



MOONRISE
RITUAL



THE ART OF FLOW

Overview

Together, we dive in to see how Spirit shows up for you in life. We begin with Three Core Spirals and watch how they interact with one another in synchronicity, creating a newly woven fabric of life in THE ART OF FLOW, for Women Entrepreneurs.

If the weave that has been created does not serve, go back to the loom and start over. Undo the the spiral. By starting with a fresh approach through the THE ART OF FLOW a brand new fabric can be weaved. The undoing of the programming and conditioning of society is one of great work, especially when it comes to business. For decades, men and capitalism have ruled all business, but what I offer you is a cyclical way for the feminine spirit to do business in a new way. I see you wild woman! The yearning to Rise under the Moon's light and howl with her, celebrating your wins, then when she grows darks to come home into reflection of the heart and sit at the loom again and again. You, my dear Sister, have always known this way of being, deep within your bones, within your womb.

There is ancient wisdom in the DNA of humans, reminding us that we can shift our perceived perspective. That when we turn back to our Mother Earth and Father Sky, when we show reverence and honor for all we have in front of us, we become One with the Universe. Through ceremony and ritual we come home to this ancient wisdom of our Inner Knowing guidance system.

These spirals are designed to have a holistic approach to understand that there are always many layers at play to weave into the fabric of life. When all Three Core Spirals are woven together, new pathways are formed. These pathways lead to transformation, new opportunities and open up synchronicity for Spirit to work for you in the areas of your growing business.



• Yoga Spiral

Yoga is union with the Divine experienced as a whole physical embodiment. When moving through ancient yoga practices, you will begin to awaken areas of the body, mind and Spirit that may have been dormant. Through integration of the chakras, the subtle energy body, you will see clarity and transformation arise. There are many practices within Yoga other than asana. Pranayama will be a major focus for this Yoga Spiral. We will create the space to see which practices are best suited for your experience. Yoga philosophy is rooted in the core of this spiral.

When Yoga is applied, stagnant energy is moved through and out the body via the breath. Limiting beliefs, especially regarding your business, are released in movement and dedicated practice.

• Moon Spiral

As womyn who bleed there has been much mis-leading information about how our bodies work. How exactly does our moon (menstrual) cycle affect our energy levels and how we show up in the world. This Moon Cycle Spiral will give you all the information you need to know about your own moon cycle. It will be an in depth arena to explore, that allows you to feel whole and connected to your body once again. Coming home to this sacred cycle reminds you of the power you have to create and expand, and when to rest and listen.

When a true honoring of the knowledge of your Moon Cycle takes place you can better understand your energy levels throughout the month. This means you will create and do business on your own internal, cyclical clock. No more following a linear ladder to reach success, rather a circle that self renews each month.

• Ritual Spiral

Coming home to the heart is to remember "Who Am I?" With the cultivation of Sacred Ceremony and Ritual Spiral one begins to remember ancient codes awakening in thy being. Creating these sacred moments during your day allow for you to connect back in with your Spirit and Divine guides. Think of this as the daily ritual reset for your Spirit and a mental check in to see where your energy is for the day. This includes building your own sacred daily ritual and creating or joining in sacred ceremony under Grandmother Moon.

When a ritual practice is cultivated a foundation is built. From this grounded space, you can move forward in your business, knowing you are holistically approaching all aspects with an Innerstanding of yourself and your community.