

# Maureen J. St. Germain

## *The Practical Mystic*

### **Ceremony for the Intention Disc:**

Pick an oil randomly - your Higher Self will know which one! You might look up what each one does, to see what emotion you are working with. Some of the blends are directly proactive, even when they have a "repair function" you might only need the "seed" (positive emotion) to rebalance and repair your field.

Holding the disc, say, "I am ready and willing to release all incoherent energy and release my emotional body from any and all emotional charge around this issue. Wait till you feel a shift. It may take the form of a yawn, a cough a sigh, a shiver, etc. If it is really big, do this before bed or a nap to free your mental body from its "broken record" habit. Wake up clear.

Please note: You may discover that you don't remember anything about the so-called event that trigger you. This is good. Your memory of the event will return to your memory after everything has cleared, which may take up to two weeks! Be ready to be surprised.