



## Sample Lessons from Mindful Muse 'Year and a Day' Online Self Study

### Mindful Muse 'Year and a Day' Self- Study FREE Sample Lessons

Dear <First Name>,

I am so honored you decided to try our 13 FREE lessons from Mindful Muse Year & A Day online learning. Hope you enjoy it and decide to enroll in our complete course of 366 lessons - one lesson per day for a year!



The Sacred Circle of the Mindful Muse is a group of modern-day goddesses who honor themselves, their families and friends, Mother Nature, and the world around us. From eclectic daily spiritual practices and rituals to routine offerings of selfless-service, the Mindful Muse is generous with her abilities and skills, including offering a comforting, healing hand to those in need, and makes herself available to be a positive influence on others and the world around her.

## Nov. 18 - Blessing Jar



**Blessing Jar.** This is one of my favorite active prayer craftings. Using a clear jar with a closeable lid, as a container for the following - stones, crystals, shells, coins, beads, charms - whatever you find pleasing. As you place each item into the jar, focus on the blessings you wish to bring into your life. Pour a small handful of sand into the jar grounding the items with this earth element.

Pour water over all items as you offer

gratitude for all you currently have in your life. Gently shake it all up and let it settle. Place the jar on your altar or somewhere you can see every day as a reminder of everything you have to be grateful for in your life and of what you are currently manifesting.

## Dec. 11 - Incense



**Incense** - There are different varieties of incense on the market, as well as a wide variety of incenses you can make at home.

This month we introduce the basic, more common variety of 'over the counter' incenses which is simply the incense stick. It is important to use high-quality incense sticks of which you know the ingredients if at all possible. Try incorporating your favorite incense in your meditation practice. Priming your mindset with the use of incense can help enhance mental focus and open-mindedness which are at the core of a meditation practice. We will discuss many different fragrances and methods of making incense throughout the program. One favorite incense for the yogic practitioner is the infamous Nag Champa, two of the most common being Sai Baba (blue) and Shanthimalai (red). Try using incense to help set the stage in your sacred space in preparation for meditation.

## Dec. 28 - Mouna



**Mouna** - Today is simply a monthly reminder to build in the practice of silence into your routine.

Whether it is a few

minutes each day, an hour of dedicated silence every week, or one full day of silence once a month, start to see what works with your schedule. Build it into your lifestyle. Write it into your agenda. Make a concerted effort to unplug, settle down, and find peace in the stillness.



[Click here to view video](#)

## Jan. 30 - Candle Gazing Meditation



**Candle Gazing Meditation** - Place a lit candle at eye-level in a draftless place. Concentrate at the tip of the flame for 1-2 minutes then close the eyes and try to 'hold' the image of the flame in the mind's eye. If the image disappears, open the eyes, gaze at the candle until you can hold the image again with the eyes closed. Beginners start with 5 minutes. (This technique is not to be confused with the kriya, Tratak, which is gazing for an extended period of time without blinking until the point of tears.)

## February 14 - Valentine's Day



**Valentine's Day** - Pay homage to the Venus today, the goddess of love, romance, passion, and sexuality. Binding a pinecone and a flower together and placing it somewhere in your home promotes balance in a relationship. If you are looking for love or are

married, use bay leaves in tea to nourish your intention or relationship. And next time you see a large stone adjacent to a tree, know that Venus is near!

## Feb. 22 - Vision Statement



**Vision Statement** - *One's philosophy is not best expressed in words; it is expressed in the choices one makes. -Eleanor Roosevelt*

Being mindful of your top 5-10 goals, spend some time today or this week contemplating your Vision Statement. This should be a simple statement that is a promise to you and the world that you are put here on this earth for your specific purpose. Take a look at your goals. Is there a common theme? Do they align with your values? Is there a timeline? How strong is your intention to carry out each goal? Do your goals inspire you?

Once you have had time to get down in the nitty gritty of your goal setting, what are the most important aspects from it you can pull together in a vision statement? Your Vision Statement can be as simple as one all-encompassing sentence (easy to remember - it may become your mantra), or it can be more complex, painted with rich specifics.

Please share your Vision Statement with your sisters if you feel called!

## Mar. 15 - Seva/Selfless Service



**Seva** - This month's selfless service is to plant a tree or help in a community garden.

*Service to others is the rent you pay for your room here on Earth.*

*~Muhammad Ali*



## May 25 - Plant Spirit of Rose



### **Plant Spirit of Rose -**

The rose represents the 5 elements and the microcosm while the lily represents the heavens and the macrocosm.

The spirit of the rose and rose medicine help to heal the heart, foster personal and heavenly love, and also offers protection through its thorns.

Use rose medicine (oils, incense, rose water, etc.) when you want to attract and magnetize. Rose hips are especially known for helping to stimulate the immune system.

[Click here to listen to audio](#)

## June 3 - Meditation-Building Confidence



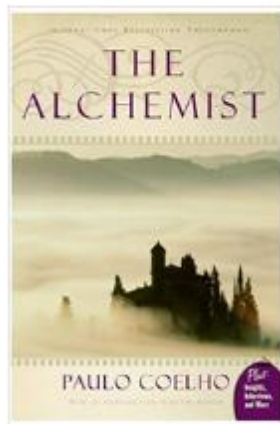
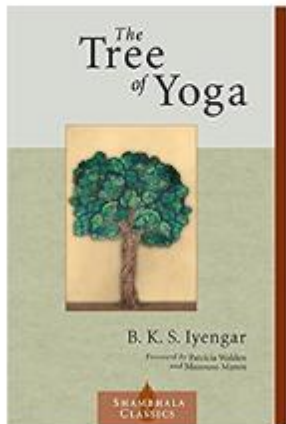
[Week 39 - Live Your Yoga Online](#)

Meditation - Building Confidence -



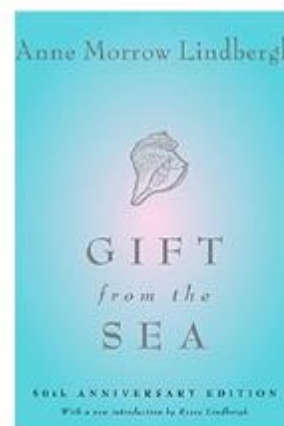
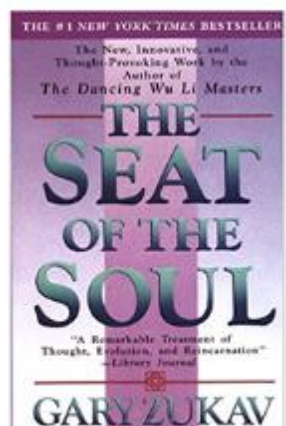
## July 5 - Self-Study Inspiration

**Self-Study Inspiration** - Let one or some of the books below  
be an inspiration to finding your voice through  
svadhyaya/self-study:



[The Tree of Yoga](#) [The Alchemist](#)

[Siddhartha](#)



## Sept. 10 - Rose Quartz



**Rose Quartz** - This month is represented by rose quartz and is also associated with Libra and Taurus.

Rose quartz corresponds with self-love and self-esteem, awakens the heart, and promotes loving relationships with others and nature.

Meditate with this stone to help promote balance and harmony, and to heal the spiritual heart. The heart being the 'shelf' of the chakra system, the corresponding rose quartz helps to balance the upper and lower three chakras at this area.



## Oct. 16 - Mudra for Opening Your Crown Chakra



**Mudra for Opening Your Crown Chakra** - In a comfortable seated position, interlace your fingers and raise your hands overhead, palms facing down, with elbows bent, so that you are framing your head with your

arms.

Bring your awareness to your crown chakra as well as the space just above your head. You may visualize a violet or white light encompassing this area.

Affirm to yourself that you are connected and a part of the universal creative energy.

Remain in this position for 1-2 minutes as you take long, deep, slow breaths.

Then bring the hands, fingers still interlaced, in front of your heart center.

Hold and breathe here for 1-2 more minutes.

## Oct. 17 - Crafting for Home

**Crafting for Home** - Engage in the following crafting to invite stability into your home:

**Supplies:**

- one stone or piece of paper to represent each member of your household
- brown candle
- matches
- blue marker

**Ritual:**

Light the candle as you contemplate current or impending changes in your life. How do you adapt to change? What can bring you more peace during such transitions in life?

Write the name of each family member on his/her stone/paper. Place the stones around the candle. Spend some time here in prayer or meditation asking God/Goddess/Great Spirit to aid you in strength, love, security, and stability, and to help you weather and persevere through the storms, changes, and life's transitions.

Extinguish the candle and place the stones/paper in a room where the members of your household spend the most time together.



## Sample Lessons from Mindful Muse 'Year and a Day' Online Self Study

# End of Sample Lessons

*You have completed the sample lessons from  
Mindful Muse 'A Year & A Day' Self-Study!*



Hello,

Hope you enjoyed the sample lessons! If you haven't already done so, you can register for the full 366 day course that begins on November 1st.

Thanks again for joining our Mindful Muse mailing list. We will keep in touch with you.

Also, join our [Mindful Muse Facebook Private Group](#) to get involved in idea exchanges, questions/answers, live sessions, group discussions, mindful morsels & much more!

*Blessing  
Dharma Richards*

To enroll in the full course, please select your preferred payment:

**Enroll \$22/month**

**Enroll \$198 full payment**