

# DRAAGONS

WORKBOOK



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# DRAAGONS

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  
journaling

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 with the Dragons 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

What do "Dragons" bring up for you?

Heart storm your current relationship with the Dragon Realm!



# FEAR

In mythology dragons were often seen as something to fear.

When you think about dragons do you have any fears come up?

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What fears do you have right now that you'd like to clear and heal while you work with the dragons?

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Where did these fears come from?

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Most of the time our fears are just trying to protect us. What do you feel these fears are protecting you from?

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What would be different if you could let these fears go?

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# HEART CHAKRA

Dragons are powerful heart chakra clearers and activators!

Right now how does your heart chakra feel?

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What do you feel blocks your heart chakra?

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Where/when do you keep your heart chakra closed?

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What experiences have led you to close your heart?

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What do you feel you need to do to open your heart chakra more fully?

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What would life look like if you fully opened your heart to others and to your own life?

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# ELEMENTAL DRAGONS

The Elemental Dragons can help us connect with the elements in powerful ways! Answer the following via automatic writing (just let your pen flow!) or pull cards to help you.

What messages do the Water Dragons have for you?

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What messages do the Earth Dragons have for you?

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What messages do the Fire Dragons have for you?

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What messages do the Air Dragons have for you?

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What messages do the Metal Dragons have for you?

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Which Elemental Dragons are you most drawn to?

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# CLEARING

Dragons are incredible clearers!

What are you being called to clear in your life?

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What are you being called to clear in your energy fields?

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What are you being called to clear in your physical body?

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What are you being called to clear in the spaces you live or work in?

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What are you being called to clear from your heart?

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What are you being called to clear in the world?

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# MISUNDERSTOOD

Dragons have been misunderstood over the centuries and can help you when you've been misunderstood too.

How do you feel misunderstood right now?

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How have you felt misunderstood as a child?

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When have you misunderstood someone and judged before you knew them?

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Who do you need to forgive for misunderstanding you?

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How can the Dragons help you heal from misunderstandings?

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How can you stand in your loving power even when you are misunderstood?

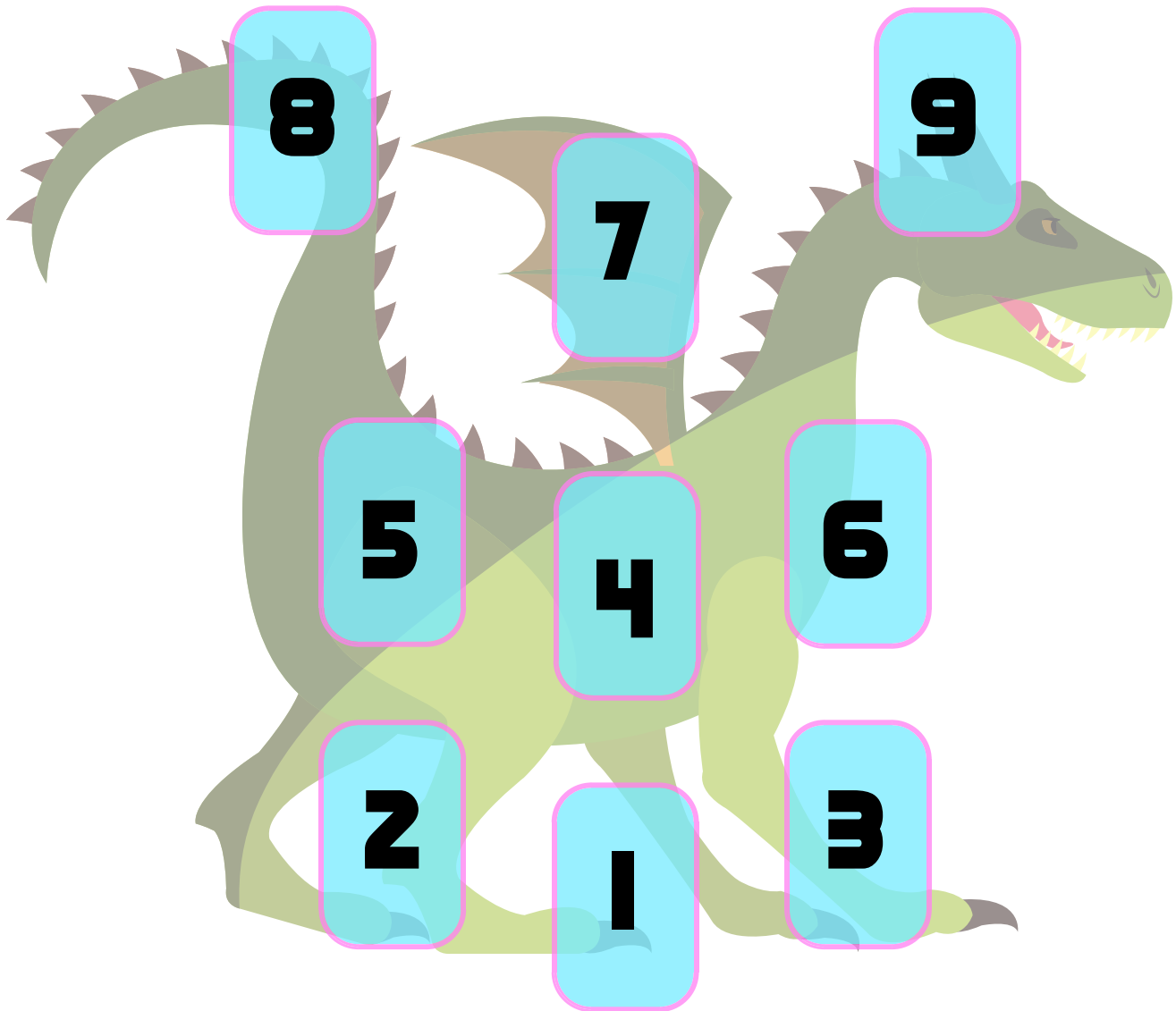
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# DRAAGON SPREAD



1. How can the Earth Dragons help you ground and find joy in the material world?
2. What fears are the Air Dragons clearing away for you?
3. How are the Fire Dragons helping you stand in your power?
4. How are the Water Dragons helping you to open your heart?
5. How can the dragons be of service to you?
6. How can you best be of service to others?
7. How can you connect deeper to the Dragon Realm?
8. How can you shine your light and let yourself be seen and understood?
9. A message from your Dragon guides about your spiritual awakening and ascension





# WHAT 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 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](http://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](mailto: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.