



DAY 8

INSTRUCTIONS

MORNING PRACTICE : STANDING IN YOUR LIGHT

STEP ONE

Start your morning practice with your Soul Light Meditation.
Revel and enjoy the warm honey of your Soul pouring herself into the lost and forgotten places of your womanly body. Celebrate your soul, fortifying and reinvigorating your innocence, inner power and mindfulness.
Feel your whole consciousness pour into your earthly body.
At the end, repeat today's Mantra.

STEP TWO

Read the notes on the following pages and resource yourself with the two Universal Wisdoms of Sacred Union and Impermanence. Today you are to know you walk with one foot in either Truth, and the centre of your being is your unique expression of this.

Today you are to say yes to the flow of change required or asked by every person, idea, entity and thing that comes into your life and you are asked to say yes and open. Today you are to choose openness and delight as your platform of life.

MID-DAY MANTRA PRACTICE :

I bend into and embrace every union in my life.
I say yes to change. I say yes to change.
Today I am open to Life.

EVENING PRACTICE

Tonight, once again, pour your Soul Light into your body.
When complete, review your day and your work with Doubt and Fear, particularly where you close down to change and collaborate with life. Use the music track to imagine one side / body part holds your fear and doubt while the opposite holds your open willingness to change and be in partnership. Again, move yourself, this time physically as well as metaphorically, dance with your shadows.
Explore which 'reality' serves you best.

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SOUL TRUTH OF SACRED UNION AND OPENNESS TO CHANGE

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Today, throw yourself into the Universal Truth of Divine Partnership, how everything you create is a dance with another. You are asked to bless every soul, creative energy or inspiration that arrives on your stage and at the same you are to say Yes, to the change this dance brings.

Every moment you are asked to open. Every moment is filled with change. Every moment there is an idea, a person, an inspiration, a thought and a feeling that is bending around you in sacred union. Every moment in life is constantly changing.

Today you are to remember both Truths at all times. Open your soul to say yes to every partnership in front of you, even if it is a partnership with something or someone you would rather avoid. Open to your soul and trust the greater lesson of this union. Bend, twist, stretch and reach from your heart, your hips, your love and your freedom, and sway into a new acceptance of the impermanence of all things.

This is a dance of creation and surrender.
The rhythm of this dance is **limitless joy**.



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FEAR & DOUBT

anxious & scared holding on

Your shadow today will block your lyrical soul dancing. It will create crump moves where you are invited to pirouette and bend. It will make you break where you are asked to embrace and flow. It will make you mistrust and hold on when you are asked to let go.

Today you are to face your shadow of Doubt and use the Truths of Impermanence and Sacred Union, to dissolve these mistrusting voices in your life.

Doubt is the shadow of birth and procreation. It is the seed of suspicion. that stops you from creating the great works your soul came here to provide. It robs you of your divine expression. It robs others of receiving your gifts of wisdom, beauty and joy. Don't choose it.

Choose inner union with creation instead.

***You ask:
What's the way to end grief?
Always the same answer -
Break your engagement with lies.
- Kabir***

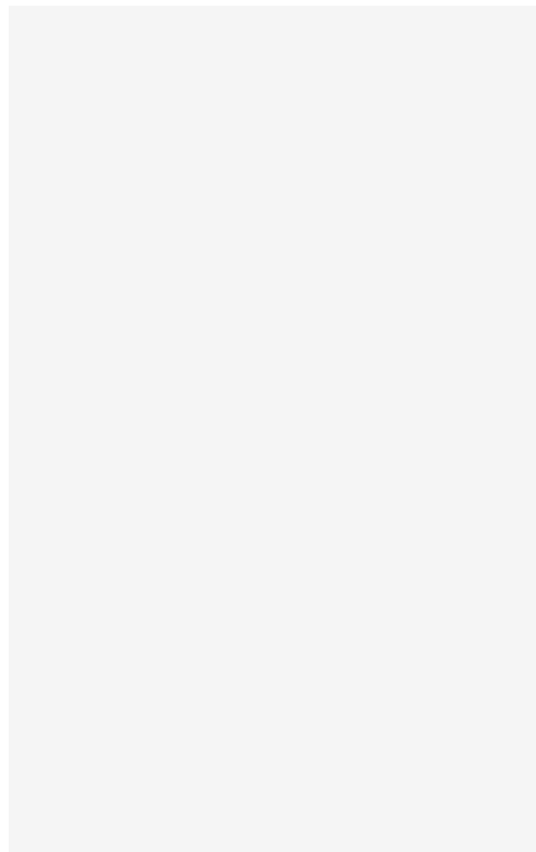
SHADOW FOUR

SURRENDERED OPENNESS TO CHANGE VS DOUBT

IN MY BODY DOUBT FEELS



MY SHADOW LOOKS LIKE



WHEN I AM IN DOUBT ...

My body feels:

The thoughts I think are:

The way I sabotage myself is:

The belief I make true is:

WHEN I CHOOSE TO SURRENDER TO OPENNESS AND CHANGE I FEEL ...

