

IGNITING YOUR FLAME

3 Steps to Create with Intention & Purpose



Your body is sacred. The story you're here to share with the world deserves to be born from a vessel that is rested & rooted in Power, Precision & Presence. This guide will take you through 3 of my foundational principles for connecting & creating from your inner fire. Where *ritual* meets *practicality* on each page.

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A little about me and how these very principles have been the foundation and success of my own creative process.

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How to use this guide and what to expect. Your body knows how to guide you so listen to this and follow.

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About Me



The creative process isn't about doing *more*. It's about being a fully embodied version of yourself so your craft exudes integrity & authenticity. Whether you're working on a creative project or are creating the life of your dreams, **both** require clear *intention, devotion* and *consistency*.

My sacred mission for empowering other Visionary Leaders was birthed from me being completely anchored, rooted and present with myself and my craft. I have battled severe imposter syndrome, often wondering “*who’s going to want to listen to me?*” to burning myself out and becoming more disembodied. This led to me often comparing myself to others, creating out of expectation and obligation and eventually disliking the very thing I have come here to do.

Long before this, I used this method to create the very life I get to live now. One which feels joyful, pleasurable and easeful. Love, abundance and clarity fill me everyday, even on the days I find challenging.

Through these practises, I have found that the creative process flows. When I am anchored, grounded and rooted in presence and purpose, I no longer have to *think*, I can just *be* and the rest flows.

Inside this guidebook you will find a selection of journal and reflection prompts, guidance on each principle and how to use them, and bite-size exercises to apply and integrate into your life straight away. The idea being that there is a combination of intuitive as well as practical guidance to really help imbed these principles. This isn't just something you do once, you're creating habits that continue to stoke the fire within you for the long term and one that feels sustainable.

As the title suggests, this is a guidebook only. I encourage you to listen and tune into your body when it comes to each exercise and connect with what feels resonant to you. I invite you to expand beyond your edges, even if it feels uncomfortable, to really see and feel the changes in your life.

“

PRINCIPLE ONE: INTENTION

“When you know your why, the how becomes effortless.”

This is your *why*. When it comes to the creative process, it can often feel like we *should* be creating something even when our bodies are saying no, we might feel *stuck*, like we don’t know exactly what it is we want to create, or we lean towards *expectations* of others, falling into the trap of, ‘*this is what they expect of me so I should...*’.

This is the sure fast way of falling **out of alignment** with Self, your body and your art. When you’re out of alignment, our inner fire dims and the flame starts to burn out.

The intention piece is your map, it’s your path forward. It helps with clarity and **rooting into the true purpose** of your ‘*why*’. Whether you have the seed of a creative project or it’s already growing roots, each of these principles can be applied to help your creative project blossom and bloom.

1 Anchor into the Body

I invite you to send your attention inwards, take 2-3 deep inhales and exhales, in and out through the nose. You can lower your gaze or close your eyes. Take your time here to soften the body & relax your shoulders. When you ask yourself a question, you want the answer to come from within, not from your mind. This is how you attune more towards what you *truly* desire, as opposed to what you *think* you want.

Now ask yourself:

What am I desiring to birth into the world?

How will this aid my own personal growth? How will this ignite change and inspire others?

2 Set your Intention

REFLECTIONS

What did this first exercise bring up for you? Were any feelings, sensations or emotions present in the body? What thoughts came to mind? Bringing awareness into your internal state again & again, attunes you to your emotional body, your needs and your desires. You begin bringing the unconscious state of mind into the conscious and that's where change and growth happens!

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

PRINCIPLE TWO: THE SACRED RETURN

“Consistency isn’t about doing more, it’s about returning, again and again.”

The Sacred Return is where you create a realistic, flexible rhythm for ***showing up to your art or vision without forcing yourself into hustle mode***. Setting aside time to attune to your body first before stepping into the creative process will really help you break out of unhealthy habits and patterns.

In a world that perpetuates hustle culture, where productivity and burn out equals success and where everything is on demand, slowing down, creating space and being consistent with your process is an *act of resistance*. Build a rhythm that matches your nervous system and natural energy cycles. Consistency here is about *repetition with kindness*, not discipline with shame.

1

What is your devotional practise?

Choose a small, repeatable action you can commit to for 7 days that feels light and joyful. Example: 5 mins of writing, a daily sketch, or 1 photo a day.

Flow is great, but flow also needs structure to help direct it to allow your creativity to grow and flourish. Choose a day in the week and a time to devote to yourself and stick to it. Over time once this becomes a habit, you can build upon it. By adding more days or more time to your practise.

2

How?

REFLECTIONS

- What is a consistent practise you can create for yourself to come back to you?
- Is there any resistance in showing up for yourself and what does this look like?
- What do you think this resistance is trying to teach you about yourself?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

PRINCIPLE THREE: DEVOTION

"When we create with love, the work carries its own power."

Devotion shifts your creative work from self-pressure into sacred offering, something that nourishes you and ripples out to others.

This practise is designed to work *with* your body, not against it. Committing to a practise and devoting yourself to it will also help build *trust* within the body. How many times have you said to yourself you're going tend to yourself or your craft and then not done it? I know I have, many times! Choose one ritual to do before you create; light a candle, drink tea slowly, put on music to mark your creative time as sacred.

1

What is your
devotional
practise?

Create a sacred ritual to help you tune inwards and tend to that fire within. You might choose to journal for 15 minutes, dance, light a candle and say a prayer or meditate. Devotion is the art of tending to your inner world, in order for your flame to glow brightly, it needs space, air to breathe and grow. Pause, slow the mind down and start shifting inwards.

Devotion to Self and devotion to your craft go hand in hand. Take time to tend to yourself before tending to any *work* will help you create your vision from alignment. It's from here the seeds of your vision grow with truth and authenticity.

2

Taking Action

REFLECTIONS

- What rituals make me feel grounded, present, alive?
- What gets in the way of showing up for myself?
- How can I choose devotion over discipline?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

When you create from intention, in a rhythm that feels good, and in devotion to something bigger than yourself, you move from burnout to flow. These rituals are not rules, they're invitations back to your own creative truth.



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If you're ready to take this deeper, to move through creative blocks, awaken your inner fire, and make work that feels alive, join me for **Unleash Your inner Wild.** In 5 days, you'll reconnect to your inner fire, unlock new creative energy, and leave with tools you can return to for life. Complete with audios for each day and a guidebook to walk you through the process!

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