



# Month 11

# Supported

Activate your intuition and delve even deeper into your journey of Self awareness.

Words are powerful and we can consciously use them to transform our life. They will inspire you to remember your truth.

As you tap into your inner wisdom you will uncover lessons and gifts that will empower you to live in a way that reflects your true authentic Self.

As you read the words on your card, notice any additional words, thoughts, feelings, or visions that come to you, as these are messages from your higher self.

Everything you see and feel is part of the journey.

We recommend you journal your intuitions and experiences for best results.

## *Set your intention to work with the word SUPPORTED this month*

When I set intentions, I like to think of each one as a seed I am planting. Each seed is fuel to manifesting our goals and visions. I accept that some seeds may take longer to grow than others. Some may need more nurturing. Some will have a mind of their own. Some may require me to add to it. Some may require me to be patient and leave them to germinate. I do not put any expectations on how the seed will unfold. I make a commitment to be a part of it's journey and to nurture it as best I can.

When setting intentions it is important to remember is to TRUST! Trust that there is a process that we may not be able to see. Trust that there is a Divine plan for your life. This doesn't mean, write your intentions, let go and just do nothing. Some intentions will require some action on our part. Learning not to force the outcome can be a challenge for some of us at times, that's OK, it's all part of our learning.

Some of our intentions end up unfolding in the most peculiar ways, we just couldn't have planned them that way! Trusting the unfoldment of your life counts the most.

Intentions really help to create more clarity in your life. I feel that the best soil to plant our intentions into is a relaxed state of mind. It's no good doing them in a rush or in a loud environment, your conscious mind needs to be clear.

Our intentions should be written positively and should be allowed to evolve. This means that you can adjust your intentions as the months go by. For our purpose, we write short term intentions. Literally, keep it to one month at a time.

By writing down your intentions, you have already started the process. The Universe and all matter is already reconfiguring itself to bring them into reality, some Quantum stuff is happening!

**EXAMPLE OF A WRITTEN INTENTION** "I want to explore the word supported this month so that I may gain a greater understanding of my relationship with this word".

All you have to do is pay attention to any signs the universe sends.

The Universe communicates in strange ways sometimes, so you really do have to be ultra observant and pay attention. Signs like you are seeing articles, books, meeting people, seeing particular animals or numbers, finding places, adverts or hearing songs that are tied to your intentions.

## *Questions to ask yourself this month*

What does SUPPORTED mean to you?

How do you feel about this word?

How does this word feel in your body when you mindfully observe?

Do you need more or less of this in your life?

If you need more what would you need to do to make that happen?

If you need less what would you need to do to make that happen?

Has exploring this word shifted me in any way?

How has this word shown up in my life this month?





# Mind Mapping with your Card

This is an intuitive process of creating a visual diagram that allows us to explore the word as the starting point. It takes us on a journey that enables us to see our relationship and to find deeper meaning.

You can do your mind maps with pen and paper, on your computer or any other software or medium you like. Whatever works for you is what is important. It is good to use some colour as it works well for our minds association. Also, start from the centre and work your way around clockwise.

Use images/pictures/symbols or some kind of visual representation to go with your chosen words.

Use one keyword per line. You can have as many lines as you like, you can also make branches off of your main lines.

Most importantly enjoy the creative process as it unfolds.

