

Magical Key 5

WORKBOOK

Going through the Mill

Reawakening to Your Soul's Purpose



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Your deepest
wound holds
the greatest
medicine.



Welcome

to your

Soul's Garden Party

A Creative Lifestyle

giving you permission to

discover your Authentic, Rebellious, Quirky Self

Reawakening to your Soul's Purpose



Love Note from the Garden

I remember visiting a traditional working mill where the grains of wheat are laid between two huge mill stones and then the power of the water is used to turn the stones, grinding the wheat into flour.

The sound of clanking machinery, the roar of the water, the grinding of the stones and the dusty air created a multi-sensory memory; the work of the mill feels intense, the noise almost overwhelming but necessary to produce the flour to create the bread to sustain life.

You will have had life experiences where you feel like you have been through the mill.

Where you have felt overwhelmed, crushed by the weight of expectation, of responsibility, of feeling trapped.

You have survived and learned important life lessons in the process.

Let's explore the medicine of the watermill.

You are resilient

A skilled miller knows how to adjust the stones so that just the right amount of pressure is applied to release the flour. When you experience “pressure of life” you learn that you are able to withstand that pressure and release the “flour” – essential and life sustaining.

You do the work required

Milling requires work!

Noisy and using energy, grinding flour is a hands-on experience; with all the machinery around you, you need to be alert and aware and fully present on the task.

Transforming the grain to flour is a creative process and whatever you are creating requires you to be alert and aware of the work you are doing; it is worth it. YOU are worth it.

You are in flow

The water source by a mill is redirected to the wheel when the power is required to turn the grindstones. In medieval times if the water source dried up, people would literally starve if they could not mill the flour and the miller knew the value of keeping the stream clear of debris.

No work goes on if there is no flow.





Time to do some
Magical Journaling



Gratitude Journal

5 MINUTES OF GRATITUDE DAILY

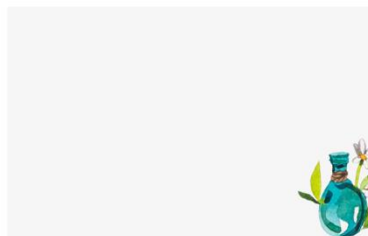
TODAY ____/____/____



TOP 3 THINGS ABOUT TODAY

- ☐
- ☐
- ☐

WHAT INSPIRED ME THE MOST TODAY?



GRATITUDE FLOWER

HOW AM I FEELING TODAY?



3 THINGS I WISH FOR TOMORROW

- ☐
- ☐
- ☐



Reflect on a specific moment in your life when you felt overwhelmed by the weight of expectations and challenges. What were the circumstances, and how did you react? What emotions did you experience?

Think about a time when you navigated through a challenging life situation with resilience. What strategies or tools did you use to overcome it, and how did these tools help you during that period?



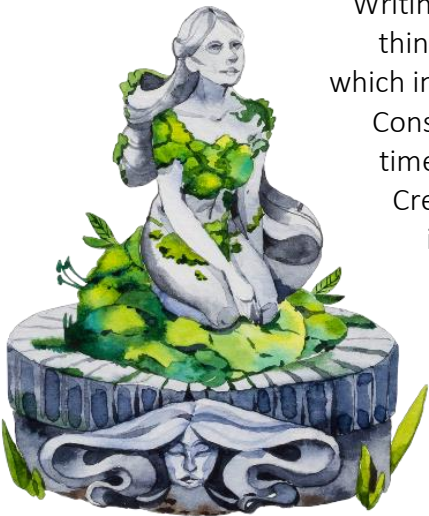
To bring back creative life, the waters have to be made clean and clear again. We have to wade into the sludge, purify the contaminates, reopen the apertures, protect the flow from future harm.

Clarissa Pinkola Estes
Women who Run with the Wolves

Consider the concept of "living in flow." What does it mean to you, and can you recall a time when you felt like you were in flow, even amidst difficulties? Describe that experience and what you learned from it.

[illegible]

Visualise your own creative river of life. What are the
contaminates, what is in the “sludge”?



Writing regularly can stimulate creative thinking and problem-solving abilities which increases your ability to be in flow. Consistency is key. Set aside a specific time each day or week for journaling. Creating a routine makes it easier to integrate journaling into your life. Don't feel confined to just words. Incorporate creative elements like drawings, collage, or visual representations when responding to prompts. Creativity can deepen your self-reflection.



Explore the idea of embracing life's challenges as opportunities for growth and transformation.

Can you think of an example from your life where a difficult situation ultimately led to personal development or positive change?



Create an affirmation or use one of these.

*I am open to learn from my
experiences.*

—

I am ready to do my soul work.

—

*I am resilient and live in
flow.*



See you in the Garden