

JOURNEY TO AVALON



*New Age
Hipster*

JOURNEY TO AVALON

The Kit includes:

This PDF workbook
The Video Lesson
The MP3 Meditative Journey

Start where you like

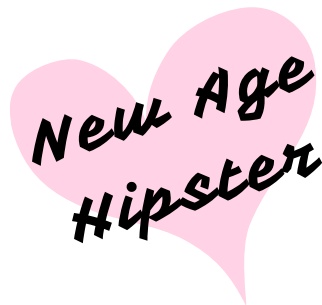
Print out the workbook or use it as a guide for your own
journalling

Start with the parts of this kit you feel most drawn to

Come back to the other parts later if/when they call to you
- you don't have to do it all!

Explore your Journey to Avalon 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



Vix from New Age Hipster asserts her right to be identified as the author of this work in accordance with the Copyright, Designs and Patents Act 1988. All rights reserved. No part of this e-kit may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior permission of the author.

WWW.NEWAGEHIPSTER.CO

A myth is
something that never
happened and is
happening all the
time

HEART STORM

Before you read any further or dive into the rest of the content, take a moment to write down any ideas, words, first thoughts that come up when you think about Avalon...



Intentions

What is drawing you to journeying into Avalon?

What are you hoping to find and experience on your journey?

What wisdom would you like to discover?

How would you like this journey to change you?

THE WELL

The Well, or Chalice Well, is connected with the Goddess, the Divine Feminine wisdom within you and all around you.

Journeying to The Well can bring you wisdom and insight into connecting deeper with the divine feminine mystery.

What are you being asked to release in order to dive into The Well?

What divine feminine wisdom are you hoping to find in The Well?

What questions do you have for the Goddess?

THE WELL

Where in your life are you already connected to the divine feminine?

Where in your life are you out of alignment with the divine feminine?

What could your life look like if you stood in the power of your own inner divine feminine mystery?

How are you being called to work with and embody the divine feminine?

THE TOR

The Tor is the name of the tower that sits on the hill above what we now call Glastonbury. It is connected with the power and strength of the Divine Masculine within you and all around you.

Journeying to The Tor can bring you wisdom and insight into connecting deeper with the divine masculine energy.

What are you being asked to release in order to climb to the top of The Tor?

What divine masculine wisdom are you hoping to find in the well?

What questions do you have for the masculine aspect of the divine?

THE TOR

Where in your life are you already connected to the divine masculine?

Where in your life are you out of alignment with the divine masculine?

What could your life look like if you stood in the power of your own inner divine masculine power?

How are you being called to work with and embody the divine masculine?

THE HOLY GRAIL

One of the Arthurian myths centres around the holy grail. It's hotly debated in historical, philosophical, religious and spiritual groups as to what "the holy grail" actually is. Some people think it was a real physical object. Others believed it was a person, or a spiritual understanding. Either way, the metaphor of going on the search for the holy grail is one that has made it's way into the collective.

What is your personal holy grail? What is the thing you seek above all else?

Why is this so important to you?

Where will this quest lead you to? What will happen when you find your holy grail?

THE HOLY GRAIL

What will happen if the quest fails and you don't find your holy grail?

What fears or challenges are coming up or may come up for you on this quest?

What is the long-term game plan for this quest?

What is your first, or next step on this quest?

THE CHARACTERS

The myths and legends of Avalon (and so many other stories!) have inspired and enthralled us for hundreds of years, and there is a reason for that!

We can see ourselves in these stories. We want to be as loved and adored as Guinevere, as powerful as Morgan le Fey, as strong and courageous as Lancelot. We want to be able to create magic like Merlin. And we are challenged by the idea of following Nimue into the deepest depths of the lake.

Myths and stories hold up a powerful mirror to our own psyche. We adore certain characters and want the best for them, we absolutely despise the baddies and hope they get theirs at the end.

When we consciously work with these archetypes we can gain deep and powerful insights about ourselves, just like when we work with the Tarot.

We can discover who we are by forming a bond with a character in a story. We can notice who we identify with, who we want to be more like. We can develop a deeper sense of our own ethics by deciding what is a good and right outcome for a story and what is not.

On the following pages we are going to dive into some archetype work with the main characters of the Arthurian "legends".

I invite you to invite their energy in, to see them within you, to let them lead you to your own "holy grail".

You can do this work in any number of ways. Journal your answers, pull cards, call on their spirit for guidance, call up the Morgan le Fey or the Lancelot within.

But most of all, have fun with it! x

KING ARTHUR

Where are you being called to step up, stand in your power and take leadership in or of your life?

How are you being called to serve others and shine your light?

If you called up your inner King Arthur, what wisdom and advice would he give you about being of service and living in alignment with your purpose?

What action do you need to take in order to be more like King Arthur and live the life you came here to live?

GUINEVERE

Where are you being called to move more into love, partnership and collaboration?

Are there any blocks or challenges you have when it comes to relationships, opening your heart and intimacy?

If you called up your inner Guinevere, what wisdom and advice would she give you about following your heart?

What action do you need to take in order to be more like Guinevere and live your life with an open and brave heart?

LANCELOT

Where are you being called to face your battles with courage and strength?

Are there any blocks or challenges you have when it comes to standing in your power?

If you called up your inner Lancelot, what wisdom and advice would he give you about being courageous and standing in truth and power?

What action do you need to take in order to be more like Lancelot and live your life more courageously?

MERLIN

What magic do you most wish to see unfold in your life?

What is blocking or stopping you from being able to magic this into being?

If you called up your inner Merlin, what wisdom and advice would he give you about using your creative and magical powers?

What action do you need to take in order to be more like Merlin and create the life of your wildest dreams?

MORGAN LE FEY

Where are you being called to journey into deeper spiritual work?

Are there any blocks or challenges you have with your spiritual journey and connection?

If you called up your inner Morgan le Fey, what wisdom and advice would she give you about your spiritual power?

What action do you need to take in order to be more like Morgan le Fey and embody and experience your true spiritual power?

Nimue

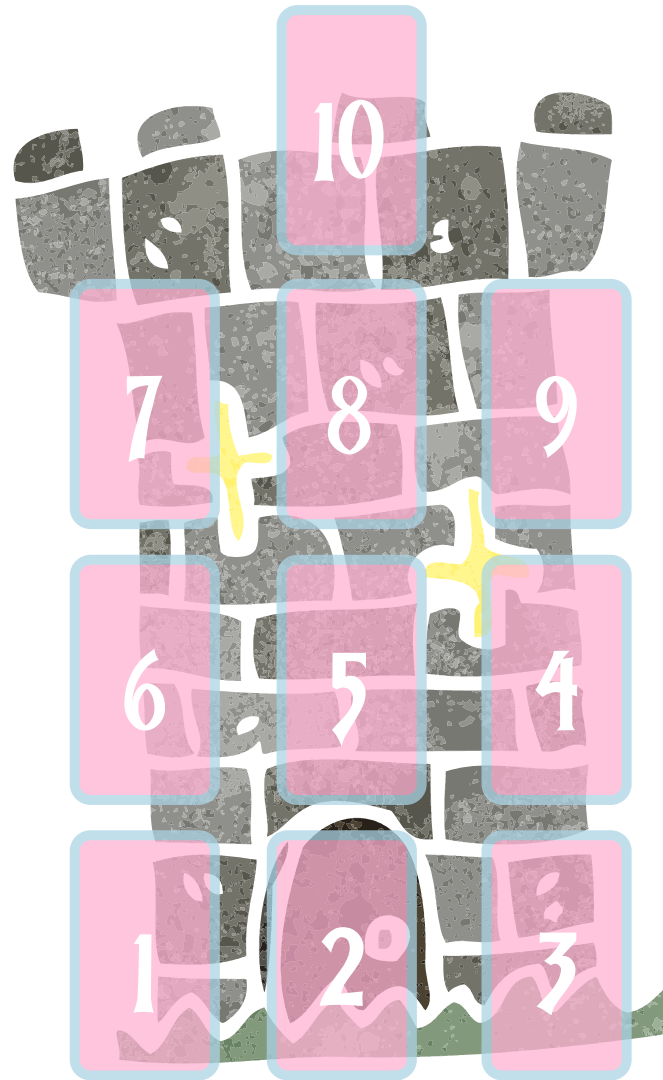
Where are you being called to face your shadow?

Are there any fears that come up for you around journeying to the very depths of your own soul?

If you called up your inner Nimue, what wisdom and advice would she give you about your shadow work?

What action do you need to take in order to be more like Nimue and face your fears and shadow self with love and strength?

JOURNEY TO AVALON TAROT SPREAD



1. Begin your quest - what are you taking with you?
2. The Well - what wisdom does the divine feminine have for you?
3. The Tor - what wisdom does the divine masculine have for you?
4. Meet King Arthur - what wisdom does he have for you?
5. Meet Guinevere - what wisdom does she have for you?
6. Meet Lancelot - what wisdom does he have for you?
7. Meet Merlin - what wisdom does he have for you?
8. Meet Morgan le Fey - what wisdom does she have for you?
9. Meet Nimue - what wisdom does she have for you?
10. What treasure are you bringing home from your quest?

WHAT'S NEXT?

- ✓ 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 you are welcome to 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 over at www.newagehipster.co

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 the Fully Lit Mastermind, 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.