

Weekly Green Seer Circle

Week 1: Who Is Calling You?

This week, we focus on discovering which deity, archetype, or divine energy is reaching out to you.

The call may be subtle — a symbol, a dream, a recurring feeling. Notice the gentle nudges of your intuition.

Exercise:

- Close your eyes and take 5 deep breaths. Ask silently:

“Divine presence, who is calling me at this time?”

- Observe thoughts, sensations, images, or feelings that arise.

Journal Prompts:

- What names, images, or energies appear for you?

- How does this energy feel in your body?

- Are there patterns or symbols that keep appearing in your life?

Week 2: Embodying the Divine

Walking with the Divine means **living in alignment with divine energy**, not only in rituals but in daily life.

Exercise:

- Choose one way to embody the divine this week. Options include:
 - Wearing a color or crystal aligned with your deity
 - Moving or dancing with intention
 - Speaking affirmations of divine presence

Journal Prompts:

- How can you bring the qualities of your chosen deity into your daily actions?

- What physical or emotional sensations arise when you actively embody divine energy?

Week 3: Signs & Synchronicities

The Divine communicates in patterns and moments of alignment. This week is about **noticing and interpreting these signs**.

Exercise:

- Keep a small notebook or section of your grimoire dedicated to “Divine Signs.”
- Record numbers, animals, songs, or events that feel meaningful.

Journal Prompts:

- What synchronicities did you notice this week?

- How did these signs guide or reassure you?

- Are there messages you feel you are being given?

Week 4: Reflection & Integration

This week focuses on **reviewing your experiences, insights, and growth** from the past month. Integration helps solidify your connection to the Divine.

Exercise:

- Review your journal, map, and notes from the month.
- Highlight patterns, lessons, and areas of personal growth.

Journal Prompts:

- Which practices helped deepen your connection the most?

- What blocks or resistance have you released?

- How will you continue to honor your Divine connection moving forward?

Optional Integration Ritual

- Light a candle or place a crystal on your altar.
- Hold your hands over your heart and crown and reflect on all you've discovered this month.
- Speak aloud:

"I honor the divine energy within me. I welcome guidance, clarity, and connection.
So it is."