

Welcome to your
Soul's Garden Party



Reawakening
to your
Soul's Purpose

Adventure Bonus
Activity



Celia Barsby

www.celiabarsby.com

A vibrant, fantastical landscape with a sunset sky, purple flowers, and a painter's studio. The scene is filled with lush greenery, purple flowers, and a large, gnarled tree. In the foreground, there is a painter's studio with a wooden chair, a table with a palette, brushes, and a bottle of paint. A small table with a blue and white patterned top holds a palette, brushes, and a bottle of paint. A red book is open on the floor next to it. The background features a sunset sky with soft clouds and a large, gnarled tree with purple flowers. The overall atmosphere is magical and artistic.

Shadow Work

Extension of Self

Celta Barsby
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Your shadow is an extension of self who your conscious mind tries to hide.
In Shadow Work you work with your unconscious mind to tap into your intuition.

Shadow Work can bring you inner strength and a greater sense of balance
and empower you to bring your work into the world.



*Time to do some Magical
Journaling*

Magical journaling to explore your shadow

Look at the list of challenge prompts below and design your own adventure with your shadow.

Often where we experience the most resistance is what our soul is calling for.

Expect the unexpected!

Leaping off into some new phase of life

Free-spirited

Carefree

Being open to experience

Acting on impulse without thought or plan

Spontaneity

Something unexpected or unplanned

Childlike enthusiasm

Innocence

Lack of inhibitions

Footloose and fancy free

Being silly

Frivolity

Folly

The choice you are making may appear foolish or not well thought out to others

Trusting in the universe

No sense of worry or fear

Feeling protected

Experiencing life in the here and now - from moment to moment

Optimism

Travel and vagabonding

Magical mystery tour

AFFIRMATION:

All possibilities
are open to me as
I boundlessly
experience the
here and now.



See you in
the garden



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