

VESICA PISCIS

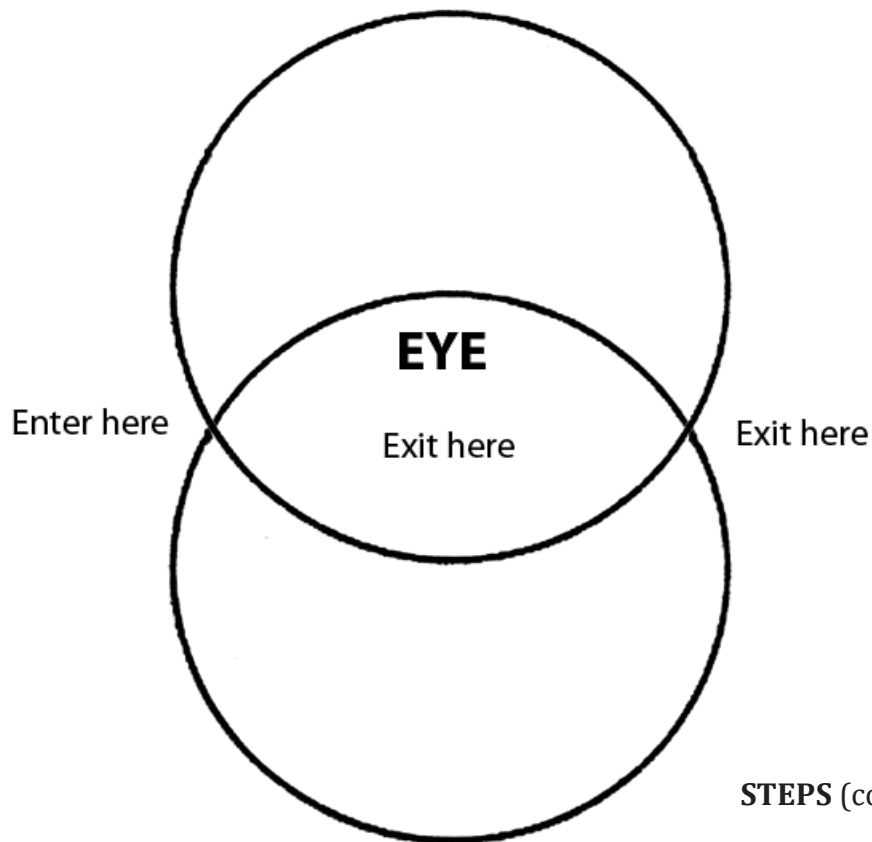
<https://www.walkingtheland.net>

SET UP

1. Get 2 16 feet long strands of yarn or string
2. Lay first circle out and CLOSE it
3. Lay 2nd circle out so it overlaps the first to create the EYE (the Vesica Piscis)
4. You can carry the string or yarn with you anywhere

USES

1. Stress release
2. Adjustment to aura/chakras
3. Meditation, guidance, visions
4. Creative flow
5. Deepen connection to true self
6. Deepen connection to Spirit/Source
7. Increase energy/endurance
8. Heal from illness, jet lag, pain relief
9. Relieve anxiety /intense emotions
10. Experience peace and much more



STEPS

1. Ground & Protection protocol
2. Stand on left side of the Vesica Piscis
3. Take 3 deep breaths
4. Step into the eye
5. Stand with soft knees
6. Relax and let the energy move you left, right, forward, back to adjust your aura and chakras (you must stay in the eye)

STEPS (continued)

7. After the adjustment, stand or sit (but all parts of you must stay in the eye) to receive healing, guidance, awakening, visions, and more.
8. When you feel done, step out the right side.
9. Journal your experience.