

21-Day Intuition & Self-Mastery Practice Plan

Purpose: *Clarify Direction, Refine the Plan, Embody Decisive Action*

Tools: Astrophyllite (intuition, clarity, soul truth) + Myrrh (grounding, discipline, purification)

Week 1 (Days 1–7): Clearing & Calibration

Purpose: *Release old doubts, calibrate intuition*

Focus: *What is standing in the way of your action that you've been refusing to look at?*

- **Daily Ritual:** Burn myrrh at the start of practice → clears mental fog, signals sacred focus.
 - **Astrophyllite Use:** Hold it in meditation, ask: *"What truth am I ready to see clearly?"*
 - **Journaling Prompt:** Write down one area where doubt lingers. Then ask your intuition: *"If I trusted myself fully, what would I do?"*
 - **Practice Tip:** End each day by noting one intuitive nudge you followed (even if small).
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Week 2 (Days 8–14): Intention & Action

Purpose: *Revelation, courage, decisive action*

Focus: *Face the fear by taking actions that make you feel scared!*

- **Daily Ritual:** Burn myrrh, then write down **3 intentions** that align with your highest self.
 - **Astrophyllite Use:** Place on your solar plexus while meditating to boost courage & inner knowing.
 - **Journal Exercise:**
 1. Write down what blocks your self-mastery (fear, procrastination, self-doubt).
 2. Burn the list with myrrh as an offering.
 3. Hold Astrophyllite and declare: *"I step boldly into alignment and action."*
 - **Practice Tip:** Take one courageous action you've delayed (conversation, decision, step toward mastery).
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Week 3 (Days 15–21): Embodiment & Spiritual Discipline

Purpose: *Refinement, consistency, anchoring practice*

Focus: *Recognize the ways that the Universe is encouraging you to keep acting despite fear!*

- **Daily Ritual:** Begin practice with a few drops of myrrh oil on wrists or heart center → anchor discipline.
 - **Astrophyllite Use:** Place beside your journal → ask: *“What mastery am I now embodying?”*
 - **Journaling Prompt:** Reflect on synchronicities you’ve noticed this month. What messages keep repeating? How do they confirm your path?
 - **Practice Tip:** Commit to 15 minutes of silence/meditation daily. Myrrh grounds the stillness; Astrophyllite illuminates insights.
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Core Practice Structure (15–30 min daily)

1. **Open with Myrrh** → Light incense or apply oil (signals sacred practice).
 2. **Astrophyllite Meditation (5–10 min)** → Hold/keep nearby, breathe deeply, ask one clear question.
 3. **Journaling (10–15 min)** → Respond to daily prompts, track synchronicities.
 4. **Close with Affirmation:**
“I trust my inner wisdom. I gain clarity and build discipline and courage by doing hard things even though I feel scared.”
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Outcome by Day 21

- Greater **trust in your intuitive hits** (and a record of synchronicities to prove it).
- More **confidence in decision-making** (clarity map + embodied action).
- A strong foundation of **spiritual discipline** anchored by myrrh’s grounding presence.
- Alignment with **the energy of decisive action and genuine clarity** → ready to carry bold, refined energy into the **Universal 1-Year cycle**.