chakradance™

Goddess Ritual

~ Sacred Journal ~

WELCOME TO YOUR SACRED JOURNAL!

This self-reflection exercise accompanies the Sacred Activation Ritual with the Goddess Lakshmi and is designed to help you open to the flow of abundance in your life. Please dedicate 20–30 minutes to this practice for a truly enriching experience.

To Begin:
Create a sacred space where you feel comfortable and free from distractions. Enhance the ambiance by lighting a candle and infusing the air with your favorite oils, setting the tone for a meaningful connection with your inner self.

Once you are ready, take your time reflecting on the questions that follow and let your thoughts flow freely onto the pages. Remember, these prompts are not meant for self-judgment, and there are no “right” or “wrong” answers. This journey is about growth, healing, and self-awareness, empowering you to align with the energy of abundance.

The more conscious you become, the greater your ability to create the changes that invite abundance into your life.

Abundant blessings,

CHARLEEN M. MICHEL

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Reflection 1

Do you consider yourself to be a generous person?

What are three generous acts you could do this week?

"Too often, we underestimate the power of a touch, a smile, a kind word, a listening ear, and honest compliment, or the smallest act of caring. All of which have the potential to turn a life around."
- Leo Buscaglia

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Reflection 2

Are there any areas of your life where you are pushing hard to make things happen?

If so, what are some steps you could take to invite in the flow of ease and grace?

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Reflection 3

On a scale of 1 (none) to 10 (fully abundant), how much flow do you feel in your life?

What could you do to raise that number if you want to?

"The universe operates through dynamic exchange...giving and receiving are different aspects of the flow of energy in the universe.
-Deepak Chopra

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Reflection 4

Name three areas of your life where you would like to experience more ease and flow.

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Reflection 5

Do you feel prosperous and abundant in all areas of your life - financially, physically, mentally, and spiritually?

Do you feel you deserve riches?

If not, what are three things you could do this week to make changes?

"Abundance is not something we acquire. It is something we tune into."
-Wayne Dyer

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Reflection 6

Do you allow beauty in all aspects of your life - in your home, the way you dress, etc.?

How could you bring more beauty into your life?

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Reflection 7

List five people or things you are grateful for.

"What we know is that generosity is actually an act of vulnerability. Generosity requires us to trust that we can give and receive, and that we are worth the connection we make through giving. Gratitude fuels generosity, because when we are grateful for what we have, we believe we have enough to share."
– Brené Brown

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Reflection 8

Are there stories of beliefs you have around abundance that are limiting you or holding you back?

Can you see where these beliefs came from? (Family, institutions, etc.)

"Courage is your natural setting. You do not need to become courageous, but rather peel back the layers of self-protective, limiting beliefs that keep you small."

-Vironika Tugaleva

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Reflection 9

Do you trust that the Universe will provide for you?

Can you remember at least one example of where the Universe provided for you?

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Reflection 10

Do you feel there are any areas of your life where you feel a sense of lack? (Time, money, love, success, etc.)

Do you feel you deserve more in these areas?

Do you believe you can have more abundance?

"You deserve all the good things that happen to you.
Don't feel guilty and accept the blessings."
-Paulo Coelho

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Reflection 11

Do you have any fears about not having enough?

Or guilt when you do allow yourself pleasure, money and wealth in all forms?

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Reflection 12

What does an abundant life look like for you?

What are three steps you could do this week towards manifesting this life?

"The key to abundance is meeting limited circumstances with unlimited thoughts."
-Marianne Williamson

What is True Abundance?

True abundance is the state of being where one feels deeply connected to the infinite flow of life's blessings. It is not merely the accumulation of material wealth but the harmonious alignment of mind, body, and spirit with the richness of the present moment.

It encompasses gratitude for what is, generosity in sharing with others, fulfillment that comes from purpose and love, and harmony with nature and the universe.

True abundance is living in flow, where your inner world reflects a deep sense of contentment and joy, and your external life mirrors this through creative expression, meaningful relationships, and prosperity in all its forms.

It is about recognizing that everything you need to thrive —love, beauty, and inspiration—is already within you.

"Abundance flows when we align with our true essence, embrace beauty in all its forms, and open our hearts to the boundless gifts of life." – Charleen Michel

WISDOM Unleashed
WITH CHARLEEN MICHEL