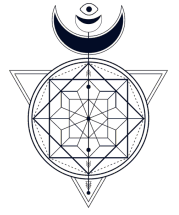




# Welcoming in courage



## You will need

- A night within three days of the new moon, ideally when the first slivers of moonlight are in the sky
- Some sort of incense - something that smells powerful to you
- A strength tarot card (a printout or electronic image is fine)
- Your journal and a pen

## The practice

- Take some time where you will be safe and undisturbed to get quiet
- Cast a circle if you wish and light the incense before closing your eyes and taking a few deep breaths in and out
- As you breathe imagine the scent of the incense clearing a pathway throughout your entire body, allowing any stuckness or frustration to leave and carving out a way for the new to enter
- With your eyes still closed visualise a lion or lioness in front of you and see them walking to greet you. If this feels scary or intense don't panic, just keep breathing and allow that picture to form and that energy to move towards you
- When you're ready, open your eyes and pick up the Strength tarot card - take your time to look over the card and visualise yourself as the figure stood next to that lion, hand on their head and you safe in the knowledge that you are supported by this ferociousness

*Hold the card up to your head and repeat, out loud or in your head:*

*I call to the Earth, to the Moon and the Sun  
I call to myself in the wholeness of my being  
With strength of heart and strength of soul  
I welcome back and embrace my deepest courage now  
By the light of the new and growing Moon  
Courage return to me.*



## Continued

- Repeat this three times and allow the words and the energy behind them to flow through you as you feel yourself coming together with that courage within you
- Grab your journal and a pen and take the time to write some statements about yourself as a courageous Soul moving into that place of self-connection and alignment. Start each one with the phrase “I am” as you remind yourself of how brave and courageous you are and will be moving forwards.
- When you’re done, read through each of your statements, breathing deeply on each one to integrate it into yourself before closing your circle and grounding yourself fully back into the moment.