

The Empress

✦ *What Project Is Hidden Away Behind Your Forest?* ✦

Journal Prompts

This month I want you to journal on:

1. Where in my life am I being called to receive over push?
2. What part of myself or my creativity is ready to be nurtured?
3. Where can I bring more softness, abundance and pleasure into my life?
4. What would I create if I trusted that I was already enough?

Ways to work with the Empress card

Brew a Elderberry & Echinacea tea:

Pour for relaxation, nourishment & a little time to yourself.

Work with Rose Quartz:

Hold or wear Rose Quartz to encourage self-love, softness and a deeper connection to your own nurturing energy.

Connect with Mother Nature:

Allow yourself to slow down and notice whats around you.

Call in Archangel Haniel:

Ask for support with intuition, femininity, emotional balance and reconnecting with your natural creative flow.

A Tarot Spread

Take out your oracle cards, shuffle & ask the following:

Card 1: Where in my life am I being called to receive more?

Card 2: What part of myself or my creativity is ready to be nurtured?

Card 3: What can I create when I trust in myself?