

Journey to Atlantis



*New Age
Hipster*

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Journey to Atlantis

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

Explore your connection to Atlantis 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

A pink heart-shaped graphic containing the text "New Age Hipster" in a black, handwritten-style font. The heart is tilted slightly to the right.

New Age
Hipster

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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 Atlantis



Atlantean Tools

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

Oils:

Frankincense (spiritual connection)
Rose (heart opening)
Rosemary (remembrance and clearing)

Crystals:

Clear quartz
Record keepers
Lemurian Seeds
Larimar
Aquamarine
Crystal Pyramids, skulls and points

Other tools:

Crystal bowls
Singing bowls
Bells
Meditation pyramids
Amulets - ankhs and other sacred symbols
Crystal grids

Any other tools that you feel called to work with to help you connect to Atlantis:

First Thoughts

Why do you think Atlantis is coming up on the radar for you right now?

What do you feel you can learn from journeying (back) to Atlantis?

Do you think Atlantis was a real place, a part of mythology, a state of mind, an energy? What are your thoughts and beliefs on what Atlantis really "is"?

Do you have any fears or shadow stuff coming up as you go on this journey?

Spiritual Connection

The Golden Age of Atlantis is said to be a time of deep spiritual connection and tuning into the energy of Atlantis can help you to develop and upgrade your spiritual abilities.

What do you feel are your current greatest spiritual strengths and abilities?

What skills and abilities do you wish you had?

When you see others working their light and you feel envious of what they can do, what are the talents they are working with?

What chakra/s do you feel are most aligned and activated for you now?

Spiritual Connection

What spiritual abilities or talents are you scared of having/owning? What abilities bring up some fear for you?

What blocks have you placed on your own spiritual abilities? Why?

What blocks have been placed on you by others?

What blocks do you feel you have in your chakra system and auric field? Which chakras feel blocked or stuck?

Spiritual Connection

How can you move through any fear of fully opening up your spiritual connection?

How can you clear any blocks in your chakras and energy bodies?

If you have shut down any chakras, how can you allow them to open up again?

What do you need to do to fully embrace and own your spiritual power in this lifetime?

The Mars Connection

What comes up for you when you think about Mars?

How do you feel about the idea that beings from Mars influenced the energy of Atlantis?

Do you have any fear or negativity towards these beings that you need to clear, release and forgive?

Mars is known as the planet of war and survival, where are you at "war" in your life right now or where do you feel you are in survival mode?

How can you bring more peace to these situations?

The Golden Age

In the Golden Age we were so tuned in energetically!

What are the ways in which you are in tune with your own energy right now?

How do you tune in to the energy of others?

How does being able to discern and use your intuition help you in every day life?

What guidance are you getting about how to maintain your high vibrational energy?

How can you be in tune but also have good energy boundaries with others?

Power + Hierarchy

What are your general feelings about hierarchy and power?

What fear/anger/other negativity do you have towards those who make decisions on your behalf?

Where do you fear your own power?

How can you forgive and release any karmic fear of power?

What can help and support you in healing your relationship to those in power and stepping back up into your own?

Ego Trippin'

Where do you sometimes get into ego when it comes to your spiritual (and other) abilities?

When looking at all the roles and jobs in society, which ones do you think are most important?

Who do you feel is least important?

If you could move up in society, what would you like this to look like for you?

How can you see and honour all members of society, including yourself?

The Fall

Do you feel that you are holding any karma, guilt or shame associated with the fall?

What lessons can you learn from the fall?

How can you forgive, clear and release any karma or other attachments that you are still holding?

How can you use your knowledge and experience of the fall to help you in this current lifetime?

Extra Credit

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



Work with the 12 5D chakra system



Explore your Atlantean past lives. Use a recorded past life regression audio and go in with the intention that you will connect with your Atlantean lives.



Create an Atlantean altar



Work with Ascended Masters such as Serapis Bey, Hilarion, Thoth, Master Voosloo or any other beings that you feel an Atlantean connection with



Work with the mer-energy and dolphins



Make a playlist of songs that give you all the Atlantean vibes.



Research the mythology and various searches for Atlantis



Watch the new Wonder Woman movie or other movies and TV shows that feature Atlantis.

Atlantis Spread



1. Why is Atlantis coming up for you at this time?
2. What does Atlantis need to be for you?
3. Where are you spiritually blocked or shut down?
4. How can you work through and remove this?
5. What spiritual talents and abilities are ready to be re-activated?
6. How can you activate them?
7. What needs to be healed and forgiven?
8. What lessons can you learn from the fall of Atlantis?
9. How can you have healthy strong energetic boundaries both ways (i.e. keeping yourself protected but also respecting the energy of others)
10. How to use your knowledge of Atlantis to help you live your best life here and now

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 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 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.