

*Cosmic Activation - "Future-Life Meditation": Find a comfortable place to sit for a 10-20 minute meditation. Settle into your body by connecting with the present moment - feel the breeze on your face + sun on your skin, hear the sound of the leaves + smell the earth. Once you're settled, begin imagining how you might feel if everything you ever wanted was yours. If all your problems were solved + everything you hope to experience was within your grasp. This isn't about making a list or clarifying any details - it's about imagining the feeling of true peace, contentment + the actualization of your dreams. Sit in the feeling when you find it. It will come + go throughout your meditation but continue to re-find it.*

*Altar Guide: Either of today's spreads + an object to symbolize...*

- *Uranus. Examples could be a doodle of a lightning bolt, "I am floating on a rock in the middle of space" written on a piece of paper, a picture of outer space or anything that reminds you of "the big picture".*
- *Earth. Examples could be a bowl of seeds, sand or soil, a rock or stone, a leaf or flower.*