

Lion's Gate

intentions



The Lion's Gate portal is energetically open between July 28 and August 12. During this time, the sun in Leo is aligned with the star Sirius, which is the brightest star as seen from Earth. It's a powerful time to focus on what you'd like to call into your life and the what new experiences you'd like to have. In this practice, you will set intentions and then work with the energy of this time to manifest new opportunities and abundance.

If you are completing this practice on 8/8, this is the most potent day of the energy!

my intention for this practice:

Are any limiting beliefs or concerns about this practice present?

share them below to release them...

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To begin, first make a list of the abundance that already exists in your life. This is more than just financial abundance - what are all the ways you have so much? Everything counts! Then, make a second list of the things you'd like to manifest. Write these in the present tense, as if you are already experiencing them. For example: *I am living from an open heart.*

How does abundance exist for you now?

THINGS I AM GRATEFUL FOR

What do I want to experience next?

THINGS I AM MANIFESTING

The practice...



Step One

Create your ritual space

Clear the energy with sage or palo santo, or simply open a window.

You might consider lighting a candle to begin.

Step Two

Get Grounded

Close your eyes, place your feet on the floor and take 3 breaths in through your nose, exhaling slowly from your mouth

Step Three

Visualize

Imagine the version of yourself who is already experiencing your dreams. Place your hands on your heart and FEEL!

Step Four

Anchor + Release

Once you can feel the abundance you are manifesting, release the visualization.... but hold onto the feeling!

Anchor the energy into your heart by allowing yourself to fully FEEL your future self (emotions and all!) Then, imagine that the energy of the feelings lock into your heart. *Now that you know what it feels like, practice spending time in that energy.*



