

Sacred Rhythms™

Your Journey into Deeper Connection with
the Natural Cycles of Life starts here

Spring/The Fool/Initiation

1) Continue to write from the voice of your Fool.

You can just be open and see what it wants to say, or ask questions like:

- What would you like me to know today?
- What can I do today to express you?
- What actions would you like me to take today?
- Tell me more about why I have blocked access to you.
- What do I need to know about X project that I want to initiate?

2) Take a "Fool Walk" a couple times this week.

Move into the energy of your highest level Fool and take a walk around the block as the Fool. Feel what the Fool feels. Get Curious the way the Fool might get curious. Move the way the Fool wants to move. Give yourself permission to fully lean in.

3) Scan all your projects that are currently in Initiation or Growth phases and get clear: What Foundations need to be put in place for each of these projects?

4) What Initiation actions would you like to take? When will you take them?

5) [Supplemental Embodiment Exercise for The Fool \(13 minutes\)](#)

Enjoy!!!!

