

The Soulful Explorer





YOU ARE INTUITION-DRIVEN

THIS IS PART OF YOUR SUPERPOWER SYSTEM. YOU
ARE IN CONNECTION TO THE QUIET VOICE OF YOUR
SOUL.



YOU ARE REFLECTIVE AND DRAWN TO
MEANING

WHAT LIES BENEATH THE SURFACE IS YOUR PASSION.
YOU TAKE THE TIME TO OBSERVE AND ABSORB THE
WORLD AROUND YOU.



ENCOURAGEMENT IS YOUR MAGICAL KEY TO INSPIRED ACTION

YOUR ENVIRONMENT AND THOSE WHO
SURROUND YOU ARE ESSENTIAL FOR YOU TO
THRIVE. SURROUND YOURSELF WITH POSITIVE,
LIKE-MINDED, ENCOURAGING AND SUPPORTIVE
SOULS WHO BELIEVE IN ALL THE MAGIC WITHIN
YOU - EVEN THE MAGIC YOU CAN'T SEE IN
YOURSELF.

*FULL PROCESS GUIDANCE



DEEPENING YOUR JOURNEY WITH THE MYL PROCESS

AT MAGNETIZE YOUR LIGHT, WE VIEW INTUITION AND CREATIVITY AS TWO SIDES OF THE SAME COIN—INTUITION IS POTENTIAL CREATIVITY, AND CREATIVITY IS INTUITION IN MOTION. EACH ONE IS AN ENTRY POINT TO THE OTHER.

OUR PROCESS BEGINS BY GROUNDING IN THE BODY THROUGH BREATHWORK, MEDITATION, OR GUIDED VISUALIZATION. FROM THERE, WE OPEN THE DOOR TO CREATIVE EXPRESSION—LETTING ENERGY MOVE FREELY AND AUTHENTICALLY.

WE THEN DEEPEN THE EXPERIENCE WITH JOURNAL PROMPTS, HELPING YOU CAPTURE INSIGHTS AND ANCHOR YOUR SOUL'S CONVERSATION. THE RESULT IS A STATE OF AWAKENED ALIGNMENT—WHERE ENERGY, CREATIVITY, AND INTUITION FLOW AS ONE.

Start Your Process Here:

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[MINDFUL COLORING: CREATIVE FLOW](#)



Mindful Coloring



SOULFUL EXPLORER

Journal Prompts



WHAT PLACES, PRACTICES, OR PEOPLE SPARK A SENSE OF WONDER IN ME?

HOW CAN I BRING MORE CURIOSITY INTO MY DAILY ROUTINE?

WHERE DO I FEEL RESISTANCE TO TRYING SOMETHING UNFAMILIAR, AND WHAT MIGHT THAT RESISTANCE BE TEACHING ME?

IF I FOLLOWED MY INTUITION AS A COMPASS, WHERE WOULD IT GUIDE ME NEXT?