



Guide to the energies of Leo Season



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*Written by Jeana
McDonald*



Welcome

Hey beautiful souls! As we bask in the vibrant energy of Leo season, it's the perfect time to harness this fiery, confident vibe and manifest our dreams.

To help you make the most of this powerful time, here are some crystals, affirmations, and an Intention-setting ritual to make the most of this Leo Energy.

Blessings,

Jeana



Stay in touch

Jeana@journeyswithjeana.com

www.journeyswithjeana.com

<https://www.facebook.com/groups/journeyswithjeana>



CRYSTALS FOR LEO SEASON

- Carnelian - Boosts courage and creativity.
- Citrine - Enhances confidence and joy.
- Sunstone - Encourages positivity and leadership.
- Tiger's Eye - Grounds and balances emotions.
- Ruby - Promotes passion, vitality and courage.
- Golden Topaz - To harness optimism and attract positive outcomes
- Fire Quartz - Enhances mental clarity and focus

WAYS TO WORK WITH THE CRYSTALS

- **Meditate with them** - Hold your crystals during meditation. Ask your crystals what messages they might have for you or meditate on their properties.
- **Wear them as jewelry** - Consider the properties you would like to embody when selecting your jewelry for the day.
- **Intention Setting & Affirmations** - Hold them to your heart or third eye when saying affirmations or setting intentions.
- **In Rituals** - Use crystals in rituals to combine their properties with your purpose.
- **Crystal Grids** - Create a crystal grid using these Leo season stones to enhance their collective energy and support your intentions



LEO SEASON AFFIRMATIONS

<p>“I am bold, brave and confident in all that I do”</p>	<p>“I embrace my true self fearlessly”</p>	<p>“I put my needs before the needs of others”</p>
<p>“I boldly claim my desires”</p>	<p>“I stand confident in my power”</p>	<p>“I lead with courage and authenticity”</p>
<p>“I inspire others with my fierce self love”</p>	<p>“I shine my light brightly and inspire others with my radiance”</p>	<p>“I express my true self with joy”</p>



Journal Prompts

Use these prompts to deepen your exploration of the Leo Season Energies

01

Where in my life am I hiding my light, and why?

02

What does it feel like when I'm fully in my power?

03

If fear wasn't holding me back, what would I boldly do next?

04

How do I crave being seen, loved, and celebrated?

05

What part of me am I ready to unapologetically express?

06

When was the last time I truly played or had fun just for me?

07

What unique gifts do I bring to the world—and how can I share them more?

08

What does courageous leadership look like in my life?

09

How can I love myself more fiercely right now?

Leo Season Intention Setting Ritual

- Find Your Space: Create a sacred space where you feel calm and centered. Light a candle and place your chosen crystals around you.
- Set Your Intentions: Take a moment to reflect on what you wish to manifest during this Leo season. Write down your intentions on a piece of paper.
- Affirm and Visualize: Hold your crystals in your hands, close your eyes, and repeat the affirmations. Visualize your intentions coming to fruition with each breath.
- Release and Trust: Once you've set your intentions, place the paper under the candle or your favorite crystal. Trust that the universe will support your desires.
- Express Gratitude: Finish your ritual by expressing gratitude for the blessings you already have and the new opportunities coming your way.



"Under powerful energies of the Leo Season and the Lionsgate Portal, let your inner light shine brightly, illuminating your deepest desires and paving the path to your most authentic self. Embrace the courage within, and manifest your dreams with bold, unwavering confidence."





Thank You!

I hope you enjoyed this guide and through these practices found a connection to your inner lion or lioness!

If you feel called to explore more of the astrological seasons connect with me on Facebook, Instagram or via my website.

Blessings,

Jeana



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