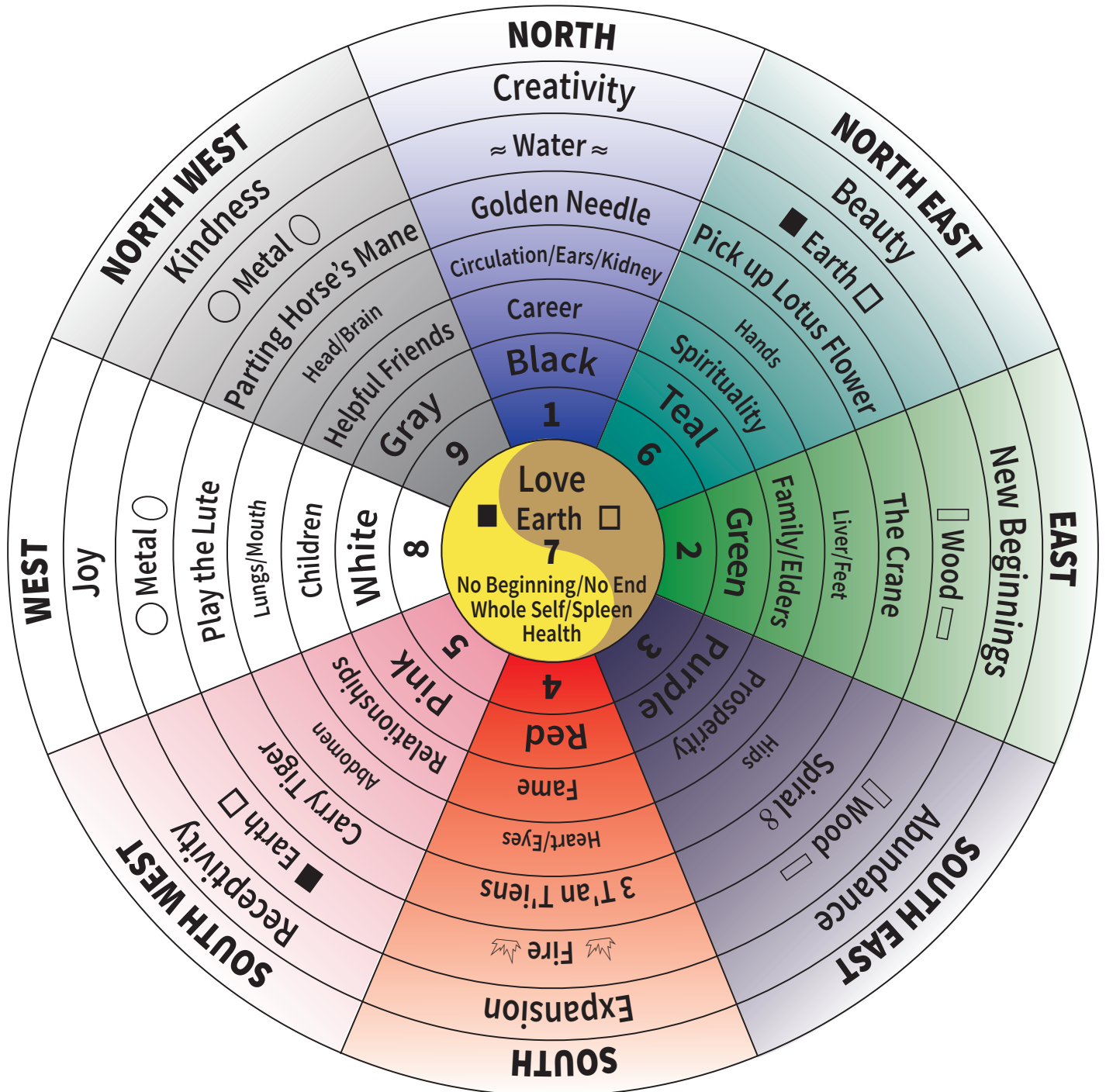




Connect with INTENTION through Movement & Stillness

Maedée Duprès



Constructive Cycle: Water nourishes → Wood fuels → Fire makes → Earth creates → Metal holds →

Destructive Cycle: Water douses → Fire melts → Metal cuts → Wood consumes → Earth dams →



Connect with **INTENTION** through Movement & Stillness / Affirmations

I am flowing inside myself, allowing for a **CREATIVE** life path. (*North*)

1. Every moment of each day brings me something **NEW**. (*East*)
2. The fruits of my work are **ABUNDANT**. (*South East*)
3. I see myself **EXPANDING** from the inside out. (*South*)
4. I am **RECEIVING** nourishment and I welcome healthy relationships.
(*South West*)
5. I perceive **BEAUTY** within and all around me. (*North East*)
6. I take care of my health with **LOVE** and I look for dynamic balance throughout
my life. (*Center North*)
7. I **REJOICE** on a daily basis. (*West*)
8. I bring **KINDNESS** to the way I think and act. I tread on the earth with respect.
(*North West*)

Return to North to close and bow.

Have a balanced and healthy day. Thank you!

Maedée Duprès

These affirmations are a guideline for you to write your own for each intention.

To actualize the meaning, it is helpful to write in the present tense and address yourself as "I".