

## Philosophy, Attitude, Activity, Results, Lifestyle

- ▽ *I try and pray these words most days – not all of them at once, but the ones relating to whichever phase of the Moon we are in.*
- ▽ *I reference many ideas and authors that inspire and guide me (references included in the second half of this document).*
- ▽ *These prayers are unapologetically nuanced to me and my journey, ie. I call in my Matron goddess and spirit animals, breath and lungs are important to me at the moment, etc.*
- ▽ *These prayers are subject to change without notice! I share them so that you can be inspired to nuance your prayers to your own needs and experiences, cos they're more powerful that way...*

### New Moon – Human Seed

I breathe. Breath is everything, the first and the last. In breathing I access the quantum field as well as the golden core of the earth, bringing them together in my heart. *Ad infinitum*. No limits.

I am the Source of my Supply. No one can breathe for me. I carry my lungs with me always wherever I go, and in this way, through my breath, the full support of the Universe is available to me in every moment.

I am a hollow bone, open at each end.

I am a bellows, creating alchemy in every moment. Lead into gold. No resistance.

I say Yes to **Oxygen**. I say Yes to the **Flow**.

Inhaling, I open to receive all the gifts the Universe wants to give me.

Exhaling, I offer my medicine to the world, fully supported.

I breathe and invite everyone into this expansive space – one person or ten thousand. Anyone who listens is welcome within my breath.

I am preparing myself for big work. I join a community of peers, singing up truth and love within the collective quantum field.

I am an apprentice in the School of the Widely Open Heart. In my widely open heart, I integrate all things.

I am fully supported by spiritual allies:

- **Snow Leopard** pads beside me, with the gifts of crystal-clear perspective, silence & solitude
- **Bat** wraps her warm wings around me, inviting me into the warmth of community
- **Adele**, the Incan priestess, sings up the delicious and ever-present life-force within me.
- the Goddess **Oshun** invites me to live a sweet, fertile, delightful love, as good and necessary as a fresh flowing river
- **Turkey** shows me what and how to give away, and how to remain forever grounded

– my Priestess lineage stands behind me, all the way back to my Egyptian forebear, and the Star People.

I am Guided, fueled by Joy, even when the opposite seems true.

This is a spiritual collaboration, far greater than just me. My ancestors gather around this altar with me, and I ripple love both forwards and backwards in time.

“Have patience, Candidate, as one who fears no failure, courts no success. Fix thy Soul’s gaze upon the star whose ray thou art, the flaming star that shines within the lightless depths of ever-being.”  
– Madame Blavatsky

I weave together both my light and my dark, my yin and my yang. I work to integrate my shadow, to welcome back home the parts of myself that have been repressed and shamed. I know I am a safer, more spacious, accepting person when I do this.

This is a lifework. I give great thanks for this being a gentle process of reclamation, and I give thanks for others playing their role in bringing my shadow to light.

I hold them and myself in warm magenta light. I feel Love flowing through my body. My heart is safe and held.

There are so many rooms in my castle, and I explore them with wonder and delight, that I might live the fullness and peace that is my birthright.

I am held by a fundamental trust and confidence that can never be dispelled.

I am as strong and as safe as I need to be for my perfect growth and unfolding.

▽

I am Grace Funk, She Who Walks Towards Joy.

Here in awareness, all is possible.

I choose Freedom, Growth, Connection and Joy.  
I feel safe, grounded, grateful, successful and free.

I reclaim myself this morning. I walk out into the world in a position of balance, ready to do what You ask of me this day.

*What are the habits, people, places and rituals that invite, bring out my essence, my fierce reality, my exceedingly me?*

## **Crescent Moon – Vibrant Philosophy**

Everything that goes on in my mind in the form of thoughts, ideas and information form my personal philosophy. My philosophy – the set of my sail – then influences my habits and behaviours, and therefore influences where I arrive.

I am bathed in a field of intelligent energy. This field responds to me – *it rearranges itself* – in the presence of my heart-based feelings and beliefs.

The great challenge in life, therefore, is to control the process of my own thinking, to choose beliefs that support my deepest-held desires.

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what Goddess’s will is – Her good, pleasing and perfect will.” – Romans 12:2

I objectively review the conclusions I have drawn about life. I give thanks for everything that happens to me, for all that I receive and learn.

I learn from personal experiences.

I learn from outside voices.

I learn from other people’s experience with failure.

I learn from other people’s success, studying their habits, language, manner of dress and disciplines.

“Whatever inspires you is an aspect of yourself. Be precise about what you admire in someone and find that part in yourself. If you have the aspiration to be something, it’s because you have the potential to manifest what you are seeing.” – Debbie Ford

I spend time with people I admire and respect.

I am an alert observer. I am awake to what is happening. I See Opportunity.

I am an attentive listener. I develop the skill of selective listening, choosing what I wish to store within.

I read books that expand my positive philosophy, in order to reset my sail.

I keep a personal journal, documenting my past accurately, giving thanks, and thinking objectively about my actions and philosophy, as a guide for making good decisions today that will lead to a better tomorrow.

If I can alter the way I perceive, judge and decide upon the main issues of life, then I can dramatically change my life.

The point of my continuing education is not to learn things I don’t already know, but to learn how to behave as I do not yet behave.

I challenge myself right now with a new level of thinking, and lead myself towards a new level of achievement.

This new level of achievement, this excellence, requires me to have the courage to give up how I have lived my life up to this point and go after something that is totally unknown.

To do this, I impose upon myself a new discipline, and develop a new attitude about life that motivates *me* and inspires *others*.

And to encourage me, I recall my birthing wisdom:

An independent mindset and choices leads me to ecstasy and trust!

I *design* my future. I have well-defined goals: short-term goals as landmarks, long-range goals as milestones. I hold always in my mind's eye that my family, my marriage, freedom, creation and growth are my highest priorities.

Whatever my mind has the capacity to *imagine*, it also has the capacity to *create*.

I create with feelings  
and I create my feelings.

“When the soul wants to experience something, she throws out an image in front of her and steps into it.” – Meister Eckhart

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### **First Quarter Moon – Joyful Priestess**

I am a Priestess of the Sacred Heart, serving always in the Temple of She.

I live the secret rituals daily that bring about a sacred alchemy within, and therefore without. I welcome all my feelings.

I kneel at the altar every day. My first and foremost stance. I pray daily. I drum daily. As women have done for centuries.

At the New Moon, I write and pray more of these prayers. I sing myself up. I am Sung Up.

At the First Quarter Moon, I follow my passion and fuel my growth.

At the Full Moon, I give thanks.

At the Third Quarter Moon, I reap the harvest and finish my tasks.

At the Balsamic Moon, I let go of that which no longer serves.

At the Dark Moon, I rest.

A posture of service and an attitude of humility are garments I put on every day.

I live my prayers and pray my life.

I remember my Quest wisdom:

I have been given so much.

To whom much is given, much is required.

I am clear in my vision.

There is nothing holding me back.

“Don’t ask yourself what the world needs. Ask what makes you come alive. Because what the world needs are people who have come alive.” – Harold Whitman

Filling my tank and keeping my attitude positive makes my service to others sustainable. My confidence is stable. I have the unique goodness of me – the unique aliveness of me – to ripple out to the work – utterly no one else can do it. I defend against the thoughts that would take me from my Priestess path.

I communicate my love and support, and I receive love and support.

I give thanks for one more day to live in service to Love and Peace.

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I pray for others...

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I reclaim myself this morning. I walk out into the world in a position of balance, ready to do what You ask of me this day.

*How much more brave and courageous can I be through my self-expression?*

## Waxing Gibbous Moon – Stable Attitude

What I *know* determines my philosophy.

How I *feel* about what I know determines my attitude.

With the right attitude I can move mountains.

No one can control my attitude unless I voluntarily surrender that control. They merely put my attitude to the test.

I take full responsibility for my feelings. My attitude is an asset, a treasure of great value which must be protected accordingly. I strengthen those feelings that lead me confidently into a better future.

The past is a school.

The present is this moment as I inaugurate my new life.

The future is a mirror of my current philosophy and attitude about life.

“Practice *giving* rather than *asking* for more; practice *being non-judgmental* and *offering help* where you previously offered criticism. Want what you want for yourself even more for someone else, and observe how much better you are at eliminating those old ‘me first’ thoughts that have demanded your attention in the past.” – Wayne Dyer

I cultivate the ability to at any moment sacrifice what I am for what I could become.

I am *pulled* by the future and *guided* by the past because I have chosen to take intelligent action in the present.

I seize the opportunity that is inherent in every risk, knowing that I must sometimes run the risk of going *too far* in order to discover how far I really *can* go.

Personal value is the magnet that attracts all good things into my life. Life gets better when I get better.

I increase my personal value through:

self-control

being disciplined

patience

planning

intensity of effort

polishing my skills

spending time with creative, inspirational people

telling the truth

improving my ability to communicate

investing wisely a good portion of my results

developing a well-balanced attitude

making good use of my time

consistent activity  
checking my results  
adjusting my efforts  
gathering knowledge  
frequent reading  
journalling  
and developing a sensible stable personal philosophy.

“We are creators. Nothing comes to us. Everything comes through us. Everything in this world that happens to us comes from here, not out here. And everything that you have in your life is exactly what you’ve designed.” – J. Earl Shoaff

As a creator, I do ordinary things extraordinarily well – this is ‘lifestyle.’

I am already that which I desire to be. My only job is to see past my own limitations so that I can return to what I already am.

To create an extraordinary life, I am present in each moment and give 100 percent of myself. And in this way, I have access to resources that have previously been unavailable.

Therefore, I undertake intelligent, planned, intense and consistent activity in order to create new energy and keep me moving toward the exciting future that my thoughts and desires have already designed for me.

Good things are going to happen. I have planted my seeds properly, and they are working themselves to me.

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### **Full Moon – Generous Wife**

I choose to be gently and lovingly married to G–, father of my three children and fellow Soul Traveller these last fifteen years.

I understand that this marriage is fundamentally a daily, embodied spiritual teaching, a path towards **Freedom, Growth, Connection** and **Joy**.

I choose Love. I choose Peace. I plant seeds that are loving and joyful.

I choose to leave rather than fight. And I choose to Return, always.

I master the art of down-regulating.

I treat myself with love and respect. I treat G– with love and respect.

I build the stamina required to open to greater trust and intimacy with G–, by taking small steps often, in the same way that a few pushups a day, regularly undertaken, will, without a doubt, change me.

I release any imprint from witnessing my parents' marriage.

I release any ancestral imprint.

I am free to create something entirely new in my marriage and in my life.

I understand that this relationship is a constant invitation to witness my Shadow, with all its Gifts, in the mirror of G–. I call forth the strength to perceive myself accurately and gently, and I welcome home all the parts of myself.

I understand that G– calls up my best self. He sees – and *longs for* – the Me I could be.

I give myself 100 percent permission to be my best self in this relationship and to choose my own good ground above all else, as a loving act to both of us and our children.

I commit to being a safe place for myself.

I forgive G–. I forgive myself.

We are repatterning ourselves and our relationship.

We are gentle with each other. We choose hope. We choose to dream.

We stay connected. We choose love. We find joy. We are safe to each other.

We expect wonderful things.

▽

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You ask of me this day.

### Disseminating Moon – Purposeful Activity

I create my circumstances by my past choices. I have both the ability and the response-ability to make better, beginning today.

“Activity must be disciplined. There is a tendency for the negative side of life to infiltrate our plans, our dreams and our activities in an effort to seize control. There is a tendency for optimism to surrender to doubt. There is a tendency for a simple plan to become a *complex* plan. There is a tendency for courage to give way to fear and for confidence to be overwhelmed by worry. Only through the **consistent application of discipline** can we prevent the negative tendencies of life from destroying our plans.” – Jim Rohn

“Let’s face it, people and events are going to continue to both hurt and disappoint you... Seldom is it their intent to purposely hurt you, but rather, a variety of situations mostly beyond your control will cause them to act, speak, or think in ways which can have an adverse effect upon you, your present feelings and emotions, and the way your life unfolds... The only way to avoid being touched by life – the good as well as the bad – is to withdraw from society, and even then you will disappoint yourself, and your imaginings about what is going on out there will haunt you and hurt you.

“Knowing this, there is but one solution that will support you when people and events hurt you – and that is to learn to work harder on your personal growth than anything else. Since you cannot control the weather, or the traffic, or the one you love, or your neighbours, or your boss, then you must learn to control *you*... the one whose response to the difficulties of life really counts.

“Do not doubt yourself, for where doubt resides, confidence cannot.

Do not neglect yourself, for with neglect comes loss.

Do not imagine yourself to be less than you are, nor more than you are, but seek always to become all of which you are capable.

Do not allow yourself to become arrogant or discourteous, for both are characteristics adopted by those who seek to cover their weakness.

Do not spend time regretting the past, but invest that time wisely by preparing a better future.

“You are the **fertile seed** of the creator of all things, **destined not to lie dormant, but to spring forth** from the soil called life, and grow upward toward the unlimited horizons – overcoming all obstacles in the process. It is your destiny to tap your talents and to achieve all that of which you believe yourself to be worthy... to love more, anticipate more, overcome more, plan more, attract more, and to enjoy more than you ever dreamed possible. Such is the standard of life awaiting your mental decision and outstretched hand. **You are deserving – you are becoming – and you shall succeed.**”

– Jim Rohn, *The Seasons of Life*.

I smile at adversity, and act to eliminate it.  
I expect adversity, for it shall surely appear.  
I am grateful for adversity, for it forces my spirit to grow.

I live with discipline, in order to:  
strengthen my courage,  
keep myself simple and clear  
and renew my confidence and optimism.

I attract what I am.

If I believe I am weak, I must seek out my strength.  
If I believe I am too sensitive, I must seek out my equilibrium.  
If I believe I am selfish, I must seek out my generosity and love.

Everything I give I receive back, multiplied.

I reserve my greatest respect for myself, for it is *this* image – what I perceive myself to be – that determines the quality of my life.

When all is said and done, I give thanks.  
I give thanks for everything that is happening to me, and for all that I am learning.  
I give thanks for gratitude filling my heart.

▽

I am Grace Funk, She Who Walks Towards Joy.

Here in awareness, all is possible.

I choose Freedom, Growth, Connection and Joy.  
I feel safe, grounded, grateful, successful and free.

I reclaim myself this morning. I walk out into the world in a position of balance, ready to do what You ask of me this day.

*What if I put into action all that I currently am, wherever I currently am, with whatever I currently have?*

### **Third Quarter Moon – Transformative Teacher**

The vision of the MB4SJ2I remains clear and solid for me. I know and trust its shape, its becoming. I know what I need to do. I have all the spiritual, emotional and practical support I need to create this nest.

I receive the women as 100 percent themselves, offering love, kindness and sisterhood. I offer these gifts to myself first and foremost, knowing that my inner world creates my outer world.

I live my deep gratitude for these women singing up the me I really want to be, in this life.

“One of the greatest attributes of leadership is effective communication, and learning what to say comes only when we have learned how to listen.” – Jim Rohn

Together we create a powerful circle of love, joy, support and sisterhood. We drink deeply of this cup, we draw deeply from this bottomless well, and we ripple this goodness far and wide, throughout our families, communities, Manitoba and beyond.

We are the strong seeds, saying the first ‘yeses’ to this particular Work and Way, in this particular place and time. We know ourselves as forerunners, foremothers, living a strong and vibrant strain of the wild, healed feminine for all who follow.

We find evidence of Life as Sacred. We embody this Feminine Wisdom, this Pneuma. **We breathe Her in and we exhale Her nourishment into our lives and world.** The Sacred Feminine continues her Return within all beings.

I am prepared. I am simple. I trust this process. I trust my process and that of each sister.

I am Woman of Warmest Welcomes.

I always remember that it is joy that sustains all I do. I always seek out and amplify Joy.

Wonderful things are going to happen!

▽

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### **Balsamic Moon – Effective Release**

“There is nothing more important for each of us to do on a daily, weekly, monthly or yearly basis than to bring closure to the events of our past and completion to all of our outstanding tasks... Closure is synonymous with freedom.” – Debbie Ford

If I am not happy with what I have become, then I must change what I am. For things to change, I must change...

If I am not happy with my current circumstances, I can begin to change them simply by changing how I think and feel.

If I want to change the way I feel about someone, I have to change how I treat them.

I thank self-righteousness for pointing me in the direction of my fear. I welcome home my fearful self, and call in clarity to see my situation anew.

I release my desire to blame, because to do so is to diminish the power I have to make the changes for which I hunger.

All of my so-called faults, all the things I don't like about myself, are my greatest assets.

If I deny my ugliness, I lessen my beauty.

If I deny my fear, I minimise my courage.

If I deny my greed, I reduce my generosity.

Every aspect of myself has a gift. Every emotion and every trait I possess helps show me the way to enlightenment, to oneness.

“Shadow work is the path of the heart warrior. It takes us to a new place in our consciousness where we have to open our hearts to all of ourselves, and all of humanity.” – Debbie Ford

I surrender my outdated beliefs.

I surrender my self-imposed limitations.

I surrender my excuses.

I forgive myself, and others, for being human, for being imperfect. The world is a mirror of my internal self, and when I accept and forgive myself, I spontaneously accept and forgive others.

I find and embrace everything that I love, and everything that I hate, in other people. Reclaiming these disowned aspects of myself, I open the door to the universe within.

When I embrace a quality within myself, other people with the same quality can no longer plug into me. Then they become free to experience me, and I become free to experience them – what a delight!

“We long to see the **seeds of our divinity bloom** but we have forgotten that every seed needs fertile ground in which to grow. That dark, earthy, essential place within us is our shadow. It is a field

that needs acceptance, love and cultivation before the flowers of ourselves can bloom.” – Debbie Ford

“The universe is usually telling us the same story, that our lives are rich and fluid and infinitely mysterious; that we only thought we were stuck, that nothing stays the same for long.” – Anne Lamott

The harvest will surely come, but it will come in its own due season.

“There can be no resolution, only patient endurance of the opposites which ultimately spring from your own nature. You yourself are a conflict that rages in itself and against itself, in order to melt its incompatible substances, the male and the female, in the fire of suffering, and thus create that fixed and unalterable form which is the goal of life. Everyone goes through this mill, consciously or unconsciously, voluntarily or forcibly. We are crucified between the opposites and delivered up to the torture until the reconciling third takes place. Do not doubt the rightness of the two sides within you, and let whatever may happen, happen. The apparently unendurable conflict is proof of the rightness of your life. A life without contradiction is either only half a life or else a life in the Beyond, which is destined only for angels. But God loves human beings more than the angels.”  
– Jung

“Today may not be a day for answers, but let your heart break open to the vastness of the question.”  
– Matt Licata

“Happiness – that unique emotion that we mistakenly believe comes to us only when we have become successful – must *precede* the achievement of success. Happiness is as much a cause of success as it is a result of success, and we can begin to experience happiness whenever we wish, regardless of our current circumstances.” – Jim Rohn

▽

I am Grace Funk, She Who Walks Towards Joy.

Here in awareness, all is possible.

I choose Freedom, Growth, Connection and Joy.

I feel safe, grounded, grateful, successful and free.

I reclaim myself this morning. I walk out into the world in a position of balance, ready to do what You ask of me this day.

*How might my life be better with less?*

## **Dark Moon – Gentle Witness**

I gift myself with rest and closure. I give myself space to Be. To Do Nothing. I learn how to do this. I am nourished by this ancient human medicine. I invest in rest.

I breathe. Breath is everything.

I am a hollow bone, open at each end.

I am a bellows, creating alchemy in each moment.

“There are motions of the heart that occur only in quiet rooms, in the splendour of solitude where nothing and everything exists at the same time. Being and becoming have their confluence in these moments of touching your essence. You feel yourself a part of the great wheel of creative, nurturing, loving, benevolent energy that is spinning around us all the time. This is what it means to be spiritual – to feel your spirit moving. Take to quiet places, then. Immerse yourself in them. Feel your energy merge with that timeless, eternal energy and be made more.” – Richard Wagamese

I know myself as Imaginal Cells in the cocoon. I trust my process and I trust the perfect timing of my Emergence(y).

I remember my birthing wisdom:

I surrender, allowing what is arising, trusting, and relaxing into the process.

I let go of expectations and timelines, I be with what is and have fun with that!

I flow, trusting in the grace of life birthing itself through me in perfect time.

I embrace my shadow, in order to heal it. Once it is healed, it becomes love.

When I make peace with myself, I spontaneously make peace with myself.

I walk knowing that I am Held. I live in the Nest of Love.

I am showered with wonderful things, wonderful people, and wonderful experiences, every day.

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# Philosophy, Attitude, Activity, Results, Lifestyle

## New Moon – Breathing Woman Bridging Heaven & Earth

I breathe. Breath is everything. In breathing I access the quantum field through my pituitary gland as well as the golden core of the earth through my yoni, bringing them together in my heart. Ad infinitum. No limits.

I am the Source of my Supply. No one can breathe for me. I carry my lungs with me always wherever I go, and in this way, through my breath, the full support of the Universe is available to me in every moment.

I am a hollow bone, open at each end.

I am a bellows, creating alchemy in each moment. Lead into gold. No resistance.

I say Yes to **Oxygen**. I say Yes to the **Flow**. I am connected to the Universe through my breath and I will never be disconnected again.

Inhaling, I open to receive all the gifts the Universe wants to give me

Exhaling, I take these gifts into my body to inform, inspire and support my work

I breathe and invite everyone into this expansive space – one person or ten thousand. Anyone who listens is welcome within my breath.

I am preparing myself for big work. I will join a community of peers, singing up truth and love within the collective quantum field.

I am an apprentice in the School of the Widely Open Heart. In my widely open heart, I integrate all things.

I am fully supported by spiritual allies:

- **Snow Leopard** pads beside me, with the gifts of crystal-clear perspective, silence & solitude.
- **Bat** wraps her warm wings around me, chittering in the warmth of her brothers and sisters in the cave
- **Adele**, the Incan priestess, sings up the delicious and ever-present life force within me.
- the Goddess **Oshun** invites me to live a sweet, fertile, delightful love, as good and necessary as a fresh flowing river
- **Turkey** shows me what and how to give away, and how to remain forever grounded
- my Priestess lineage stands behind me, all the way back to my Egyptian forebear, and the Star People.

I am Guided, fueled by Joy, even when the opposite seems true.

This is a spiritual collaboration, far greater than just me. My ancestors gather around this altar with me, and I ripple love both forwards and backwards in time.

“Have patience, Candidate, as one who fears no failure, courts no success. Fix thy Soul’s gaze upon the star whose ray thou art, the flaming star that shines within the lightless depths of every-being.” – Madame Blavatsky (*Madame Blavatsky in Wayne Dyer, Excuses Begone! p. 76*)

I weave together both my light and my dark, my yin and my yang. I work to integrate my shadow, to welcome back home the parts of myself that have been repressed and shamed. I know I am a safer, more spacious, accepting person when I do this.

This is a lifework. I give great thanks for this being a gentle process of reclamation, and I give thanks for others playing their role in bringing my shadow to light.

I hold them and myself in warm magenta light. I feel Love flowing through my body. My heart is safe and held.

There are so many rooms in my castle, and I explore them with wonder and delight, that I might live the fullness and peace that is my birthright.

I am held by a fundamental trust and confidence that can never be dispelled.

I am as strong and as safe as I need to be for my perfect growth and unfolding.

▽

I am Grace Funk, She Who Walks Towards Joy.

Here in awareness, all is possible. (*Wayne Dyer, Excuses Begone! p. 26.*)

I choose Freedom, Growth, Connection and Joy.

I feel safe, grounded, generous, successful and free.

I reclaim myself this morning. I walk out into the world in a position of balance, ready to do what You ask of me this day. (*Richard Wagamese, Embers; One Ojibwey’s Meditations, p. 12*)

*What are the habits, people, places and rituals that invite, bring out my essence, my fierce reality, my exceedingly me? (Bonnie’s question)*

## **Crescent Moon – Vibrant Philosophy**

Everything that goes on in my mind in the form of thoughts, ideas and information form my personal philosophy. My philosophy – the set of my sail – then influences my habits and behaviours, and therefore influences where I arrive. (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 1 + 4*)

I am bathed in a field of intelligent energy that fills what used to be thought of as empty space. This field responds to me – *it rearranges itself* – in the presence of my heart-based feelings and beliefs. (*Gregg Braden, The Spontaneous Healing of Belief, in Wayne Dyer, Excuses Begone! p. 26.*)

The great challenge in life, therefore, is to control the process of my own thinking, to choose beliefs that support my deepest-held desires. (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 4*)

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is – Her good, pleasing and perfect will.” – Romans 12:2

I objectively review the conclusions I have drawn about life. I give thanks for everything that happens to me, for all that I receive and learn. (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 6*)

I learn from personal experiences. (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 8*)

I learn from outside voices. (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 9*)

I learn from other people’s experience with failure. (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 10*)

I learn from other people’s success, studying their habits, language, manner of dress and disciplines. (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 11*)

“Whatever inspires you is an aspect of yourself. Be precise about what you admire in someone and find that part in yourself. If you have the aspiration to be something, it’s because you have the potential to manifest what you are seeing.” (*Debbie Ford, The Dark Side of the Light Chasers, p. 51*)

I spend time with people I admire and respect. (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 12*)

I am an alert observer. I am awake to what is happening. I See Opportunity. (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 13*)

I am an attentive listener. I develop the skill of selective listening, choosing what I wish to store within. (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 13*)

I read books that expand my positive philosophy, in order to reset my sail. (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 15*)

I keep a personal journal, documenting my past accurately, giving thanks, and thinking objectively about my actions and philosophy, as a guide for making good decisions today that will lead to a better tomorrow. (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 17*)

If I can alter the way I perceive, judge and decide upon the main issues of life, then I can dramatically change my life. (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 5*)

The point of my continuing education is not to learn things I don't already know, but to learn how to behave as I do not yet behave. (*Jim Rohn, The Seasons of Life.*)

I challenge myself right now with a new level of thinking, and lead myself towards a new level of achievement. (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 107*)

This new level of achievement, this excellence, requires me to have the courage to give up how I have lived my life up to this point and go after something that is totally unknown. (*Debbie Ford, The Best Year of Your Life, p. 184*)

To do this, I impose upon myself a new discipline, and develop a new attitude about life that motivates *me* and inspires *others*. (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 107*)

And to encourage me, I recall my birthing wisdom:  
An independent mindset and choices leads me to ecstasy and trust!

I *design* my future. I have well-defined goals: short-term goals as landmarks, long-range goals as milestones. I hold always in my mind's eye that my family, my marriage, freedom and growth are my highest priorities.

Whatever my mind has the capacity to *imagine*, it also has the capacity to *create*. (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 27*)

I create with feelings  
and I create my feelings. (*365 Excuse Me*)

“When the soul wants to experience something, she throws out an image in front of her and steps into it.” – Meister Eckhart

▽

I am Grace Funk, She Who Walks Towards Joy.

Here in awareness, all is possible. (*Wayne Dyer, Excuses Begone! p. 26.*)

I choose Freedom, Growth, Connection and Joy.  
I feel safe, grounded, generous, successful and free.

I reclaim myself this morning. I walk out into the world in a position of balance, ready to do what You ask of me this day. (*Richard Wagamese, Embers; One Ojibwey's Meditations, p. 12*)

### **First Quarter Moon – Priestess of Breath and Heart**

I am a Priestess of the Sacred Heart, serving always in the Temple of She.

I live the secret rituals daily that bring about a sacred alchemy within, and therefore without. I welcome all my feelings.

I kneel at the altar every day. My first and foremost stance. I pray daily. I drum daily. As women have done for centuries.

At the New Moon, I write and pray more of these prayers. I sing myself up. I am Sung Up.

At the First Quarter Moon, I follow my passion and fuel my growth.

At the Full Moon, I give thanks.

At the Third Quarter Moon, I reap the harvest and finish my tasks.

At the Balsamic Moon, I let go of that which no longer serves.

At the Dark Moon, I rest.

A posture of service and an attitude of humility are garments I put on every day.

I live my prayers and pray my life.

I remember my Quest wisdom:

I have been given so much.

To whom much is given, much is required.

I am clear in my vision.

There is nothing holding me back.

“Don’t ask yourself what the world needs. Ask what makes you come alive. Because what the world needs are people who have come alive.” – Harold Whitman (*Harold Witman in Debbie Ford, The Best Year of Your Life, p. 128*)

Filling my tank and keeping my attitude positive makes my service to others sustainable. My confidence is stable. I have the unique goodness of me – the unique aliveness of me – to ripple out to the work – utterly no one else can do it. I defend against the thoughts that would take me from my Priestess path. (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 44*)

I communicate my love and support, and I receive love and support.

I give thanks for one more day to live in service to Love and Peace.

I expect wonderful things. (*J. Earl Shoaff, How to Become a Millionaire, p. 22*)

▽

I pray for others...

▽

I am Grace Funk, She Who Walks Towards Joy.

Here in awareness, all is possible. (*Wayne Dyer, Excuses Begone! p. 26.*)

I choose Freedom, Growth, Connection and Joy.

I feel safe, grounded, generous, successful and free.

I reclaim myself this morning. I walk out into the world in a position of balance, ready to do what You ask of me this day. (*Richard Wagamese, Embers; One Ojibwey's Meditations, p. 12*)

*How much more brave and courageous can I be through my self-expression?*

## Waxing Gibbous Moon – Stable Attitude

What I *know* determines my philosophy.

How I *feel* about what I know determines my attitude. (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 23*)

With the right attitude I can move mountains. (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 24*)

No one can control my attitude unless I voluntarily surrender that control. They merely put my attitude to the test. (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 44*)

I take full responsibility for my feelings. My attitude is an asset, a treasure of great value which must be protected accordingly. I strengthen those feelings that lead me confidently into a better future. (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 44*)

The past is a school. (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 24*)

The present is this moment as I inaugurate my new life. (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 26*)

The future is a mirror of my current philosophy and attitude about life. (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 28*)

“Practice *giving* rather than *asking* for more; practice *being non-judgmental* and *offering help* where you previously offered criticism. Want what you want for yourself even more for someone else, and observe how much better you are at eliminating those old ‘me first’ thoughts that have demanded your attention in the past.” – Wayne Dyer (*Wayne Dyer, Excuses Begone! p. 26.*)

I cultivate the ability to at any moment sacrifice what I am for what I could become. (*Debbie Ford, The Best Year of Your Life, p. 31*)

I am *pulled* by the future and *guided* by the past because I have chosen to take intelligent action in the present. (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 29*)

I seize the opportunity that is inherent in every risk, knowing that I must sometimes run the risk of going *too far* in order to discover how far I really *can go*. (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 107.*)

Personal value is the magnet that attracts all good things into my life. Life gets better when I get better. (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 71*)

I increase my personal value through:

self-control

being disciplined

patience

planning

intensity of effort

polishing my skills

spending time with creative, inspirational people

telling the truth  
improving my ability to communicate  
investing wisely a good portion of my results  
developing a well-balanced attitude  
making good use of my time  
consistent activity  
checking my results (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 76*)  
adjusting my efforts  
gathering knowledge  
frequent reading  
journaling  
and developing a sensible stable personal philosophy. (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 71*)

“We are creators. Nothing comes to us. Everything comes through us. Everything in this world that happens to us comes from her, not our here. And everything that you have in your life is exactly what you’ve designed.” (*J. Earl Shoaff, How to Become a Millionaire, p. 9*)

As a creator, I do ordinary things extraordinarily well – this is ‘lifestyle.’ (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 88*)

I am already that which I desire to be. My only job is to see past my own limitations so that I can return to what I already am. (*Debbie Ford, The Best Year of Your Life, p. 32*)

To create an extraordinary life, I have to be present in each moment and give 100 percent of myself. And in this way, I have access to resources that have previously been unavailable. (*Debbie Ford, The Best Year of Your Life, p. 185*)

Therefore, I undertake intelligent, planned, intense and consistent activity in order to create new energy and keep me moving toward the exciting future that my thoughts and desires have already designed for me. (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 64*)

Good things are going to happen. I have planted my seeds properly, and they are working themselves to me. (*J. Earl Shoaff, How to Become a Millionaire, p. 14*)

▽

I am Grace Funk, She Who Walks Towards Joy.

Here in awareness, all is possible. (*Wayne Dyer, Excuses Begone! p. 26.*)

I choose Freedom, Growth, Connection and Joy.  
I feel safe, grounded, generous, successful and free.

I reclaim myself this morning. I walk out into the world in a position of balance, ready to do what You ask of me this day. (*Richard Wagamese, Embers; One Ojibwey’s Meditations, p. 12*)

### **Full Moon – Generous Wife**

I choose to be gently and lovingly married to G– Funk, father of my three children and fellow Soul Traveller these last fifteen years.

I understand that this marriage is fundamentally a daily, embodied spiritual teaching, a path towards **Freedom, Growth, Connection** and **Joy**.

I choose Love. I choose Peace. I plant seeds that are loving and joyful.

I choose to leave rather than fight. And I choose to Return, always.

I master the art of down-regulating.

I treat myself with love and respect. I treat G– with love and respect.

I build the stamina required to open to greater trust and intimacy with G–, by taking small steps often, in the same way that a few pushups a day, regularly undertaken, will, without a doubt, change me.

I release any imprint from witnessing my parents' marriage.

I release any ancestral imprint.

I am free to create something entirely new in my marriage and in my life.

I understand that this relationship is a constant invitation to witness my Shadow, with all its Gifts, in the mirror of G–. I call the strength to perceive myself accurately and gently, and I welcome home all the parts of myself.

I understand that G– calls up my best self, albeit often with criticism. He sees – and *longs for* - the Me I could be.

I give myself 100% permission to be my best self in this relationship and to choose my own good ground above all else, as a loving act to both of us and our children.

I commit to being a safe place for myself.

I forgive G–. I forgive myself.

We are repatterning ourselves and our relationship.

We are gentle with each other. We choose hope. We choose to dream.

We stay connected. We choose love. We find joy. We are safe to each other.

We expect wonderful things. (*J. Earl Shoaff, How to Become a Millionaire, p. 22*)

▽

I am Grace Funk, She Who Walks Towards Joy.

Here in awareness, all is possible. (*Wayne Dyer, Excuses Begone! p. 26.*)

I choose Freedom, Growth, Connection and Joy.

I feel safe, grounded, generous, successful and free.

I reclaim myself this morning. I walk out into the world in a position of balance, ready to do what  
You ask of me this day. (*Richard Wagamese, Embers; One Ojibwey's Meditations, p. 12*)

## Disseminating Moon – Purposeful Activity

I create my circumstances by my past choices. I have both the ability and the response-ability to make better, beginning today. (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 57*)

“Activity must be disciplined. There is a tendency for the negative side of life to infiltrate our plans, our dreams and our activities in an effort to seize control. There is a tendency for optimism to surrender to doubt. There is a tendency for a simple plan to become a *complex* plan. There is a tendency for courage to give way to fear and for confidence to be overwhelmed by worry. Only through the **consistent application of discipline** can we prevent the negative tendencies of life from destroying our plans.” – Jim Rohn (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 60*)

I smile at adversity, and act to eliminate it.

I expect adversity, for it shall surely appear.

I am grateful for adversity, for it forces my spirit to grow. (*Jim Rohn, The Seasons of Life.*)

Let’s face it, people and events are going to continue to both hurt and disappoint you... Seldom is it their intent to purposely hurt you, but rather, a variety of situations mostly beyond your control will cause them to act, speak, or think in ways which can have an adverse effect upon you, your present feelings and emotions, and the way you life unfolds... The only way to avoid being touched by life – the good as well as the bad – is to withdraw from society, and even then you will disappoint yourself, and your imaginings about what is going on out there will haunt you and hurt you.

“Knowing this, there is but one solution that will support you when people and events hurt you – and that is to learn to work harder on your personal growth than anything else. Since you cannot control the weather, or the traffic, or the one you love, or your neighbours, or your boss, then you must learn to control *you*... the one whose response to the difficulties of life really counts.

“Do not doubt yourself, for where doubt resides, confidence cannot.

Do not neglect yourself, for with neglect comes loss.

Do not imagine yourself to be less than you are, nor more than you are, but seek always to become all of which you are capable.

Do not allow yourself to become arrogant or discourteous, for both are characteristics adopted by those who seek to cover their weakness.

Do not spend time regretting the past, but invest that time wisely by preparing a better future.

“You are the **fertile seed** of the creator of all things, **destined not to lie dormant, but to spring forth** from the soil called life, and grow upward toward the unlimited horizons – overcoming all obstacles in the process. It is your destiny to tap your talents and to achieve all that of which you believe yourself to be worthy... to love more, anticipate more, overcome more, plan more, attract more, and to enjoy more than you ever dreamed possible. Such is the standard of life awaiting your metnal decision and outstretched hand. **You are deserving – you are becoming – and you shall succeed.**”

(*Jim Rohn, The Seasons of Life.*)

I live with discipline, in order to:  
strengthen my courage,  
keep myself simple and clear  
and renew my confidence and optimism.

I attract what I am. (*J. Earl Shoaff, How to Become a Millionaire, p. 10*)

If I believe I am weak, I must seek out my strength.

If I believe I am too sensitive, I must seek out my equilibrium.

If I believe I am selfish, I must seek out my generosity and love. (*Debbie Ford, The Dark Side of the Light Chasers, p. 16*)

Everything I give I receive back, multiplied. (*J. Earl Shoaff, How to Become a Millionaire, p. 16*)

I reserve my greatest respect for myself, for it is *this* image – what I perceive myself to be – that determines the quality of my life. (*Jim Rohn, The Seasons of Life.*)

When all is said and done, I give thanks.

I give thanks for everything that happens to me, for all I am learning.

I give thanks, knowing that the more I give thanks, the more I receive. (*Awilda Verdejo*)

▽

I am Grace Funk, She Who Walks Towards Joy.

Here in awareness, all is possible. (*Wayne Dyer, Excuses Begone! p. 26.*)

I choose Freedom, Growth, Connection and Joy.

I feel safe, grounded, generous, successful and free.

I reclaim myself this morning. I walk out into the world in a position of balance, ready to do what You ask of me this day. (*Richard Wagamese, Embers; One Ojibwey's Meditations, p. 12*)

*What if I put into action all that I currently am, wherever I currently am, with whatever I currently have?*

### **Third Quarter Moon – Transformative Teacher**

The vision of the MB4SJ2I remains clear and solid for me. I know and trust its shape, its becoming. I know what I need to do. I have all the spiritual, emotional and practical support I need to create this nest.

I receive the women as 100 percent themselves, offering love, kindness and sisterhood. I offer these gifts to myself first and foremost, knowing that my inner world creates my outer world.

I live my deep gratitude for these women singing up the me I really want to be, in this life.

“One of the greatest attributes of leadership is effective communication, and learning what to say comes only when we have learned how to listen.” – Jim Rohn (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 14*)

Together we create a powerful circle of love, joy, support and sisterhood. We drink deeply of this cup, we draw deeply from this bottomless well, and we ripple this goodness far and wide, throughout our families, communities, Manitoba and beyond.

We are the strong seeds, saying the first ‘yeses’ to this particular Work and Way, in this particular place and time. We know ourselves as forerunners, foremothers, living a strong and vibrant strain of the wild, healed feminine for all who follow.

We find evidence of Life as Sacred. We embody this Feminine Wisdom, this Pneuma. We breathe Her in and we exhale Her nourishment into our lives and world. The Sacred Feminine continues her Return within all beings.

I am prepared. I am simple. I trust this process. I trust my process and that of each sister.

I am Woman of Warmest Welcomes.

I always remember that it is joy that sustains all I do. I always seek out and amplify Joy.

I expect wonderful things. (*J. Earl Shoaff, How to Become a Millionaire, p. 22*)

▽

I am Grace Funk, She Who Walks Towards Joy.

Here in awareness, all is possible. (*Wayne Dyer, Excuses Begone! p. 26.*)

I choose Freedom, Growth, Connection and Joy.

I feel safe, grounded, generous, successful and free.

I reclaim myself this morning. I walk out into the world in a position of balance, ready to do what You ask of me this day. (*Richard Wagamese, Embers; One Ojibwey's Meditations, p. 12*)

### **Balsamic Moon – Effective Release**

“There is nothing more important for each of us to do on a daily, weekly, monthly or yearly basis than to bring closure to the events of our past and completion to all of our outstanding tasks...

**Closure is synonymous with freedom.**” – Debbie Ford (*Debbie Ford, The Best Year of Your Life, p. 46 + 47*)

If I am not happy with what I have become, then I must change what I am. For things to change, I must change... (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 69*)

If I am not happy with my current circumstances, I can begin to change them simply by changing how I think and feel. (*Jim Rohn, Five Major Pieces of the Life Puzzle, p. 86*)

If I want to change the way I feel about someone, I have to change how I treat them. (*Elaine Toews, via Bonnie*)

I thank self-righteousness for pointing me in the direction of my fear. I welcome home my fearful self, and calling in clarity to see my situation anew. (*Debbie Ford, The Best Year of Your Life, p. 82*)

I release my desire to blame, because to do so is to diminish my power to make the changes I for which I am hungry. (*Debbie Ford, The Best Year of Your Life, p. 78*)

All of my so-called faults, all the things I don't like about myself, are my greatest assets. (*Neale Donald Walsch in Debbie Ford, The Dark Side of the Light Chasers, p. xviii*)

Every aspect of myself has a gift. Every emotion and every trait I possess helps show me the way to enlightenment, to oneness. (*Debbie Ford, The Dark Side of the Light Chasers, p. 18*)

If I deny my ugliness, I lessen my beauty.

If I deny my fear, I minimise my courage.

If I deny my greed, I reduce my generosity.

*Debbie Ford, The Dark Side of the Light Chasers, p. 6*

Every aspect of myself has a gift. Every emotion and every trait I possess helps show me the way to enlightenment, to oneness. (*Debbie Ford, The Dark Side of the Light Chasers, p. 18*)

“Shadow work is the path of the heart warrior. It takes us to a new place in our consciousness where we have to open our hearts to all of ourselves, and all of humanity.” – Debbie Ford (*Debbie Ford, The Dark Side of the Light Chasers, p. 16*)

I surrender my outdated beliefs.

I surrender my self-imposed limitations.

I surrender my excuses. (*Debbie Ford, The Best Year of Your Life, p. xv*)

I forgive myself, and others, for being human, for being imperfect. The world is a mirror of my internal self, and when I can accept myself and forgive myself, I automatically accept and forgive others. (*Debbie Ford, The Dark Side of the Light Chasers, p. 6*)

I find and embrace everything that I love and everything that I hate in other people. Reclaiming these disowned aspects of myself, I open the door to the universe within. (Debbie Ford, *The Dark Side of the Light Chasers*, p. 24)

When I embrace a quality within myself, other people with the same quality can no longer plug into me. Then they become free to experience me, and I become free to experience them – what a delight! (Debbie Ford, *The Dark Side of the Light Chasers*, p. 43)

“We long to see the **seeds of our divinity bloom** but we have forgotten that every seed needs fertile ground in which to grow. That dark, earthy, essential place within us is our shadow. It is a field that needs acceptance, love and cultivation before the flowers of ourselves can bloom.” (Debbie Ford, *The Dark Side of the Light Chasers*, p. 20)

“The universe is usually telling us the same story, that our lives are rich and fluid and infinitely mysterious; that we only thought we were stuck, that nothing stays the same for long.” – Anne Lamott (*Anne Lamott, Almost Everything*, p. 95)

The harvest will surely come, but it will come in its own due season. (Jim Rohn, *Five Major Pieces of the Life Puzzle*, p. 79)

“There can be no resolution, only patient endurance of the opposites which ultimately spring from your own nature. You yourself are a conflict that rages in itself and against itself, in order to melt its incompatible substances, the male and the female, in the fire of suffering, and thus create that fixed and unalterable form which is the goal of life. Everyone goes through this mill, consciously or unconsciously, voluntarily or forcibly. We are crucified between the opposites and delivered up to the torture until the reconciling third takes place. Do not doubt the rightness of the two sides within you, and let whatever may happen, happen. The apparently unendurable conflict is proof of the rightness of your life. A life without contradiction is either only half a life or else a life in the Beyond, which is destined only for angels. But God loves human beings more than the angels.”  
– Jung

“Today may not be a day for answers, but let your heart break open to the vastness of the question.”  
– Matt Licata

“Happiness – that unique emotion that we mistakenly believe comes to us only when we have become successful – must *precede* the achievement of success. Happiness is as much a cause of success as it is a result of success, and we can begin to experience happiness whenever we wish, regardless of our current circumstances.” – Jim Rohn (*Jim Rohn, Five Major Pieces of the Life Puzzle*, p. 91)

▽

I am Grace Funk, She Who Walks Towards Joy.

Here in awareness, all is possible. (*Wayne Dyer, Excuses Begone! p. 26.*)

I choose Freedom, Growth, Connection and Joy.

I feel safe, grounded, generous, successful and free.

I reclaim myself this morning. I walk out into the world in a position of balance, ready to do what  
You ask of me this day. (*Richard Wagamese, Embers; One Ojibwey's Meditations, p. 12*)

*How might my life be better with less?*

## Dark Moon – Gentle Witness

I gift myself with rest and closure. I give myself space to Be. To Do Nothing. I learn how to do this. I am nourished by this ancient human medicine. I invest in rest.

I breathe. Breath is everything. In breathing I access the quantum field through my pituitary gland as well as the golden core of the earth through my yoni, bringing them together in my heart. Ad infinitum. No limits.

I am a hollow bone, open at each end.

I am a bellows, creating alchemy in each moment. Lead into gold. No resistance.

“There are motions of the heart that occur only in quiet rooms, in the splendour of solitude where nothing and everything exists at the same time. Being and becoming have their confluence in these moments of touching your essence. You feel yourself a part of the great wheel of creative, nurturing, loving, benevolent energy that is spinning around us all the time. This is what it meant to be spiritual – to feel your spirit moving. Take to quiet places, then. Immerse yourself in them. Feel your energy merge with that timeless, eternal energy and be made more.” – Richard Wagamese (*Richard Wagamese, Embers, p. 30*)

I know myself as Imaginal Cells in the cocoon. I trust my process and I trust the perfect timing of my Emergence.

I remember my birthing wisdom:

I surrender, allowing what is arising, trusting and relaxing into the process.

I let go of expectations and timelines, I be with what is and have fun with that!

I flow, trusting in the grace of life birthing itself through me in perfect time.

I embrace my shadow, in order to heal it. Once it is healed, it becomes love. (*Debbie Ford, The Dark Side of the Light Chasers, p. 20*)

When I make peace with myself, I spontaneously make peace with myself. (*Debbie Ford, The Dark Side of the Light Chasers, p. 24*)

I walk knowing that I am Held. I live in the Nest of Love.

I am showered with wonderful things, wonderful people, wonderful experiences, every day. (*J. Earl Shoaff, How to Become a Millionaire, p. 22*)

▽

I am Grace Funk, She Who Walks Towards Joy.

I choose Freedom, Growth, Connection and Joy.

I feel safe, grounded, generous, successful and free.

I reclaim myself this morning. I walk out into the world in a position of balance, ready to do what You ask of me this day. (*Richard Wagamese, Embers; One Ojibwey's Meditations, p. 12*)