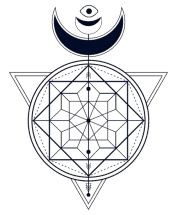


# Embracing your



# human and divine

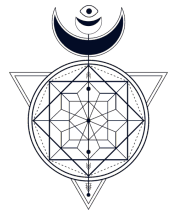


## You will need

- A surface which you can turn into an altar - no matter how big or small - which can be kept safe and relatively undisturbed over a period of a week (if that's difficult don't panic, I highly recommend Pinterest searching portable altars for some awesome inspiration!) where there is room for you to move around in front of it
- Contents for your altar. This can include anything you like, but some suggestions would include photos or depictions of your guides, helpers or any deities you feel particularly drawn to; items that represent each of the elements for you, items that represent you - specifically the parts of yourself that you want to align with most fully
- Your favourite song
- A candle - ideally one that can be burned for at least 40 minutes - and something to light it with.

## Practice

- Cast a circle if you wish, or call in protection in whichever way works best for you.
- Begin by clearing the space that you will be using as an altar, and then setting out all of your items deliberately and in a way that feels right to you. There is no wrong way to do this! Place your candle in the centre of the altar.
- Standing or sitting in front of the altar place your hands on your heart and breath deeply, centring yourself into this moment and into your body.
- Press play on your favourite song and move your body in whatever way feels right to you. Be sure to try and move every part of you that can be moved, to touch your skin as you go and to truly allow yourself to be within your body wholly and completely. Notice how good it feels to be in a body, to be moving and to be allowing the music to flow through you. Do whatever you need during this time to truly relish the feeling of being in your body and in this moment.



## Continued

- When the song is over, light the candle and then close your eyes, visualising the light from the candle flame entering your being and illuminating every part of you. See it stretching out not just within your physical body but wider too; connecting upwards to the wider Universe and down into not only the floor but the Earth below you. Feel your energy body growing bigger and bigger and becoming more and more illuminated as you call your Soul self to come wholly and completely into the present moment and into your awareness in a way that is completely grounded and safe. Stay in this space and place for as long as you wish.
- Placing your hands once again over your heart, repeat the following aloud or in your head.

*"I embrace my Soul, for I am Divinity,  
I embrace my body, for I am human  
Divinely human, divinely whole,  
As above, so below  
As within, so without.  
So I am and so it is.  
So I am and so it is.  
So I am and so it is."*

- Take a few deep breaths and a few moments to simply be in this space and this energy.
- If you wish, blow out the candle, ground yourself and close your circle now. Although feel free to do more dancing or connecting as you do this."
- Repeat this every day for seven days in front of your altar.
- At the end of the seven days you can break down your altar - or change it up if you would prefer, to whatever the intention for your future Soul work will be - and remove the candle from that space.
- If any of the candle is left know that you can burn it, and/or dance again to your favourite song, anytime you need a reminder of the Divine human that you are.