



CIRCLES OF LIFE

*Self-Discovery
Activity*



Hello!

Thank you for accepting my special gift.

I created this activity to provide a valuable resource for my clients to uncover the hidden yet significant interconnections among family members that impact their lives.

I hope you find joy in the journey and cherish moments of enlightenment.

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About the Process

When is your birthday? On that unforgettable day, you brought your uniqueness into this world. Invisible forces granted you gifts such as talents, abilities, and tasks to solve during your lifetime. And for this, you were given strength and stamina, intelligence and prudence, heart and feelings. Your ancestors gave you the clan's power along with their unresolved problems. When you came into this world, you rightfully claimed your unique place of strength where you are in harmony with everything and everyone, where you get generational support as well as the backing of those forces that contributed to your birth in a particular place (family, country, culture) and at a specific time. On your birthday, you came into this world with your magnificent authenticity. You boldly and loudly announced your coming, and everyone rejoiced at your arrival.

Many years have passed since your day of birth. Have you managed to stay in your place of strength and maintain your authenticity? Are you free to live your purpose, or are you living and repeating someone else's destiny?

The "Circles of Life" you'll create will take you on a journey of exploration. For the journey, you will need a piece of paper, a pen/pencil, and your desire to designate and restore your place of strength and success.



Creating the “Circles of Life” is a creative process with healing potential. You will start the process independently, following my tips and trusting your intuition.

The “Circles of Life” process includes three steps.

Action Steps

1



Meditation

2



Drawing

3



Interpretation



Meditation

Your task is to shift from the vanity of thinking to the depth of feeling. Be like an artist who has an overall idea about their masterpiece but allows creative forces to manifest themselves through you. Allow yourself to put aside everything you know and remember about yourself and the circumstances of your life.

Collect within and focus on your heartbeat. Imagine that you, like a tree, are connected to the Earth via deep roots – the extension of your feet – that grow deep down into the Earth and reach the sky through the top of your head. Through the imaginable strong roots, you receive strength and nutrition. You are deeply grounded. Focus on your breathing.



Trust yourself.

With each new breath, allow yourself to connect with the infinite cosmos to receive creative energy and clarity.

Allow your meditation to last as long as it is necessary for you to stop thinking and relax. Let your thoughts flow like shapeless clouds across the sky. Address the thoughts as they come to you: “Thank you, I will think about it later.”

Remain an observer. If emotions come up, name them and tell them “Yes.”

For example, if you feel fear, say, “Yes, there is fear here,” and watch the fear dissolve.

You are ready for the next step when you feel inner concentration and your attention is not directed to anything. Just be relaxed, present, and prepared to receive information.

YOUR THOUGHTS:

Drawing the Circle of Life

The very first circle you draw will represent you. Place your circle on a piece of paper and write your name on it. Establish an inner energetic connection with the circle. Feel it. It is a tiny representation of you.

Notice any feelings you have about yourself—just feelings (no thoughts).

Now you are ready to expand your “Circles of Life.”

Ask all those who belong to your family and significantly influence your life at this moment to appear on your inner screen individually. Remain neutral with no thoughts.



Both living and dead, known and unknown family members can appear on the inner screen. The first thought/image you receive while identifying a person is the most important.

Take a pen and draw a circle that represents the person you perceived. Do not try to recall someone, and do not exclude anyone who came.

Allow all those who come to be welcome guests, even if they are unexpected. Be fully present while drawing a circle representing the person.

Allow your hand to position the circle where it feels right. Imagine this person (it can be any image or symbol); write the person's name into the circle if you are familiar with them. Then, return to your position of neutrality and wait for the next one.

Take your time. You will add all those who appeared on your inner screen slowly, one by one.

If you are overwhelmed by thoughts or emotions, return to meditation (Step 1). It is essential to remain a neutral observer. There are no right or wrong actions in this process. Let the invisible forces manifest themselves through your creation.

The number of family members that will appear in your drawing is still being determined. Do not worry that you have forgotten someone. Trust your feelings. All those who are important now are in your "Circles of Life." You will know (feel) when to stop.

Remember, the drawing of the circles is a meditative process. When it is necessary, return to Step 1 to remain a neutral observer/explorer.

Look at the picture you created. All these people-circles are in relationships with each other. They are interconnected. Focus on your intuitive feelings and imagine as if the people-circles could see each other; who is looking at whom in your Circles of Life?

INTERPRETATION

Write down all the thoughts/ideas/questions that came up during the work.

Describe the feeling when you look at your "Circles of Life."

How do you feel about your place in the net of circles?

Are you in the right place? Is there anything you would like to clarify or change?

I would love to assist you in exploring your "Circles of Life." Feel free to send me your final picture and book a session to clarify the hidden forces that affect your life.

Thank-you!

I'm so excited to continue working with you,
please reach out to learn more.



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