

JOURNEY TO *Lemuria*



*New Age
Hipster*

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The Kit includes:

This PDF workbook
The Video Lesson
The MP3 Meditative Journey

Start where you like

Print out the workbook or use it as a guide for your own
journalling

Just use the parts of this kit that light you up

Come back to the other parts later if/when they call to you

Explore your connection to Lemuria in any way that feels
good to you!

Use this kit as a guide, always go with your gut and what
feels true to you

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Heart Storm

Before you read any further or dive into the rest of the content, take a moment to jot down any first impressions or prior knowledge you have about Lemuria...



Lemurian Tools

Using tools can be a really fun and powerful way to tune into the energy of Lemuria. Always go with what you feel is intuitively the right tool for you, but here are some ideas to get you started...

Oils:

Lemurian Sage
All types of Sage
Eucalyptus
Cypress
Cedarwood
Rosewood
Rose

Crystals:

Lemurian Seed
Larimar
Aquamarine
Clear Quartz
Rose Quartz
Green Calcite
Tree Agate
Any other water/earth stones you feel drawn to

Other tools:

Salt water and sand collected from your favourite beaches
Shells
Leaves
Outside altars
Flowers
Pine cones

Any other tools that you feel called to work with:

Ego

The Lemurians did not have an understanding of personal loss or gain. All that was done was done for the collective.

Where do you feel you are focusing on personal loss and gain right now?

Where do you feel you could focus your intentions and actions on assisting the collective?

Where do you feel you could let the collective or others in your community be of service to you?

Connection

The Lemurians had a strong connection to each other. They looked after each other and knew there was a time to give and a time to receive.

What communities are you a part of? What is your relationship to them?

What is working well for you in these communities? Where do you give and receive?

What do you feel called to change or take action towards when it comes to connecting with others?

Judgement

The Lemurians did not judge each other as we do in our society. They were all of service in the best way they could be and everyone honoured each other's roles.

Where do you find yourself judging others and the role they play in society?

Where have you been judged for the roles and jobs you've had? How did you deal with this?

What are you feeling called to change and work on when it comes to judging others and being judged?

Time

The Lemurians did the work that needed to be done and then they had time to rest, play and connect with each other. Sounds nice huh?

What does your relationship to time feel like right now?

What do you feel is your main block or challenge when it comes to slowing down and taking time to rest and play?

What action do you need to take in order to have a more positive relationship to time?

God

The Lemurians didn't need to go to a church or a temple, they saw God in all things, in each other and in themselves.

Where do you see "God" in the world?








Where/when do you see God in others?

Where do you see God in yourself?

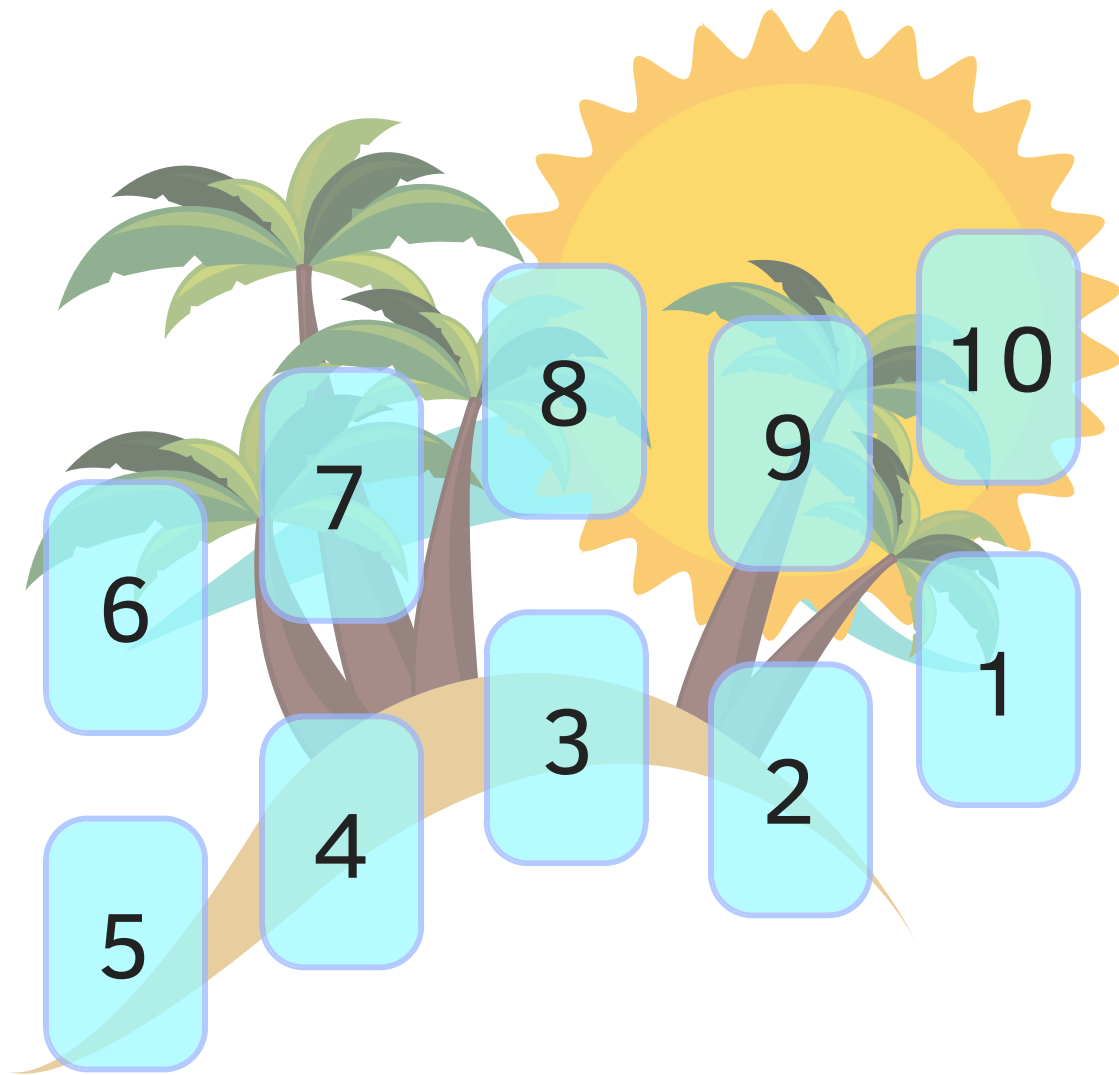
What could you do to start to see God in all things?

Extra Credit

Some ideas for you if you're looking for ways to dive even deeper into your Lemurian journey.

-  Explore your Lemurian past lives if you feel that you have them. Use a recorded past life regression audio and go in with the intention that you will connect with your Lemurian lives.
-  Create an outdoor altar and worship/pray/meditate with the intention of connecting with Lemurian energy.
-  Once you have met your Lemurian guides in meditation do some automatic writing on any questions that are on your heart right now.
-  Connect with your Lemurian guides every single day for 28 days to build a stronger connection.
-  Make a playlist of songs that give you all the Lemurian vibes.
-  Research indigenous cultures and spirituality.
-  If you can, go to the beach. :)

Journey to Lemuria Spread

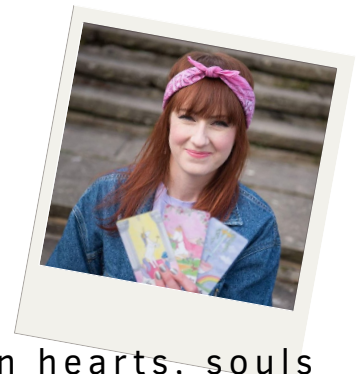


- 1: Why Lemuria is calling you
2. What is your Lemurian truth - what is Lemuria to you?
3. How the Lemurians are/will be connecting with you
4. How to work with your ego
5. How to be of service to the collective
6. How to allow the collective to be of service to you
7. How to reclaim your time
8. How to reclaim your joy, peace and ease
9. A message from your Lemurian guides
10. How to bring Lemurian energy back into your life and into the world

What's next?

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- If you enjoyed this kit and found it useful, please tell your friends about it and The Circle. As a small business word of mouth helps so, so much!
- If you are in The Circle please come and join us in the Facebook group to chat about your experiences and support others in theirs.
- If you're not in The Circle join us now!
www.newagehipster.co/the-circle
- If you would like to share any insights on social media please tag me @newagehipster333 on Instagram or Facebook. (I just ask that you do not share any of the content, spread positions etc., outside of the group)
- Email me with any questions - vix@newagehipster.co
- If you would like to work with me one on one to dive deeper into this month's topic you can grab a soul reading or spiritual or business mentoring session.

About Vix



Vix believes that being connected to our own hearts, souls and spiritual team is our natural state and she's excited to be able to be of service to those who are searching for a way back. Vix is devoted to helping others reconnect to their own light, inner guidance and power so they can live out their best and highest lives. She supports her growing worldwide community through one on one Soul Readings, workshops, the New Age Hipster podcast, blog, YouTube channel, online groups and social media ministry.

Vix is an ex-high school and special ed teacher, she is a YA indie author and enjoys drinking tea, exploring stone circles, eating vegan pizza and watching 80's movies.