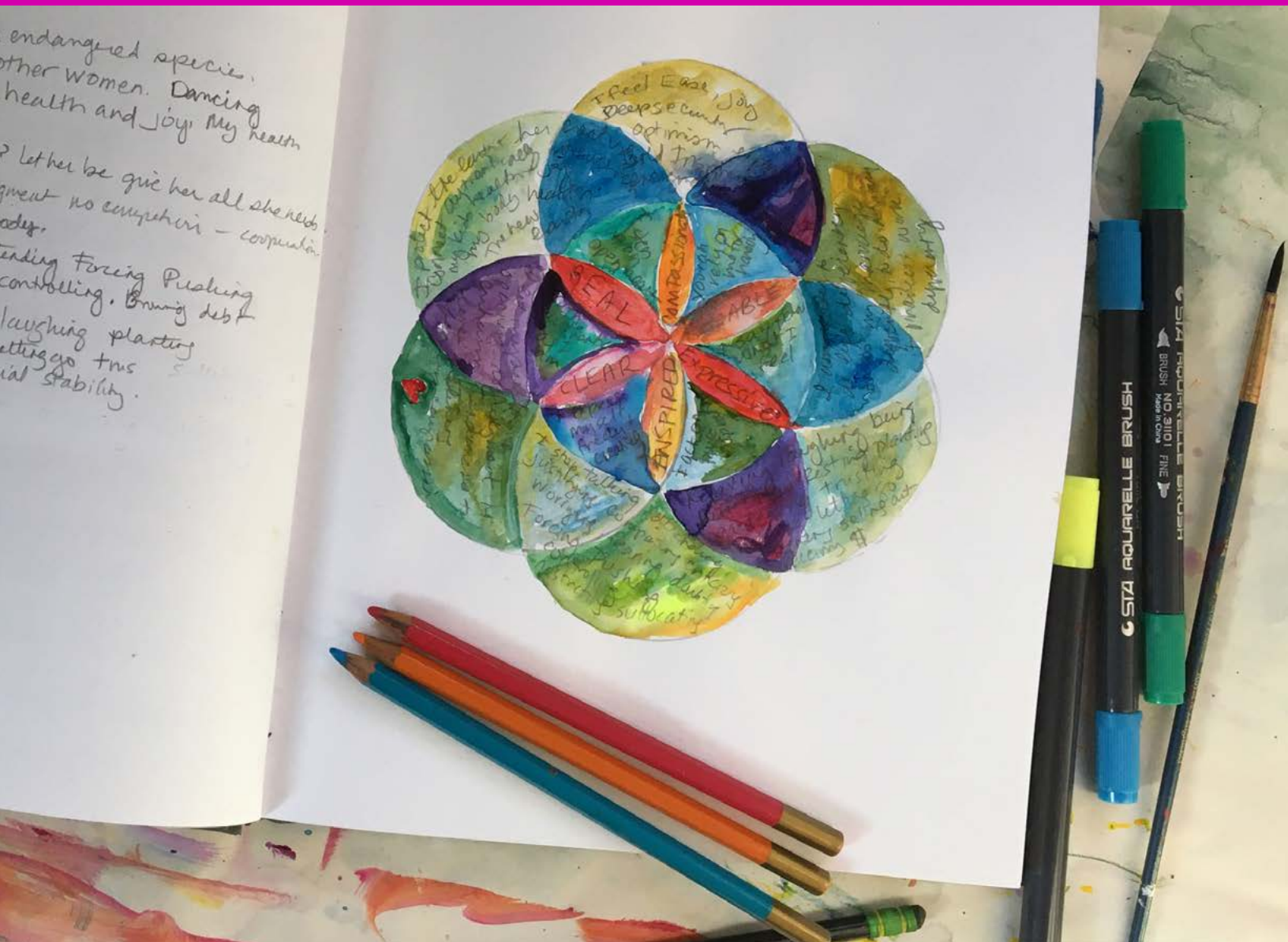


# CHOICE POINT

*Exercise*

HOW TO CHOOSE TO FEEL GOOD

CREATE YOUR SEED OF LIFE





## LEARNING TO EXPRESS YOURSELF

If you struggle with choosing things that make you feel good and keep you moving toward your best self, you are not alone. Recently, the idea of Choice Point was shown to me. What follows is an exercise and story to help you with stepping into your personal power to choose what is in your highest and greatest good.

For much of my life I had a hard time making choices. My choices were mostly unconscious, and the outcomes were all over

the place. But through my work as a Soul Path Artist I have rediscovered my voice and reclaimed my personal power to be the chooser in my life. I have learned that even when the world goes crazy, my power of personal choice allows me to react, think, and respond in my highest light. It is my goal to share tools to help you do the same.

In this exercise you will discover your unique and personal guiding blueprint...the values, goals, and principles that make you who you are. You will do this through the powerful sacred geometric symbol called the Seed of Life.

Enjoy!

Larissa

# MEET THE **SEED OF LIFE**



**THE SEED OF LIFE**, also known as the **Genesis Pattern**, is found at the heart of the ancient sacred geometric pattern called the Flower of Life. The Seed of life is the building block for the entire pattern, and the seven overlapping circles that create it have links to the seven days of creation of the Bible. They also reflect our energetic centers, the chakras, and the seven colors of the rainbow. There is a whole lot of amazing stuff related to this symbol, like the fact that it contains the Tree of Life (from Kabalism) and the Egg of Life (a structure that is actually the building block of your body!) The symbol itself is really old, too. The Flower of Life was found in the Temple of Osiris in Egypt dating at least 6,000 old.

# Choose to feel good

## CREATE YOUR SEED OF LIFE

### MATERIALS TO HAVE

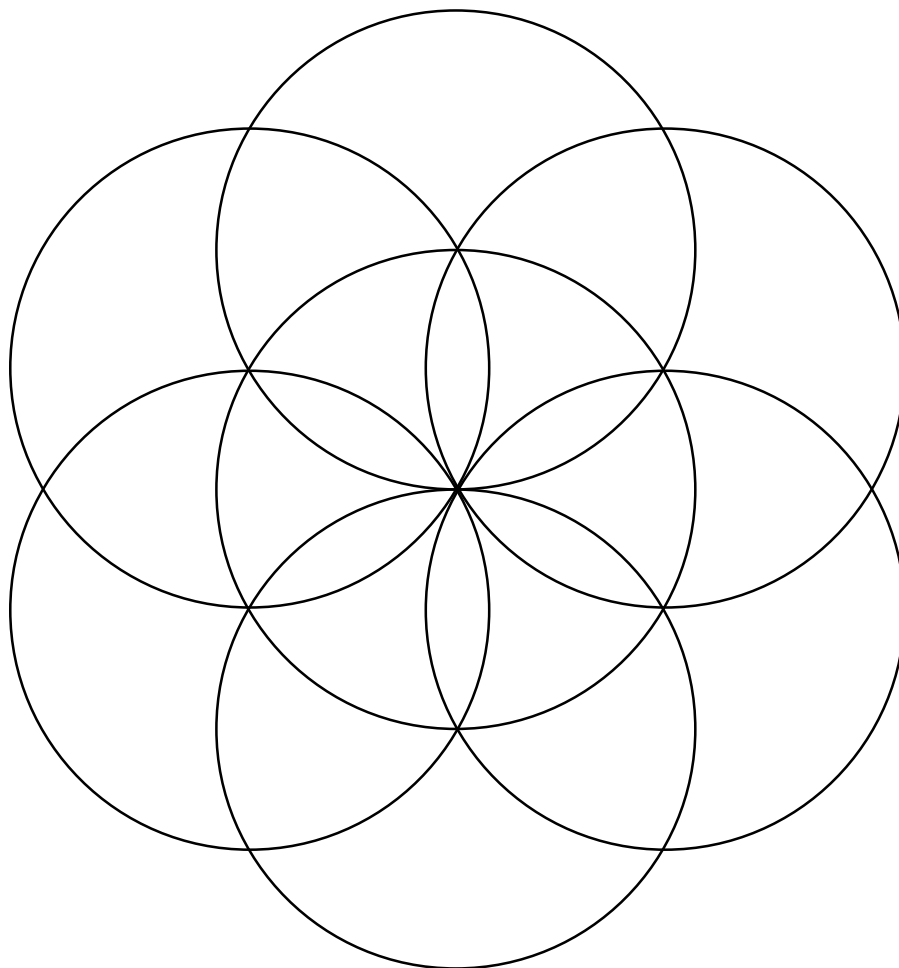
- Paper
- Compass with pencil
- Something to write with
- Journal
- Optional: Paints, things to color with!

### DIRECTIONS

The seed of life is made of seven circles. In this exercise you will be using this sacred symbol to explore seven questions that will help you begin to get some clarity on what your unique seed of life/building block looks like.

#### Grounding

To begin, take a moment to quiet your breath by inhaling to a 4-count and exhaling to a 5-count. Controlling your breath is a really fast and effective way to calm stress and anxiety.



#### Journaling

Once you feel calm, begin to answer the following seven questions thoroughly by hand writing the answers in your journal. Push yourself beyond simple sentences and explore each question

deeply. Your answers are the foundations of who you are, what you believe, and what is important to you. These are the signposts pointing to your inner Seed of Life: the building block of you.

1. What kind of person do you want to be?
2. How do you want to feel?
3. What do you care about? What is important to you?
4. How do you want to treat yourself, others, and the earth?
5. What do you want to stop, or do less of?
6. What do you want to do differently?
7. What do you want to start or do more of?

### Creating Your Seed of Life

To create your seed of life art, you will need an piece of paper, pencil, and compass. Optional supplies are paints and items to color with. You can [see how to create it here](#).

Note that you will want to create the first circle, at the center of your paper, setting the width of the compass to less than a quarter the length of the shortest side of your paper.

1. After your Seed of Life is created, you will start filling in the circles. Looking at Figure 1, the center pink circle will be for question #1. Then you will assign each of the other six circles to the other six questions.
2. When writing in circles 2-7, I found it easiest to use the portion of the circle colored in black (Figure 1). This gave me about half the circle for writing.

I decided to fill in the outside circles first, leaving the center circle for last. For circle 1, I used each petal for a single word and the

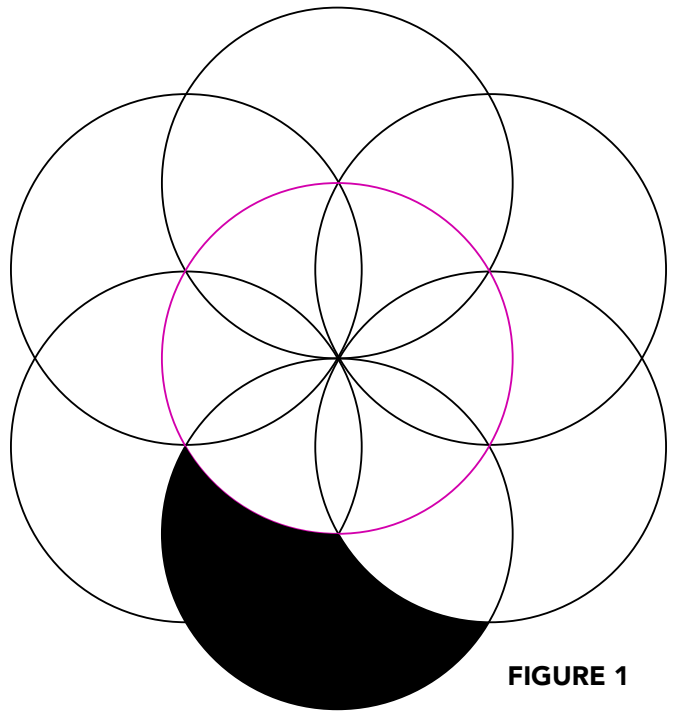


FIGURE 1

spaces between the petals for descriptions of how those qualities show up in me when I am being the person I want to be.

When you have filled in your entire Seed of Life, it might look something like Figure 2 below.

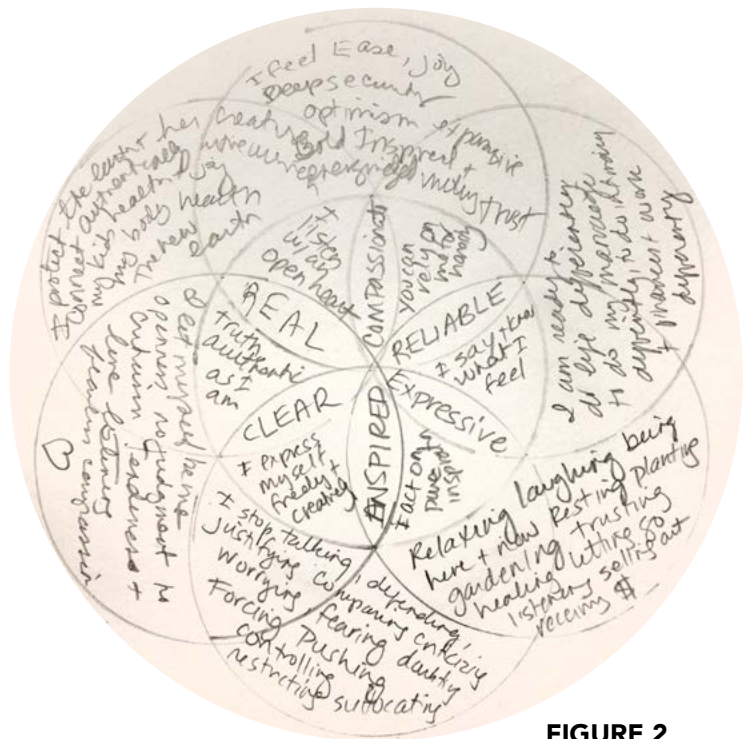


FIGURE 2

## Adding Color

If you are inspired to, you can add color to your Seed of Life. Don't worry about covering up the words, you have them in your journal so you can always reference them. And writing them into your Seed of Life helped you imprint and absorb them more fully. So let yourself get creative without limits.

## TELL ME ABOUT IT!

I would love to hear about your experience. You can share your results with me and the others in the Soul Path Tribe on **The Soul Path Network Facebook Group** where you will find a community of people devoted to personal and spiritual growth through creativity.

See you there,

Larissa



FIGURE 3