

## Deepening Practices - Session 3

### “Joy & Creativity”

As we move around the Chakana, each portal builds on the next. Session 3 was a powerful weaving of energies.

As a reminder, you may want to review the video as there were energies shifting throughout the entire recording.

The last half hour will generally be a meditation to focus on this specific portal..

**1)** Pay attention, and notice what opened up and is surfacing for you this week around your Joy and Creativity.

Do you feel creative, think of yourself as a creative being?

You might journal or sit with the question...

In what ways am I creative?

**2)** The Teaching of the Moon, the Water, and the Emotions, is the weaving together of an energy that can help us to notice what is going on in our emotional body.

**3)** As we explore each portal, we go deeper.

The portal of the West is a powerful opportunity to explore the water, the power of the heart, and our emotional bodies.

**4)** Our emotional body is powerful and is rich with information!

Your heart is a wise counselor!

Of course, we love to feel good and to be happy.

This is the area that we might often avoid because of trauma that is deeply buried.

Be gentle with yourself, what is surfacing?

**5)** As a practice, you might go out under the moon, sit quietly, open up and tap into the crystalline frequencies of the beautiful moon, tune into your feminine qualities, be in stillness, think of the preciousness of water, try listening to your heart... What is being revealed?

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6) Our emotional bodies are being cleansed. We develop habits that help us feel safe. Some habits are beneficial and some keep us limited.

What is the story you tell about your experience ? Is this the story that you feel good about?

7) If you feel triggered by something, sit with it, bring your hand to your heart, maybe take out your journal and ask....

What old story is coming up in my experience that no longer serves me?

A suggestion ...go back and review the article on "Being Triggered" in the first session....

8) The I AM statements are powerful! Remember that the I AM is a Creation energy .

How do you express? And, are you mindful about how you talk to your body?

Remember that your body is all water.

We honor the body and then connect into the water within our bodies as we navigate around the wheel.

You might want to explore " **The Messages in the Water** " by Dr. Masaru Emoto...

9) Be gentle with yourself during this time because so much of what we are releasing was inherited or imprinted on us.

