

THE
SACRED INNER SOUL

10 DAY ACTIVATION
JOURNAL



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Welcome, beautiful.

I am beyond excited for you to activate your inner soul and feel EMPOWERED in it. The most profound thing we can do on our path of healing, is to CHOOSE it.

Not try to speed through it, but to surrender to its process and show up in the best way that we can.

I couldn't be more proud of you for committing to yourself in this powerful way. Just this very act alone of saying YES to this, is telling your subconscious... "I am worth it".

Now imagine what it will be telling your subconscious when you STICK to this commitment in these next 10 or more days! Even if you miss a day and have to catch up... thats ok! Create a game plan for yourself for what you will do instead, or how you will rearrange your schedule. Do this BEFORE it happens so that when life inevitably shows up, you know how to respond.

Because the truth is, you have always been able to respond, and in this journey, you are here to simply remember.

Let's do this.

I Love,
Queen Char



TIME TO BEGIN

It's time to begin this amazing journey! Know that you can either print this journal out, or have it on your computer or phone for reference and write in your own journal.

Remember this please, the only reason why a boat sinks is not because of the water around it... but because of what gets inside.

So I would advise that you keep this process personal to you or ONLY share it with people who will get just as excited about it with you and cheer you on!

You will see that the first section is for self evaluation. Please complete this as soon as possible so that you can see where you began on this journey. The results are often intangible so this is a great way to witness your inner shifts.

After that, there is a space for the Hermetic Principles integration process, and then the daily journal entries. There is plenty to dive into so just do your best to write as much (or as little) as you need. Keep it light, keep it loving.

INjoy!

“A truly happy person is one who can enjoy the scenery while on a detour.”

SELF REFLECTION

Take some time to reflect on where you are. in the following areas of your life, acknowledge how you feel about it.

BODY | PHYSICAL

MIND | MENTAL

HEART | EMOTIONAL

SPIRIT | SPIRITUAL

HOME | ENVIRONMENTAL

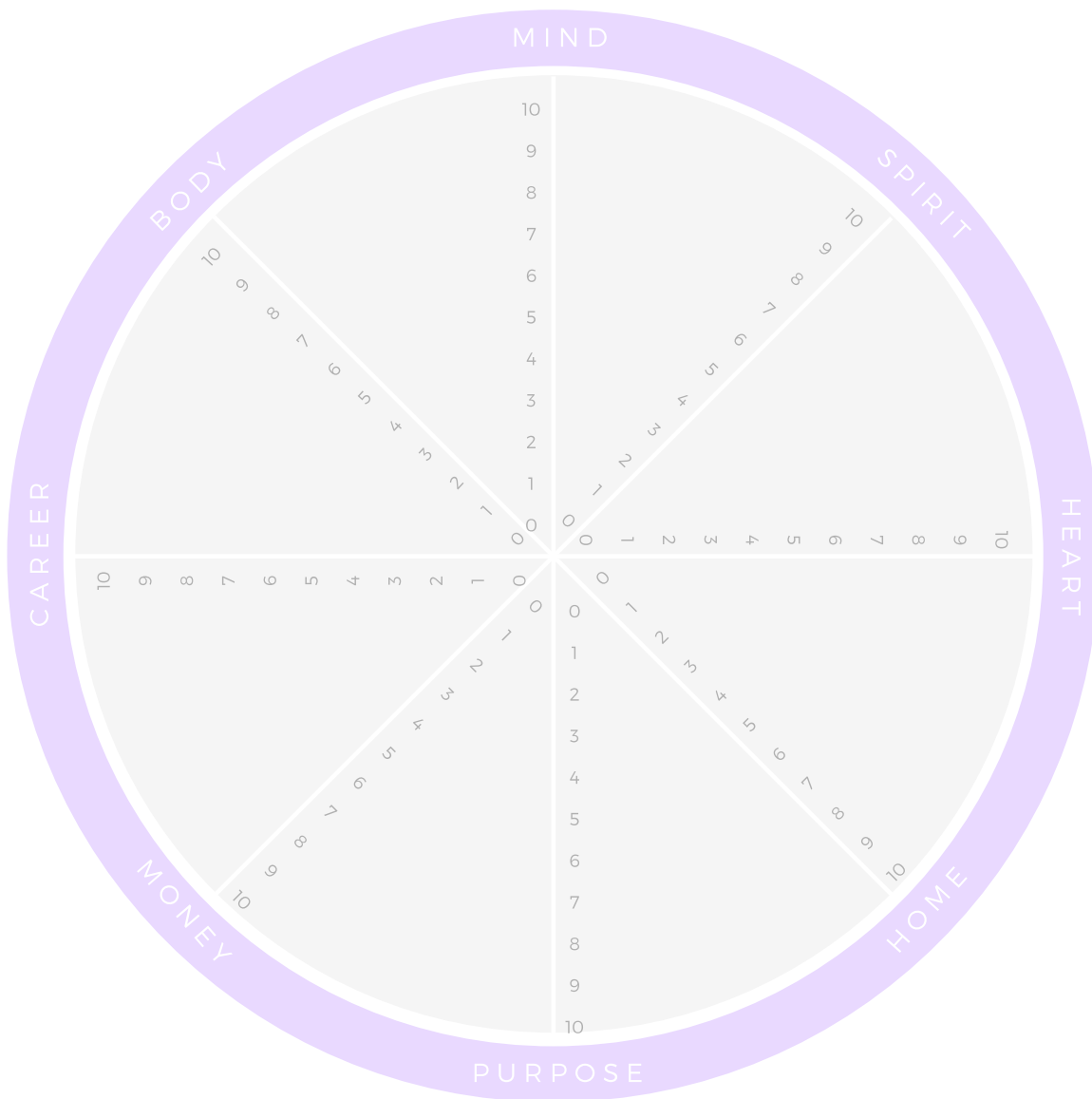
MONEY | FINANCIAL

CAREER | PROFESSIONAL

PURPOSE | PURPOSEFUL

RATE YOUR CIRCLE

Take a deep breathe and rate yourself in each of the areas of your life, on a scale from 1-10. Once you have, combine the dots and see how "balanced" your circle really is.

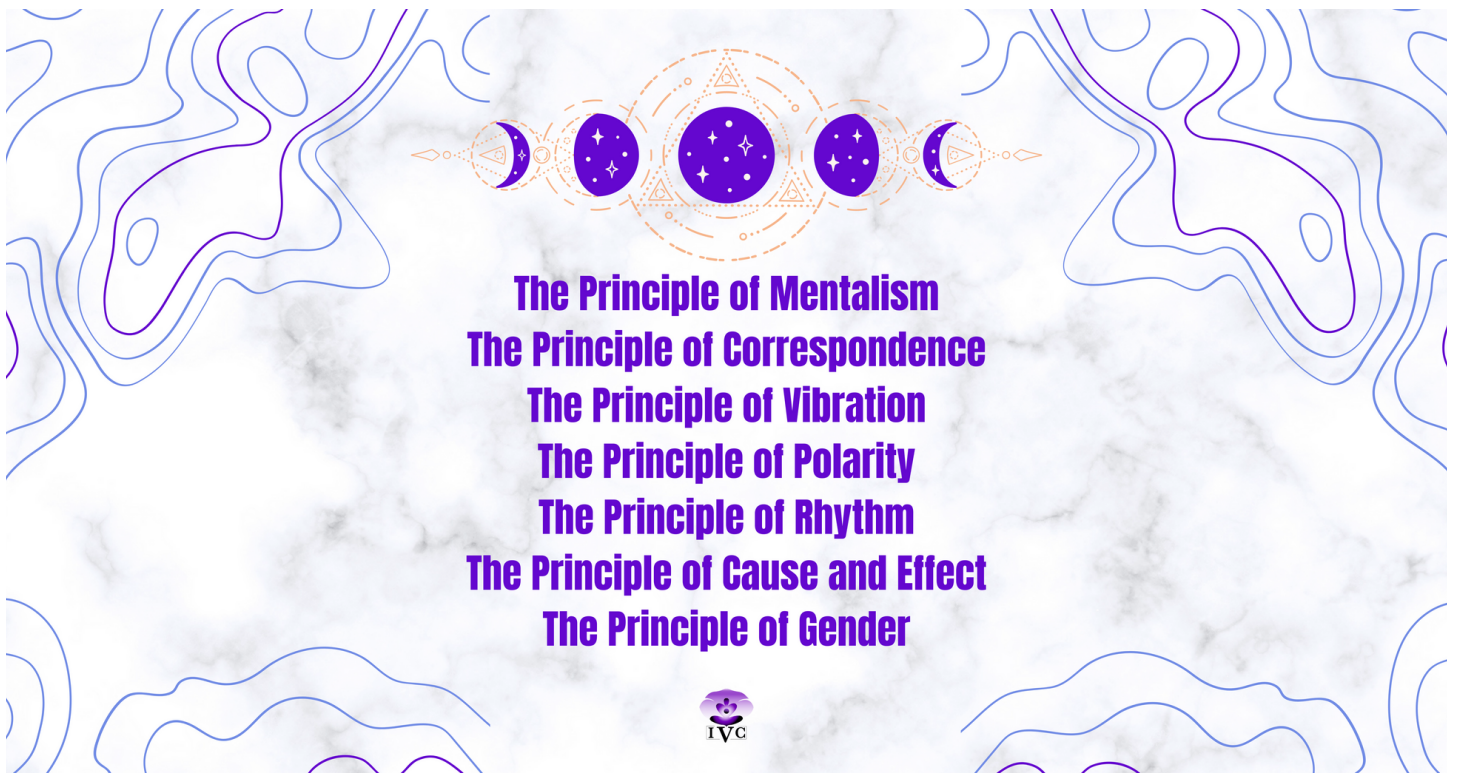


HERMETIC PRINCIPLES

The Hermetic Principles date back to the first century A.D., outlined by famous author Hermes Trismegistus, whose work greatly influenced Greek and Egyptian (Kemetic) spiritual philosophy. He is known as the God of Wisdom (Thoth) and a great master of the universe who lived for thousands of years. I decided to bring these principles into our activation as a way to empower our intellect with knowledge that allows for freedom and wisdom.

As you ponder these principles, I invite you to take some sort of action that allows for their wisdom to integrate into your life. Don't worry, I have those actions queued up and ready to go for you ;)

"Those who live in the past limit what's possible in their future."



The Principle of Mentalism
The Principle of Correspondence
The Principle of Vibration
The Principle of Polarity
The Principle of Rhythm
The Principle of Cause and Effect
The Principle of Gender



KEMETIC PRINCIPLES

The Principle of Rhythm

Give yourself permission to either rest, or only move from an inspired place today. How does that feel? Is there resistance to the natural rhythms of life?

BONUS: Take some time to dance and FEEL that pulse of life move through you

KEMETIC PRINCIPLES

The Principle of Cause & Effect

Are you reacting or responding to life? When something happens, do you decide to activate a new cause to the effect that you desire? Or do you become part of the problem? Notice without judgement and then decide if it is serving you.

Day 1

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

SACRED INNER SOUL

I can simplify my life by...

Day 2

Date:

S/M/T/W/T/F/S

 Set intentions

 Nourishing Foods

 Moved My Body

 Journalling

 Mindful Eating

 Expressed Gratitude

 Meditation

 Went outside

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 3

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

SACRED INNER SOUL

My intuition speaks to me by...

Day 4

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

SACRED INNER SOUL

I am excited to manifest this in my life. I am celebrating these future things in this way today . . .

Day 5

Date:

S/M/T/W/T/F/S

 Set intentions

 Journaling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 6

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 7

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

SACRED INNER SOUL

I am being true to myself by...

Day 8

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

SACRED INNER SOUL

I made these mistakes and I...

Day 9

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 10

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

SACRED INNER SOUL

I am proud of...



YASS SACRED INNER SOUL!!! YOU ARE ACTIVATED

PLEASE SHARE WITH ME HOW YOU ARE FEELING!
POST AND TAG ME @INNERVERSECONNECT OR EMAIL CHARLENE@INNERVERSECONNECT.CA



Look at you! Doing the inside job that the entire world gets to reap the benefits from. Remember that this is a practice of alignment, and the work is never done, but it is ALWAYS worth it.

Remember that EVERYTHING is your teacher. Any sticky energy you encounter is an opportunity to love yourself deeper, and accept yourself and your world more unconditionally. You will get to receive that love back to you ten fold and in the most miraculous ways!

Now there is just a little but more to complete. Give yourself the time and space you need to have the energetic availability to see this process through to completion. I am SO PROUD OF YOU. And I am honoured to call you my Sacred Family.

Queen C

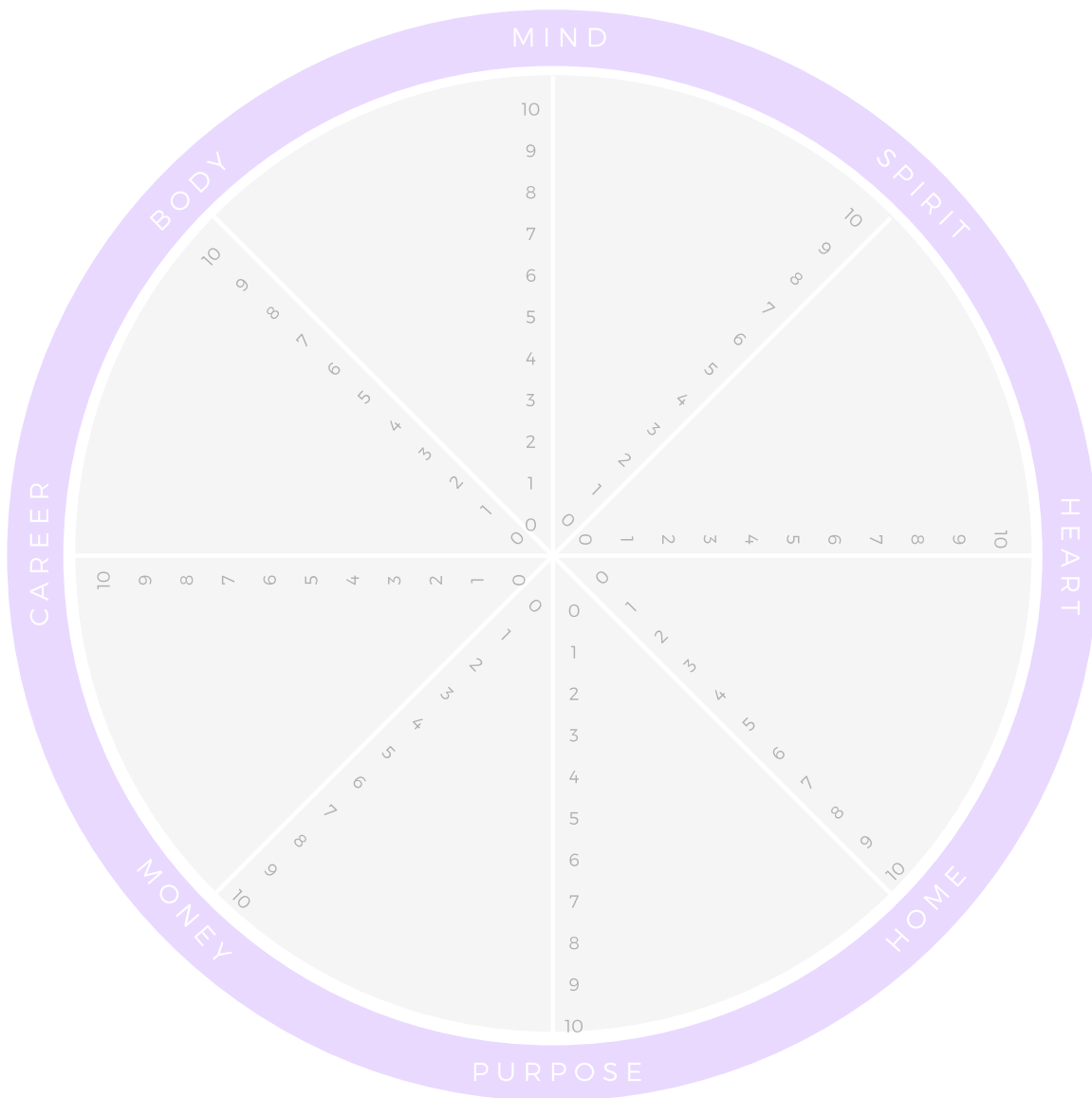
FINAL REFLECTIONS

Complete this after you finish your journal. Fill in the space below with how you feel in your body, your mind and even your soul. Describe the emotions, thoughts and insights you have.

MY EXPERIENCE

RATE YOUR CIRCLE

Take a deep breathe and rate yourself in each of the areas of your life, on a scale from 1-10. Once you have, combine the dots and see how "balanced" your circle really is.



FINAL REFLECTIONS

Take some time to reflect on what has changed in the following areas of your life. What has shifted, transformed or improved since you first started your journey.

BODY | PHYSICAL

MIND | MENTAL

HEART | EMOTIONAL

SPIRIT | SPIRITUAL

HOME | ENVIRONMENTAL

MONEY | FINANCIAL

CAREER | PROFESSIONAL

PURPOSE | PURPOSEFUL



MEET QUEEN CHARLENE

Charlene Smith, Queen C
Edmonton, AB

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charlene@innerverseconnect.ca

Learn more at
innerverseconnect.ca

Charlene (A.k.a. Queen C) is a visionary, performing artist, spiritual coach & sacred movement facilitator. She is a womxn determined to inspire self love through mind, body and spiritual practices.

Developing her profession as a movement facilitator since 2013, Charlene has been using movement as medicine and ancestral philosophy to heal herself and her community. She holds a Honours Bachelors of Arts degree from University of Toronto; a 200 hr Yoga Certification with 300 hours of additional mindfulness and movement training; a Reiki Level II certificate and over 3000 hours of teaching experience.

Whether you are joining Queen C for a movement class, witnessing her creations, or working with her one on one, you will leave with the tools to improve your mental and physical health, along with the inspiration to make the shifts you need to claim your inner-royalty.



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MARY ANN RADMACHER

*"Sometimes the
smallest step in the
right direction ends
up being the biggest
step of your life."*

