

## Spirit of the Land – Vilnius 2025

### Awareness, Parallel Universes and the Vanishing Point

- 1) Today, you are invited to process your relationship to one of your biggest fears. Reflect and pick one. Describe. Try to formulate the essence or core of it and put it aside (if you still can 😊)
- 2) Breathe, ask your thinking mind to rest a little. Spontaneously pick the one that draws you most: Sun, Moon, Star(s), Blue Sky, Cloudy Sky, or Dark Night Sky.
- 3) Recall a moment that was very powerful for you in the experience of the celestial spirit you picked. Describe and notice what about it made it so powerful 💖.
- 4) Recall that experience and allow yourself to take it in, to feel what you felt then.
- 5) As you make space for this, notice how your experience allows you to feel a deeper healing/experience/insight of how you fit into this universe.
- 6) Allow this medicine to enter you and calm your human fear from step 1.
- 7) Discuss how this experience can assist you in relating differently to a) yourself b) your relationships c) your team and workplace and d) your community
- 8) If you love that celestial spirit, that celestial spirit will love you. The space between you is filled with love and beauty. Why do you think this spirit loves you?