

Monday

SACRED

Planet: Moon

Svadisthana sacral chakra

Colour: Orange

Chakra Themes: Mastering our boundaries and pleasure

Yoni Mudra

Date... 26th December 2022..

Three things that spark JOY:

1. ... *Doing what I want*

2.... *Realising I am happy/Have it all*

3.... *The feeling of rest...*

Picture who you will meet or who comes to you intuitively & send love:

Mary, Ama, AJ, Dani, Nyrah, Mama

Share a synchronicity or creative moment from yesterday:

Playing The I Want game

How can you make today a blessing?:

Play the game (I want), Get the house ready for guests, take a nap, do a small work out ...

... ..

Today's Choices:

JOY:

Singing time and full physical power and rest: rest as a theme

ILLUSION:

No growth. Stuck and static. Fear holding strongest. Fears of what if it goes wrong. Fears of

what if I am rejected...

BRIDGE:

GO! Uncover, discover, Coach. Growth is at its heart!

Invitation for the day: Body Pleasure: Using your intuition: Can you clear out, heal and make a blessing in your pelvic bowl today?

Spirit Guidance or Journal Prompts:

What am I not allowing myself to see? What else is there to know? What can I know for Monday and 2023? Eat well: mostly but not always vegan... be selective in everything: what you eat, wear, buy... really allow your clothes to express your soul: bring in more colour in the winter: thrive as your summer sunshine in all weathers. Your heart longs to be seen and stop hiding... and a huge prerequisite of that is rest and self love: so you can be seen from whole not from trying to fix or prive yourself... a theme of whole self: am I whole right now... if I am not... rest... rest is so powerful and such a gift... think of Tie Simpson and how much she rests... make this your new mantra... the goddxx rests. Let them come to you...less work, more play... let it all flow to you: expect it! Demand it right now! Not by asking... by writing what you desire: like lines over and over and speak it into reality. Be the magic be the change believe in the possible.

Tuesday

CREATE

Stone: Ruby

Planet: Mars

Colour: Yellow

Manipura navel chakra

Chakra Themes: Ego & willpower

Create Mudra

Date... 27th December 2022..

Three things that spark JOY:

1. ... *Getting the house super clean for guests*

2.... *Painting*

3.... *Work out and meditations*

Picture who you will meet today & send them love:

Paulain, Me, Ama, Akeim, My heart, William, Jenny

Share a synchronicity or creative moment from yesterday:

Painting adventures and putting up stuff (DIY)

How can you make today a blessing?:

Be with all of my emotions and enjoy feeling them!

Today's Choices:

JOY:

Flow. Order. Clarity. I know what to do and I love doing it. All is well. I have an assistant on my email, they are so dope at it. I am in flow and grounded wherever I go because I know and understand and also let go of the need to know. I am rested and well

ILLUSION:

I am unsafe and ungrounded. I perceive all as threat and me as alone

BRIDGE:

Ask for help, Just get the stuff done no procrastination... ..

Invitation for the day: **Be bold with your dreams**

Conflict Process or Journal Prompts:

Thoughts: I can't afford it, Its too much, Its not value for money, They didnt send me the email soon enough, Now it is just a waste

Feelings: sad, lonely, rejected, frustrated, confused

Describe Yourself: I am small, I am unworthy, I am not good enough,

Describe Others: Others have money

The world is: Unfair and I am not really playing in it

Underlying Assumption: I don't belong

What is obvious: I would love it so just go for it!

Wednesday

HEART

Stone: Amazonite

Planet: Mercury

Colour: Green

Anahata heart chakra

Chakra Themes: Relationships, self love & balance heart

Anjali mudra

Date... *28th December 2022..*

Three things that spark JOY:

1. ... *Learning even more Enneagram wisdom*

2.... *Finishing The Alchemist Path*

3.... *Singing around my house, Following intuition, an Embodied Alchemy style release of emotions*

Picture who you will meet or who comes to you intuitively & send love:

The world, Greta Thunberg

Share a synchronicity or creative moment from yesterday:

House adjustments... ..

How can you make today a blessing?:

Keep doing gratitudes, Keep practicing Mooji... ..

Today's Choices:

JOY:

I am deeply grounded in self love, I am in divine union with my soulmate, I am the centre, I meditate often, I love who I am

ILLUSION:

I ignore me. It is all outside and painful, my stomach is in knots, I don't share the burden and it is painful

BRIDGE:

Go to the jungle, you can have exactly what you want, Ask for it. Choose it. It is true

Invitation for the day: Be in your heart

Embodied Alchemy HEART or Journal Prompts:

I bowed down to me and saw how my womb there is still more healing more more and heart too.

Throat just longs to sing... to express! Brow and crown will be even more on point for the rest!

Thursday

SING

Stone: Sapphire

Planet: Jupiter

Colour: Blue

Vishuddhi throat chakra

Chakra Themes: Expression, authenticity, truth

Shankh Mudra

Date...29th December 2022..

Three things that spark JOY:

1. ... *Alexandre massage and lunch...*

2.... *Walking in to the park*

3.... *Coaching*

Picture who you will meet or who comes to you intuitively & send love:

AJ, Stella, Jayandrie, Kamara, Me & my intuition

Share a synchronicity or creative moment from yesterday:

Finishing all the meditation recordings

How can you make today a blessing?:

Knowing this (I have something to look forward to) Focus and get more cleared (maybe all of it so

2023 is just REST

Today's Choices:

JOY:

I take on this big world with such love and JOY. The centre is my womb... then throat... that is my

growth... I love me first. I tell me this often. I am full of heart and happiness for others and my

most true expression. I am HOME in my body. I rock winter. I rock life. I love ME!... ..

ILLUSION:

I can't stop. I don't come first, it is all for others. Life is actually painful as I live externally to

me... ..

BRIDGE:

Mexico. Be kind to me first. Extend the love from there

Invitation for the day: Be you to the FULL

Embodied Alchemy SING or Journal Prompts

The theme as I danced was around all the people I have said no to this year and honoring even more... to really do more a life not just year review: there are many more places where you can open your eyes and release the preoccupation that others interpret as arrogance. Let your heart sing: singing is your new way to be sociable!

Friday

FLY

Stone: Emerald

Planet: Venus

Colour: Indigo

Ajna brow chakra

Chakra Themes: Imagination & intuition

Hakini Mudra

Date... 30th Dec 2022..

Three things that spark JOY:

1. ... *Nature!*

2.... *And the dog in the pond!*

3.... *And cooking!... And class... And the sauna*

Picture who you will meet or who comes to you intuitively & send love:

AJ, Ama, Marv, Canay, Ruth

Share a synchronicity or creative moment from yesterday:

Meditations

How can you make today a blessing?:

Beauty! Buy something nice for me!

Today's Choices:

JOY:

I own and honour my whole self. I stay true to who I am in all. Big huge heart hugs at just being me to the full. I am love and light. I am whole. I teach divine feminine. I love and honour ME! All my friendships and loving community

ILLUSION:

I am not worthy of love. I have to beg for love. I have to work for love. I have to _____ (fill in with many things), then I can have love

BRIDGE:

A mantra for why I do things: This is for ME!

Invitation for the day: Follow the synchronicities!

Completion or Journal Prompts

*Created: Warmth, Friendship, Travel. Feeling and being worthy in my heart. Love and kisses almost all year. William connection, 11 courses, A 30K commission (+a 10K commission), Jobs that honour my ability, making shows to the level I am able, letting go of my previous coach, a new coach, a new new coach, magic new friends, A cleanse, More self love, Mexico, Mostly all JOY all year, A wierd jealousy triangle with two friends, a new level of comfort as a dancer, looking at my dancer beliefs, a different (healthier) relationship to alcohol and food, losing weight, gaining weight, loving the gym, resistance to the gym (and the cold outside), bike life and a cupboard to keep it in, a good balance of work and rest, wealth (despite many odds!), not getting ACE funding, Love reflected x100, Encouragement x100, Feeling rejected, Getting through my todos like nothing, systems and structures, A mostly successful admin relationship, More fluency in languages, A resistance to showing up in the world, A haven in my home, A resistance to falling & dogs, A place to run away to, A way of working that creates high vibe art, Exhaustion, Saying no to outdated ways of being friends, Deep diving with appropriation as a theme, A lot of questioning the world in general, A strong rooting in my values, A family in the UK who I really appreciate, Feeling loved, feeling lonely, Feeling restless, always having things to do, A go getter/face the bullshit attitude, A sense of coming out of the confusion and a sense of the confusion, Saying no to work that is not honouring my values, Feeling into rest, Studying TRE, Migraines in TRE, A sense of lushing through life, a sense of slowing down and really savouring life, A lot of epic adventures on a daily, Such a strong desire to be a Mum, Art, A possible exhibition, Not being present enough for my birth family, Finding a much bigger (and wonderful) birth family. *Today I just did What have I created*

(because I did the whole year not just the week and I had to go and get on with my day! Normally this would be shorter and I will continue tomorrow as it is NYE!)

Saturday

HOME

Stone: Shungite

Planet: Saturn

Colour: Red

Muladhara root chakra

Chakra Themes: Unlearning fear & survival to choose abundance & love

Gyan Mudra

Date... 31st December 2022..

Three things that spark JOY:

1. ... *Walking through Baixa Chiado*

2.... *Realising how small Lisbon is*

3.... *The feeling after leaving the gym*

Picture who you will meet or who comes to you intuitively & send love:

Dora, Ama, Leah

Share a synchronicity or creative moment from yesterday:

Finishing my Journal to JOY edition 2 and seeing things fall into place (plus my own reminders each and everytime I re-read sections!)

How can you make today a blessing?:

Play the I want game. Take rest

Today's Choices:

JOY:

They are an extension of me, and me them: I learn to take even better care of my self by watching their growth and honouring their goddxx-like potential. Self love is so embedded in my being: from how I dress, eat, rest, express: It's a JOY to do life

ILLUSION:

I believe I can't have them and self care is something I will have time for when I "Get There"

(When I am rich, happy etc)

BRIDGE:

The key is now: self care, self love, all of it now: as above so below as within so without: until you love and care for yourself noone else will

Invitation for the day: Home is where the heart is

Land Guidance QR Code

Question: Madre Tierra, what shall I bring forward, what seeds can I plant and what should I know to leave in 2022?

Yes my dear, self care is at the heart. Go away from here: it is time for you to leave now: depart, go find yourself and remember who you are: you are a little lost: so set are you in who you are now, it is time to foirget to remember again. You dont need to have all the answers or have it all figured out: be in wonder and the unknown: go and discover: it will be a wondrous adventure! Leave behind the workaholic Ella: this year can be about play and enjoyment, The money will come to you without you even trying: stop being in survival mode now: step into thrive mode: because you are: you are thriving! Your body is healthy and happy. You know who you are and what you love, you can nacvigate all situations and all occasions in the highest of vibes: there is no need to be scared of anything... this year is the throat chakra: singing, painting, reading, dressing, expressing... and the womb: really becoming your divine feminine. You know you will end up in Mexico: honour that... that is 2024... but first, in 2023, go be in NYC, go be the choreographer you really are, go fall in love... all of it... all of it is welcome... make love, destroy love, build up break down: LIVE fearlessly and passionately! Go for LIFE! ...

Sunday

GODDXX

Stone: Sunstone

Planet: Sun

Colour: White

Sahasrara Crown chakra

chakra Themes: Living in line with our Goddxx: Our truest self

Lotus Mudra

Date... 1st January 2023..

Three things that spark JOY:

1. ... *Spa times*

2.... *Dancing*

3.... *My womb healing journey*

Picture who you will meet or who comes to you intuitively & send love:

Emma, Dora, Ama, Vikki, Lammy

Share a synchronicity or creative moment from yesterday:

At 11:11 I finished my Journal to JOY (writing version 2 that is about to be self published) and looked up to check the time :-)

How can you make today a blessing?:

Rest! Go slow! Drink in the magic of my learnings and embody them... plus upload the journal on the first day of the year :-)

Today's Choices:

JOY:

My epic new home in Mexico with a spa/pool/water connected. My community who live there. My baby. My family. Us all together. Being on the land and of the land in my heart

ILLUSION:

I can't have this: who am I to want these things, how dare I desire these things... Mother Earth is not listening... the world is moving forwards and I am behind... a general disconnect and separation

BRIDGE:

Just go! The idea you have to own it to live it is an illusion... just go there and let it unfold... you know that is what you want... choose it. Contact Ira tell her you are coming, ask Stella to book out the flat... follow the obvious.

Invitation for the day: Embody your Goddxx

Innocence meditation or Journal prompts

Yesterday's Completion was really powerful. Biggest takeaways: rest: do less, be in your goddxx and in innocence more: there's nothing to do only actions to take. Open your eyes: life is in the details. Lots of small actions, like cancel my gym! (I guess because I will be in NYC!?) I am starting to accept the "break up" now and let it go (and still continue to send love!) I am so glad I spent NYE in this beautiful way. The themes of 2023 are HOME, throat healing and expression and even more womb healing: I did an epic healing on a childhood trauma yesterday!