



What brings you alive?

It's not coffee. It's not tea. What wakes you up and makes your soul sing?

The Great Mother journey—finding and connecting with the Great Mother archetype – brings us alive. How?

5 Things I do that make me feel more alive:

Are any of these unexpected or a surprise?

Do this practice STREAM of consciousness. Try to write quickly and not think TOO much. Top of your head answers are best!

I feel most alive when:

The Great Mother Archetype is Life-Force and Flow, Origin, Creation, Creatrix, Source.

Sacred Order of the Great Mother moments that have increased my sense of being alive:

(Think: what was I doing? What was the activity or action? What was the quality of feeling?)



Try not to think too much!

I feel little or no-life force when I'm feeling:

(Think of descriptive words: unworthy, ugly, disconnected, tired, lonely, isolated, overworked, etc.)

Take each of those words above and look up or think of their opposite. (For example to go with the words above: worthy, beautiful, connected, energized, loved, belonging, balanced). Then write them here in the affirmative statement, *I AM* _____ -

I AM _____

I AM _____

I AM _____

I AM _____

I AM _____

I AM _____

Using Those Same Words, Apply
them to the Great Mother
Archetype:

The Great Mother Is:

And now let that be your
definition of LIFE:

(Use those same words to fill in below)

Life is:

When we remember what life is
for us, we know where to go to get
more!