



## Day 1 : Clearing Space

What a great day to begin our course, divine one! We are all ready and excited to be making a change. We're ready to shed our old skin and be reborn as better versions of ourselves!

The exercises here are meant to be short and simple, taking approximately 15 minutes a day to complete, but there will be a couple of days when we may have to spend a little more time on them. Do as much or as little as you want to. You can always come back to them again any time and they will benefit you just as much.

Today we will be taking a little bit more time to prepare ourselves energetically and set up our designated space for the duration of the course. I hope you have already found your space, a place where you can have some peace and quiet for at least 15 minutes a day to do this work, preferably near a window where you can see the moon, or where the moon can see you.

Please don't worry if you don't have the perfect spot. The most important thing is the work you do here and your intention. Everything else is a bonus.

## Your task today:

Today we clear space for our releasing work. As we physically clear space around us, we are also symbolically and energetically clearing our spiritual space. We will also be writing our intentions for our work here these next 11 days to help us with our focus and purpose.

### 1. Clearing space:

Spend 10 minutes to quickly tidy up your designated space. If you have a timer, set it for 10 minutes and start putting away the things that don't belong. Clear the clutter, put away any dirty clothes that have been laying around, pick things up off the floor.

Choose just one thing, something you haven't used in a long time that you don't actually need anymore, and throw or give it away. With this gesture, you symbolically let go of things that no longer serve you.

Once the 10 minutes is up, or you are satisfied that your space is sufficiently cleared, we will move to the next step.

*For the duration of the course, you can choose to add more ceremony to your tasks or just do them as is.*

*If you have the additional time and materials and would like to do so; set a bowl of earth/salt in your space for grounding, and to remind you that you are connected to the earth and the rest of us doing this ritual with you.*

*Set up your candles, incense and incense burners around your space. Remember to be safe when using candles and incense indoors!*

## 2. Prayer of intent:

When you are ready, sit comfortably at your designated space. Take a pen and paper and write down your intentions for this course. What do you hope to achieve? What do you want to release from your life? In what areas of your life would you like to clear space?

For 5 minutes, write whatever comes to mind without stopping to censor yourself. There are no right or wrong answers, this is purely personal to you.

When you have finished writing your intentions for the course, quietly read it aloud as a prayer of intent to the Universe. It doesn't matter how messy your writing or how horrible your grammar, just read it from your heart.

*Then destroy the paper.*

You can tear it up into tiny little pieces, burn it in your fireplace or fire-proof container, or you can just ball it up and throw it into the trash. Whatever works for you. We will not be holding on to anything as we work through the releasing part of this course.

## Today's 3-Card Spread

If you have a tarot or oracle deck, here is a 3-card spread to start us off on the journey:

### Moon Magic Release Intention Spread

Card 1: My intent for the course

Card 2: I want to release this

Card 3: I want to affirm this

You may also want to take the Moon card (or equivalent) from your deck and set it up prominently in your designated space for the duration of the course.



Today we are clearing space in preparation for the coming days. Tomorrow we start the real work.

Until tomorrow, all my love. *-Hazellie*

