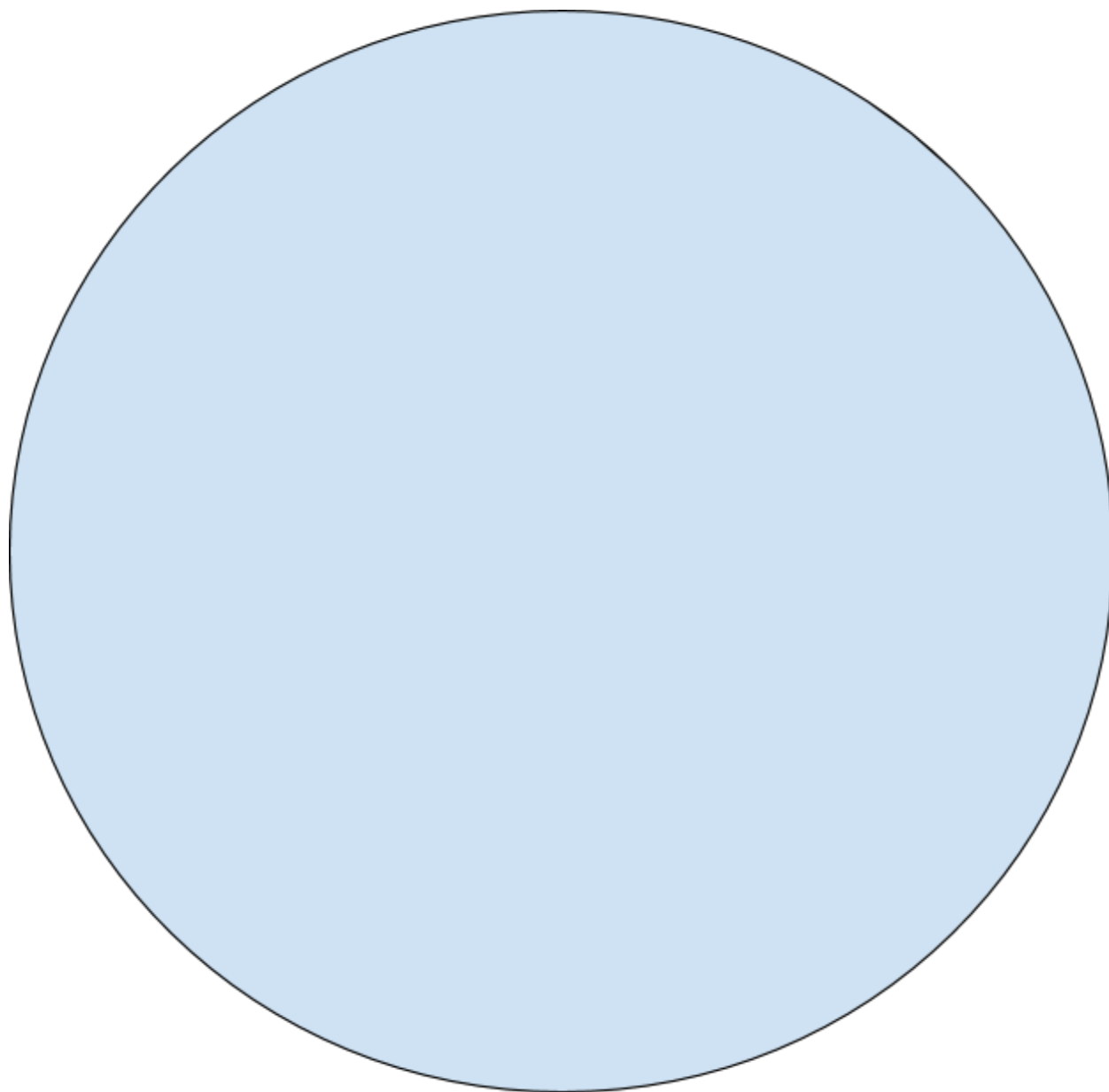


MANIFEST YOUR GREATEST DREAMS
HARMONIA PRACTICE



**Art as an Oracle: What gifts does she bring to you?
Reclaiming the Feminine Mystery of Creation Through The Archetypes.
Mandala Art Creation & Archaeology.
Make Things Know Thyself**

Harmonia FLOW

Supplies: Oil pastels, pen, print out mandala page, wild orange, clary sage essential oil, Citrine crystal.

The Harmonia process activates intention, embodiment, the I Am Presence, the power of your creative thought, empowerment of yourself as a Creator, a Receiver, and Giver.

- **Step 1.** Create Sacred Space for Creation and Meditation.
- **Step 2.** Tent your Wild Orange & Clary Sage on your wrists and third eye, breathe in deeply. Grab a Citrine Crystal and Wild Orange, this will enhance your manifesting abundance and prosperity. Clary Sage Essential Oil will support your vision and euphoria. Diffusing the oils will also be magical.
- **Step 3.** Get into your body and breath do three easy yoga poses. A. Begin by placing your Hands on your Heart/Raise palms straight into the air, pull your palms down to heart and and breath into your heart. B. Shoulder Shrugs C. Next Kali Mudra. Breath and "Dwell in the possibility" D. Namaste pose and then rest your palms on your solar plexus. Breath in deeply.
- **Step 4. Shedding/Purification Thru Intuitive Writing.** Write down 3 things you need to let go of/stories/patterns/habits.

Step 5. Shadow Breath Work: Tune into the Root Chakra, Sacral Chakra, Solar Plexus Chakra, Heart Chakra, Throat Chakra, Third Eye Chakra, and your Crown Chakra. Breath into each center let go of desire for external validation/judgement and internal judgement. Let go of the Victim (To us) consciousness. Let go of the blocks to manifesting your potential. Let go of stagnation in your creativity, Let go of the illusion of separation. BREATH DEEP AND LET IT GO! Breath, Bring in, and Embrace you as your inner child. Imagine you have golden wings, extend them out and the wrap them around your being with a big hug. Bring in the Archetype of the Manifestor (By Us) & then bring the Archetype of the Channeler (Through Us) Energies.

Step 6. Get into the Flow with the number 8. Draw the number 8 automatically, do not let your pen leave the paper. Go slow and fast. Breath in the present I AM moment. Hold your hand inches away from it feel and breath in the energy of Flow.

Step 7. Now write down 3 of your Wildest Dreams. Chose one and write it the center of your Mandala. Tent the essential oils again breathing in deeply to core.

Step 8. Then intuitively start creating your mandala with your pastels and or pen.

Afterwards gaze gently at your Art as Your Oracle ~ which is Witnessing: LET YOUR ART SPEAK TO YOU. Simply quiet your mind and talk with the Mandala your created. Write for at least five minutes of about your new baby (creation.) Is there any new information about your Dream and its manifestation?

Reflect on these questions: How does your Art become a bridge between your subconsciousness and consciousness? Breathe in the Manifestor (By Us) and the Channeler (Through Us) as one, then deeply breathe in Unity Consciousness (As us) ~ union of opposites. How does there integration bring you closer to Heaven on Earth?

Gratitude work: Write three things your have received from your Manifest your Dreams Mandala? Place your Mandala in sacred place and spend time with it everyday. And see your dreams come true!