4 breaths in through the nose out through the mouth.
- 4) Feel your feet planted on the ground, noticing the solidness beneath you.
- 5) Breathe 3 times with the solidness flooding up through your legs and into your abdomen.
- 6) Feel that your foundation is set, your potential is presenting itself.
- 7) Breathe 3 times with the solidness flowing up your spine, bringing strength to your back.
- 8) Feel your mind calming, and that you are clearing.
- 9) Breathe 3 times through the back of your neck to your head, feel a light blue embracing your mind, filling your mind's eye.
- 10) Feel your mind opening to inner guidance, connecting into your Spirit Intuitive self. Don't think too hard, just feel open.
- 11) Breathe 3 times with your focus on your forehead.
- 12) Breathe 3 times with your focus on your crown (top of your head)
- 13) Breathe 3 times with your focus on your abdomen.
- 14) Ask what is my most prosperous and passionate project to work on right now?
- 15) Breathe 3 times with the question focusing on your abdomen.
- 16) Hold your arms out in front of you and notice what you feel or see within your mind's eye.

Receive.

Once you are finished make note of what came through (without judgment.)

Then begin to formulate a strategy from this insight, you will be amazed at suddenly how clear, focused and effective you become!



As part of our ongoing commitment to you and your journey of self discovery, and the unleashing of the goddess within we have created a series of free tools to help you on your way which we found to be highly effective.