

# Alchemical Magic & Plant Medicine

Let's make today awesome!

## Items Suggested:



Headphones & Music of choice



Pen & Journal



Water



Plant Medicine of choice

## Steps & Notes:

- Step #1- Set your intention. When working with plant medicine intention is big. Intention to lift your mood, release the lower vibrations, release pain and heal are a few intentions to choose from if you don't already have an intention in mind when working with plant medicine. Commands or questions for yourself can be a powerful way to gain clarity. "Show me what I need to know concerning my financial situation with my credit cards in order to obtain financial freedom." or "Illuminate the correct path of aligned action for financial success and help me gain clarity on how to integrate my shadows here."
- Step #2- Environment is also important. Environmental vibrations have the ability to distract us from centering ourselves. A peaceful place is best, so you can really connect to your higher self with less distraction. When your environment is mapped out and set, consume your plant medicine so it may be activated within the timeframe of your choice for your plant medicine ritual.
- Step #3- Meditation via sitting, lying or standing/walking is a perfect way to gain a strong connection with self. Allow yourself to really center and connect within. While beginning your meditation call forward your intention/question. Allow your mind and body to reveal the answers you seek. Write down all the

things that come up, getting it all out to create the space within to allow the answers to flow out from you. Answers will come forward.

- ~notes~ You may wish to repeat these words to allow a deeper connection with your intuition:

say aloud 3x: I am safe. I am loved. I am ready to receive.

say aloud 1x: I am ready to witness all my money blocks I am powerful enough to neutralize & dissolve. So it is. So it is. And so it is.

Now close your eyes, sit back and enjoy the ride. Write down all the things that come to you. Sensical or not you are creating space to receive new answers, light and guidance. Trust the process.

- Step #4- Breakthrough clarity can sometimes be very uncomfortable. When we ask for the truth to be revealed, it will be unbiasedly and without filter. Often times this will create more uncomfortable emotions that need recognition and transcendence. This is OK! This means you are doing the work! You are making headway! Allow the path to be illuminated, showing you what aspects of self need attention. Transcending our ego can be difficult but we deserve the forgiveness of self and the self love necessary to live our best lives. Abundance is our Divine Birthright!

## Daily Motivation

I DESERVE TO BE MY FULLEST SELF IN ALL MY DIVINE  
ABUNDANT GLORY! I DESERVE HEALING, NEW  
BEGINNINGS, LOVE AND WEALTH. I DESERVE TO  
TRANSCEND MY BLOCKS AND ASCEND.  
~THE HOLISTRESS