

Live and share your Story: A transformational process to empowering your Storyteller from the Inside out.

Instructions:

Step 1) Please print out the page with your questions and answers. Sit down and review your answers by reading them out loud and a second time reading them out quietly to yourself.

Step 2) Fold up the piece of paper and place it on a spot in your home that is meaningful to you. Make sure it is a place where the piece of paper won't have to be touched and can happily sit for the duration of one full-moon period.

Step 3) Once you have found that dedicated place, put your paper down and place on top of it an object that represents to you the embodiment of your highest potential. This could be any object, a stone, a plant, a little figurine or a statue. Just make sure whatever you place on top of your paper represents yourself in the highest and purest form and reflects to you the success of fully living and sharing your story.

Step 4) It would be ideal to start this ritual on the new moon and complete it on the full-moon with a ceremonial act of honoring the transformation that has taken place.

Step 5) Its highly recommended to journal your dreams, inspirations and reflections over this entire full-moon period in relationship to you unleashing your inner Storyteller to the next level.

This process engages your conscious, subconscious and higher mind to actualize more of your storytelling potential by releasing old perceptions, beliefs and memories or undesired habits that are in the way of allowing your intentions to live and share your story to manifest. Enjoy the renewal process and trust in the knowing that once this ritual has been performed your inner wisdom keeper will take charge of realizing this intention with your highest outcome at heart.

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- What condition in my life do I want to change that is holding me back from living and sharing my story?
- What is guiding me to change at this particular time in my life to live and share my story?
- What is my role in creating my present condition?
- What does living with this condition prevent me from having doing?
- What will happen in my life and story when I am free from this condition?

Live and share your Story: A transformational process to empowering the Storyteller within.

Your Storyteller Journal: Its highly recommended to journal your dreams, inspirations and reflections over this entire full-moon period.

➤ Week 1

➤ Week 2

➤ Week 3

➤ Week 4