

Day 9 – Call In the Inner Oracle

Theme: Channeled Journaling

Today you write not just ***to*** your wise woman — but ***as*** her. Let the voice flow from that deep place within.

Today's Practice

1. Set the Space

New pen or candle helps mark the moment.

2. Begin With:

“Dearest one, I want you to know...”

Write without stopping for 5–7 minutes.

3. Read It Back Aloud

Hear her words spoken through your own voice.

Reflection Prompts

- What part of me did that voice come from?
- Did she sound loving, fierce, honest, or all three?
- What is she asking me to remember?

Optional Extras

- Create a page titled “My Inner Oracle” and revisit often.