



Wealthy Goddess

EMBODIMENT PLAN FLOW



Brigid

Journal Prompts

- 1.) What limiting belief that is rooted in scarcity consciousness are you ready to transmute through the triple flame? And how has it played out in your life?
- 2.) What boundaries do you uphold to show that you value yourself?
- 3.) How does your financial situation mirror the value that you place upon yourself?
- 4.) Are there areas in your life and in your financial life that you can uphold stronger boundaries to value yourself and to empower others? Please explain.

1.) Mantra & Sacred Geometry

Triquetra



Visualize this celtic knot during your chanting practice. This is a triple knot design that symbolizes Brigid as the Holy Trinity in One. Lunaea Weatherstone writes that the knot represents the triple flame of hearth, temple and forge - all aspects related to the Goddess Brigid. This design can be worn in jewelry, on tokens, stitched into clothing, etc. to keep Brigid close.



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SADHANA PLAN FLOW

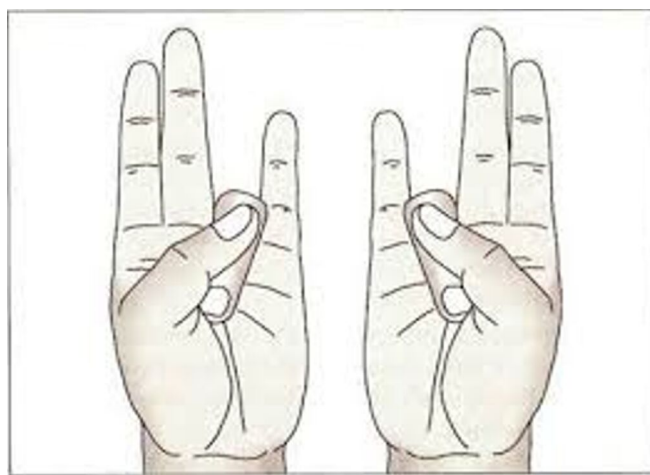


Brigid Fire Chant

"Brigid of the spark. Brigid of the flame. Brigid of the embers. May I transform today.
Brigid of the spark. Brigid of the flame. Brigid of the embers. Hey, hey! I'll transform today." x 54

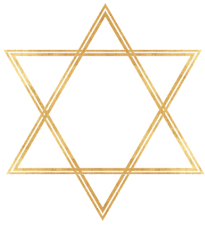
{WATCH VIDEO}

2.) Agni Mudra



Agni means fire in sanskrit. This gesture helps to balance the element of fire within. Brigid is a fire Goddess, so working with the element of fire naturally invokes her. You can visualize the triquetra and sing the Brigid Fire Fire Chant, as you hold this mudra. When you combine the three practices of gesture, visualization and chant - you powerfully invoke her archetypal presence in your life.

{WATCH VIDEO}



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3.) Embodiment Practice

Fire Breath is the embodiment practice to invoke Brigid and to work with the triple flame of transmutation in this series. We are at a point in the alchemical journey in which it is time to call forth a limiting belief that is rooted in scarcity consciousness and to transmute that through the breath of fire, so that on the other side, you can hold a space of growth for a new state of being that you are ready to embody - abundance and inner wealth, for instance. You can practice as much as needed, especially in times when you are ready to release rage and trauma through the healing activation of fire.

{WATCH VIDEO}

4.) Brigid Meditation

Invoke Brigid into your life and enter the enchanted forest of ancient Ireland to uphold sacred boundaries and to discover a bounty of wealth.

{LISTEN TO AUDIO}

