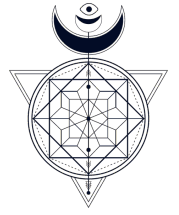


Opening the door to your power



You will need

- A door
- A piece of ribbon or string

Practice

- Find a quiet space within your house that ideally includes a doorway (although if that's not possible don't worry, just make sure you have enough space to take a step forwards).
- Call in protection and/or cast a circle around your space (visualise the energy of the circle going through the walls if necessary)
- Standing tall on one side of your circle/ the closed door, get quiet and focus your mind on what it would mean to be empowered.
- Repeat the following - as slowly as you want, as it's absolutely OK to leave space in between each line to listen to anything.

I call back my power from all times and all places

I reclaim my power from all people and all spaces

- Open the door - or make the motion of opening a door in front of you and say
- Through the doors of space and time, I invite my power to come back to me wholly and completely
- Raise your arms into a chalice position, eyes closed, and envision your power flowing and flooding back into you, moving into every part of your being
- When you're ready, step through the door (or the space where you visualise a door) and say

I welcome back my power fully and profoundly, and integrate into every cell of my being.

- Turn back and close the door behind you, repeating: The past is behind me and my power is my own. We are one, I am whole, all is well, so it is.
- Imagine your doorway or space being filled with a cleansing golden light before closing down your circle and going about your day as the empowered soul that you are!