

3-DAY EMPATH CHALLENGE

DAY TWO

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Video 2: Calling in Your Spirit Guides - Connecting to Spirit and your Intuition.

Hello again! Welcome to day number Two!

I hope you all had a great day yesterday after protecting yourself. I would recommend journaling your experiences and how your days start to change after doing a protection meditation/visualization. Today's Meditation is to enhance your current protection practice, as well as connect you with your Spirit Guides. Connecting with your guides and Higher Self greatly enhances your intuition or psychic abilities. If you are looking to deepen your spiritual practice, find your power, and tap into your unique gifts, this meditation is for you!

- What is a Spirit Guide?"?

Spirit Guides are guardians, protectors, and mentors, that were assigned to you before you were even born. Your Higher Self works with them and is in communication with them at all times. Whether it feels like it or not at the moment, we are all spiritual beings, living in a human shell. Sometimes it can feel like we are just humans who are sometimes spiritual when it's convenient or when we have time, but it actually is the other way around, we are highly spiritual beings who sometimes have human experiences. To tap back into our Higher-Self, we must MAKE the time to have a daily meditation practice so that we can disconnect from the mundane world and find our true selves. This is when your Spirit Guides talk to you, when you have "turned off" external distractions, turn inward, and are just open to receive and listen. Just a reminder, this is a practice! It's not going to be easy right away and may take a few times to be able to tap "in" and hear your Guides.

- Cleansing external energies that have stuck themselves onto you is important, so you can gain your energy back and start releasing chronic fatigue, pain, depression, anxiety, and more. In the video, I will show you how to cleanse using sacred smoke, ritual bath salts, and

eating clean. If you need references for clean eating I would recommend checking out “Eat to Live” meal plan by Joel Fuhrman, The Rainbow Diet by Deanna Minich, and the Vegan Paleo diet. These diets are high in fiber, vitamins and minerals, and low in “bad” fats, processed sugar, salt, gluten, and other inflammatory “foods”. Make sure you are eating frequently to get enough calories in your body. Intuitive eating is the most important, the cleaner you eat, the easier it is to tell which foods affect you negatively whether it is physical, or emotional. If you need additional support with this, feel free to reach me at natalienaturalhealing@gmail.com.

Nighttime Ritual for Manifesting what you deserve - Intention Setting

Materials:

- Piece of paper and something to write with
- A candle that you can carve symbols into (ritual candle or “working” candle)
- Lighter or match
- A tooth-pick or something similar to carve with
- Crystal of your choice (you can refer to the Bonus below)

Prepare the space:

Preparing your space can be as elaborate as casting a circle and calling the four corners, spirit guides, Goddess, etc., or it can be as simple as using your voice to announce that you will be creating sacred space and demanding unwanted energies out. I like to do something tangible, because I personally feel like cleansing the space is a sacred and beautiful act on its own.

So this is how I do it:

1. Find a comfortable spot (indoor or outdoor) where you will not be interrupted. I like to either sit on my couch or on the floor in front of my Altar.
2. Once you decide on your spot, cleanse the area with a sacred smoke. This can be white sage (ethically sourced and/or home-grown, please!), dried rosemary, cedarleaf, lavender, or my favorite: palo santo (also look for ethically sourced). Make sure a window is open to let the unwanted energies out.

Note: If you are Reiki attuned, prepare the space with the appropriate Reiki Symbols at this time.

3. Call in any guides you wish, this could be your ancestors, animals, angels, gods, goddesses, etc.

4. Find your seat. Light your altar candle if you have one (different from your ritual candle).
Close your eyes, and take a deep breath....

The Ritual:

Once you have prepared your space, set your ritual candle, carving tool, and crystal of choice in front of you.

With your pen and paper, write out what you want to manifest in your life. Make it as detailed as possible. For example, if you want to manifest a new house, write down what the house looks like, what the neighborhood looks like, and preferred area, etc.. If you want to manifest your dream job or business, write down what kind of space you want to work in, if you want to work from home, your ideal client, and how much money you want to make monthly/yearly, how much free time you want and so on.

Once you have written down your vision, put the paper aside and hold your candle in one hand, and your crystal in another. Close your eyes and visualize your dream coming true, play out how your new life will be, and really FEEL the joy and accomplishment of achieving this.

Now take your carving tool and start carving symbols or words into your candle that represent what you want. You can use the money symbols, runes, elemental symbols, or words like "new job" "home" "money" "love", etc.

Next, take your lighter or match, say the words "I am grateful for all that I have in this moment, and for all the lessons I have learned, I am ready to step into my new phase of life and have the life I deserve. With the help of my guides (or name your deity), I manifest this dream into reality, for the highest good, and may it harm none, so mote it be!"

Let your candle fully burn out completely in a safe place, you can put it in a sink, bathtub, or a heat-proof bowl with a bit of water. Fold your paper, and place it under your crystal in a safe place where it will not be disturbed. Now watch your dreams come true! Opportunities will start coming your way, so be ready, and be open.

BONUS #2:

Here is a list of crystals, essential oils, and herbs you can use to amplify your Ritual. You can massage these oils into your candle after carving and then roll it in the herbs so they stick.

Crystals for manifestation:

- Green Aventurine
- Clear Quartz
- Carnelian
- Pyrite
- Citrine

Essential Oils for manifestation:

(If using to anoint the body, it is best to dilute them with olive oil, coconut oil, or jojoba oil.)

- Nutmeg
- Cinnamon
- Patchouli (money)
- Wild Orange

Herbs for manifestation:

(Same as above, but you can use the whole plant version if not using the essential oil)

- Honeysuckle
- Vetivert
- Vervain
- Marjoram