

PREPARING FOR THE ACTIVATION

Drink lots of water before and after the Activation!
Allow time for rest and integration.

WHAT TO DO

- Come with an open mind and open heart
- Set your intentions - write it down! What are you calling in? What do you want to activate? What do you want to release? What is your intention?
- Ask for your intentions to be fulfilled "Easily and Effortlessly with no healing crisis" Say this out loud! - To ensure that we can physically integrate the healing. To protect ourselves from activating something our body isn't ready for.
- Print the Activation Artwork to have with you during the activation.

WHAT TO BRING

- Drinking water
- Headphones - for a fully immersive experience
- A comfortable and quiet space where you can relax undisturbed and lay down if you want to.
- 4 Elements:
 - Water - a glass or bowl of water
 - Earth - something from the earth; a plant, stick, rock, or flower
 - Air - incense, sage, or a feather
 - Fire - a candle
- 4 crystals (type does not matter) - one for each direction
(North, South, East, West)