

Seed of Soul: Seed One

Soul Theme: Plant the See of Soul

Intention: Listen deeply to what your soul is asking for.

Reflect

After experiencing the guided meditation and Sound Journey, take some quiet time to reflect.

There are no right or wrong answers. Let your thoughts come naturally. You don't need to find an answer—simply notice what arises.

What has been quietly asking for my attention lately?

What brings me alive, even in small or unexpected ways?

What am I longing for that I haven't given myself permission to explore?

If I became quiet enough to hear myself clearly, what might I hear?

What is my soul asking me to nurture right now?

PLANT YOUR SEED

The seed I am planting this moon is:

My intention is:

One way I will tend this seed is:

Remember

You don't have to know what this seed will become.

You only need to listen, plant, and give it space to grow.