



# THE DIVINE UNION WITHIN

*Week #6*  
*Breaking the*  
*Silence ~*  
*Speaking Your*  
*Truth*



1.

WRITE ABOUT YOUR JOURNEY SOUTH TO MEET AND  
RETRIEVE YOUNG SELVES.





2.

JOURNAL WITH YOUR RETRIEVED SELVES SO THEY  
CAN SPEAK THROUGH YOUR WRITING AND BE  
HEARD.





3.

WRITE ABOUT YOUR JOURNEY TO THE HEALING POOL  
WITH WHITE BUFFALO WOMAN AND SPIRIT GUIDES FOR  
THE CLEANSING CEREMONY.





4.

REWRITE, RECREATE AND EMPOWER AN OLD STORY  
OR STORIES:







