

Dreaming & Creating a Powerful Vision Statement

One of the most empowering actions you can take to prepare for the Equinox and Solstice doorways is to set clear intentions and begin dreaming and creating a **Powerful Vision Statement** for the upcoming season.

When we create a clear, specific vision, we then have a grounded focal point towards which to concentrate our energy - making sure every step and action we take involves something that will move us towards manifesting our vision - first and foremost! Our vision becomes a touchstone that we can always return to - especially, if and when we stray or lose focus.

It's like being a lone wolf, out on a snowy tundra, who instinctively knows to focus only on her most life sustaining, generative, nourishing prey out ahead - a deer, moose, caribou, bison, musk ox, mountain sheep - and not get lured away, distracted, and exhausted by wasting time digging for smaller prey tunnelling deep under the ice and snow - the small prey that will not satisfy or sustain her for long. Her life depends on it!



To take this one step further, as you begin this process, try **calling in a spirit wolf** to help you stay focused, keen and aware as you dream and hunt your vision. Imagine yourself actually shapeshifting into her (him) - see through her eyes - experience her extraordinary sense of smell, sense, and ability to track distractions, and possible dangers (distractions) ahead.

These could be going down the rabbit hole of social media, or indulging in the myriad of addictive distractions you might be lured into. There are so many distractions in this modern tech world - teeming with shiny objects, that can easily lure and distract us from visioning, hunting, killing and ultimately manifesting our nourishing, soul sustaining soul visions! Hunting, killing and digesting our visions is how we actually manifest, embody and live into them.



Instructions for Creating a Powerful Equinox Vision Statement

Begin by describing where you are right here, right now, in your life. This will shed light on your present, so you can acknowledge, give gratitude for and accept your life and self fully, right here, right now- just a few weeks from the **Equinox Doorway**.

As you write, simply notice if any resistance arises in you, around trust and acceptance. Just be aware, present, and open - free of self judgement. Acceptance is an essential key to freedom on the inner warrior path.

Then, begin writing in the present tense, in specific detail, where you want to be four months from now. Make sure to use powerful, generative words throughout, leaving out vague, tentative, doubting, or noncommittal words such as maybe - should - possibly - hopefully, etc.. Replace them with clear, declarative, intentional, strong, empowering words. All the while being aware of the vibration of all words you're using - knowing that a vision statement that's intentionally created, infused with your deepest soul intention and Equinox energies, be amplified manyfold!

Just start in, let go of any worries about making it right or perfect. This is not a test!

Write as though you're already living your deepest soul dreaming and longing. Include where you dream yourself living. What your soul work may look like? How you'll feel when you wake up each day. What ignites your being and brings you great satisfaction, serenity and joy!

Let yourself dream big!

Include what you're passionate about, who you're choosing to surround yourself with - what your relationship/s feel and look like? What your work in the world looks and feels like, as you're tapping into and sharing your unique gifts, and doing what you love in the world. (If this is part of what you envision, of course:))

Include all other aspects and details of your amazing life - new projects you may be birthing, sourced from your spirit, during the upcoming season. Make sure to include activities you'll be involved in that are enjoyable, creative, relaxing and fun!

Let yourself really feel and dream into your ignited life - on all levels. Again, simply notice any resistance or fears that may come up during the process. Resistance, doubts and fears are a natural part of the Inner Warrior's journey. If you notice fear of disappointment arising invoke a portal in nature to transform and transmute it. Call in wolf medicine to help you muster your courage and keep on dreaming and visioning!

Know that resistance tends to show up even stronger, when we've staked our claim, planted our visionary taproot in the earth and committed to our soul paths and shining spirits. Let's celebrate our resistance as a good sign - and just keep on dreaming and visioning!

When we have a clear vision and intention, it's much easier to focus, "hunt" our vision, and take clear "inspired actions" towards manifesting and embodying our beautiful dreams.

Here's to your soul dreaming!

Susan

Gentle Buffalo Woman