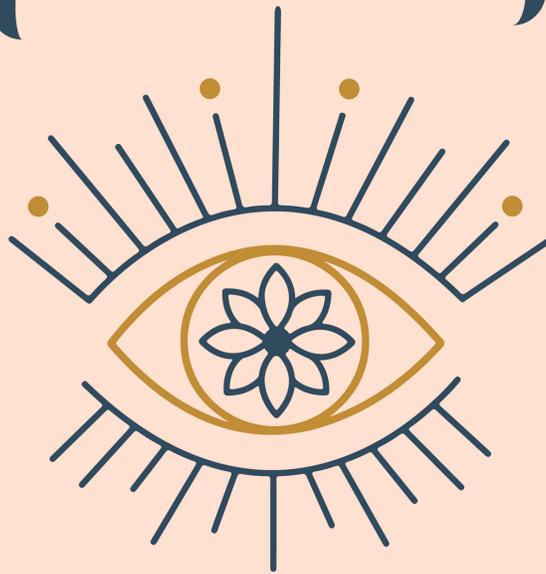


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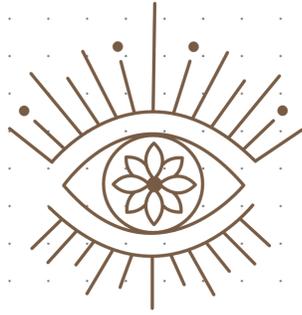
Innerbloom podcast x  
Meg in Manayunk



INNERBLOOM

EXPERIENCE  
BOX

# Your experience was designed by \_\_\_\_\_



INNERBLOOM  
PODCAST

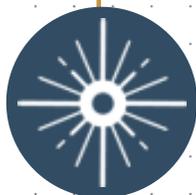
@InnerbloomPodcast

*Megin Manayunk*

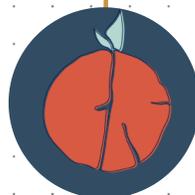
@MeginManayunk



@mindfulnice\_com



@the.wildest.dreamer



@celrabayda

*nike aurea*

@nikeaureaintuitive

# A note from Alexa & Ambrosia



Dear Bloomer,

The journey you're about to embark on is one of self-discovery as well as discovery of connection with another.

This box is the first of its kind, and we congratulate you on being willing to take a leap into the unknown with us.

The intention behind the items in this Constellation-themed box is for you to recognize the light within yourself and to share that light with the world through your powerful voice.

It's time to recognize that we are all our own stars in the sky.

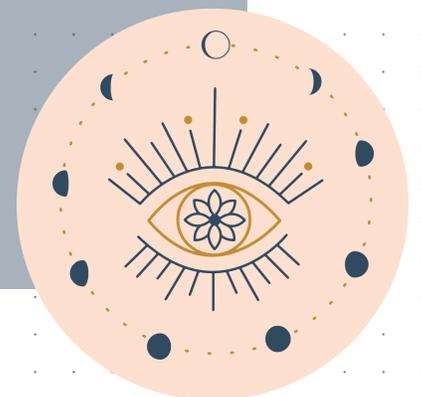
One star is not better than another - they each shine in their own unique way.

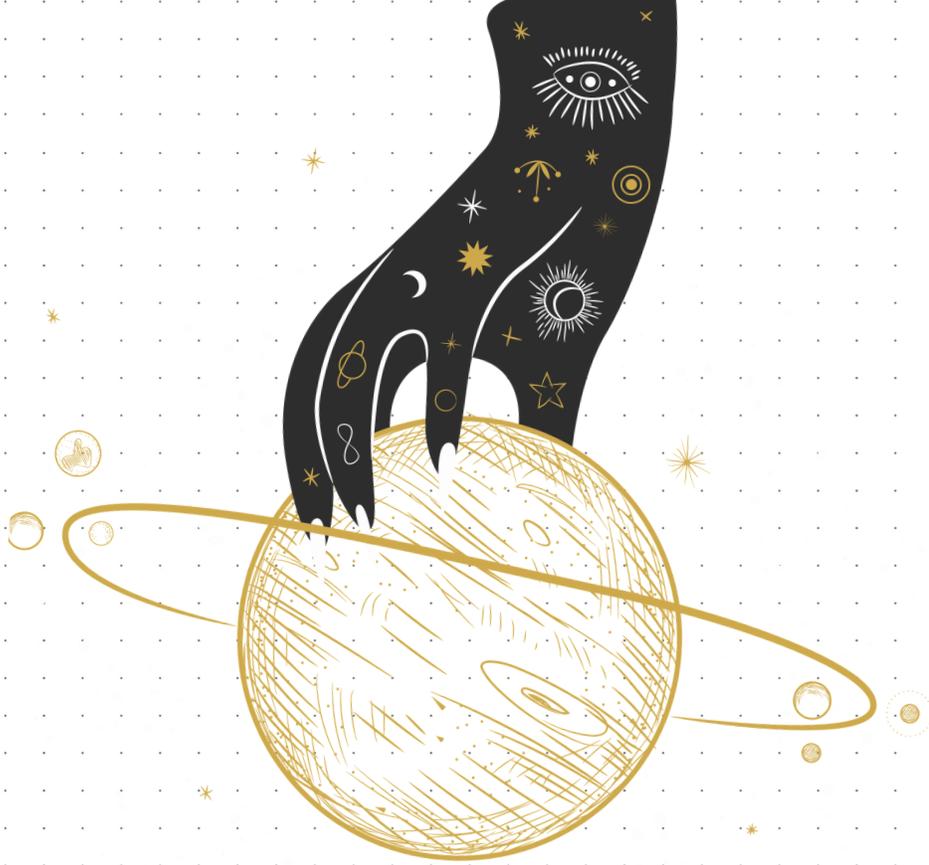
And this is what we wish for you.

To shine like only you can and inspire others to do the same.

Enjoy your experience :)

Ambrosia and Alexa of Innerbloom Podcast





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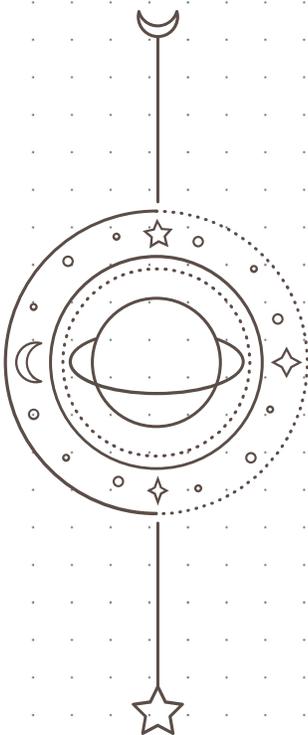
Spirit Reflection

Intention Work

Mindfulness Practice

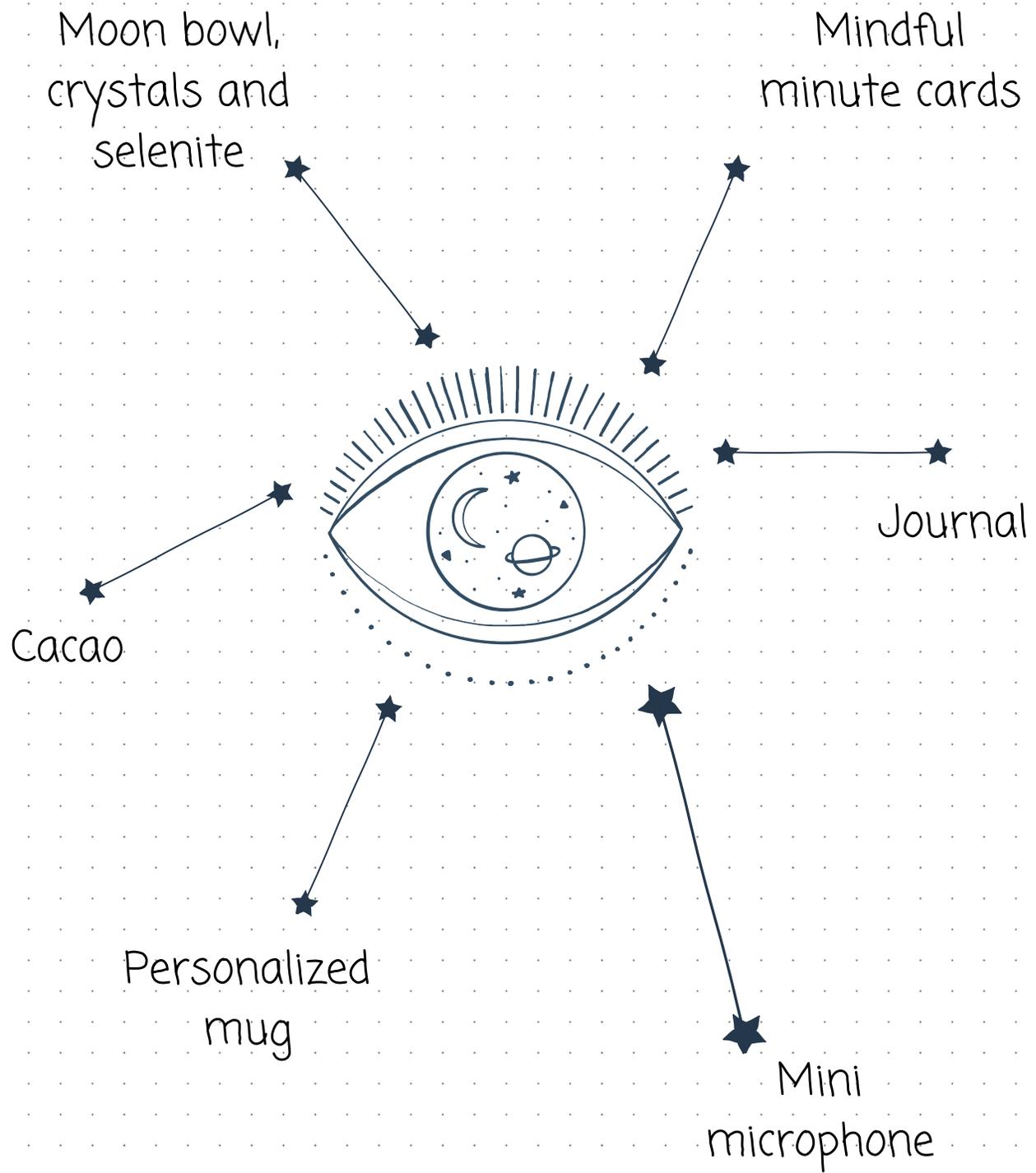
Finding Your Voice

Ceremonial Activity



# What's in your toolkit

Here is every tool you need to meet your higher self



# Spirit Work

## *What you need*

- Your journal
- At least three (3) pages



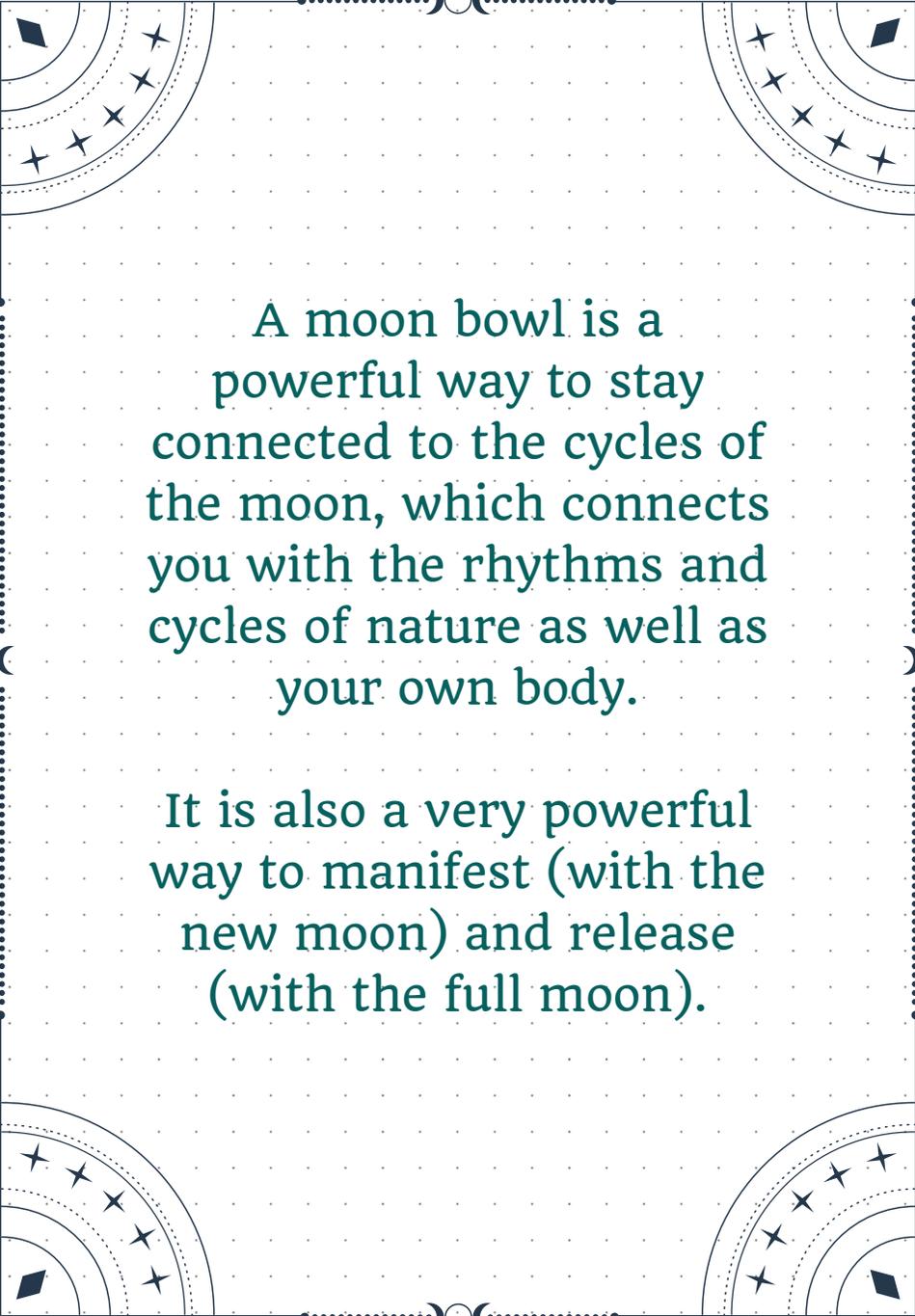
## *The goal*

To remind yourself who you are and remind yourself that you can always be YOU.





# Moon Bowls



A moon bowl is a powerful way to stay connected to the cycles of the moon, which connects you with the rhythms and cycles of nature as well as your own body.

It is also a very powerful way to manifest (with the new moon) and release (with the full moon).



# Intention Work

## Connect with Mother Moon

Grab your moon bowl, salt, crystals and selenite stick

---



Moon bowls are a great way to track the phases of the moon and how they are in alignment with your energy.



When creating your moon bowl, you need your moon bowl, your crystals and salt to help ground your stones' energy.



When choosing your stones, you can cultivate the energy you want to attract and connect with.



As the moon waxes, each day you put one crystal in the bowl. Once it is full, this represents your full moon. As it wanes, you take out a crystal. When it is empty, this represents the new moon..

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Use your journal to write down and set intentions of what you want to release with the full moon and what you want to manifest with the new moon, and continue to revisit these intentions as you are adding to or subtracting from your moon bowl.

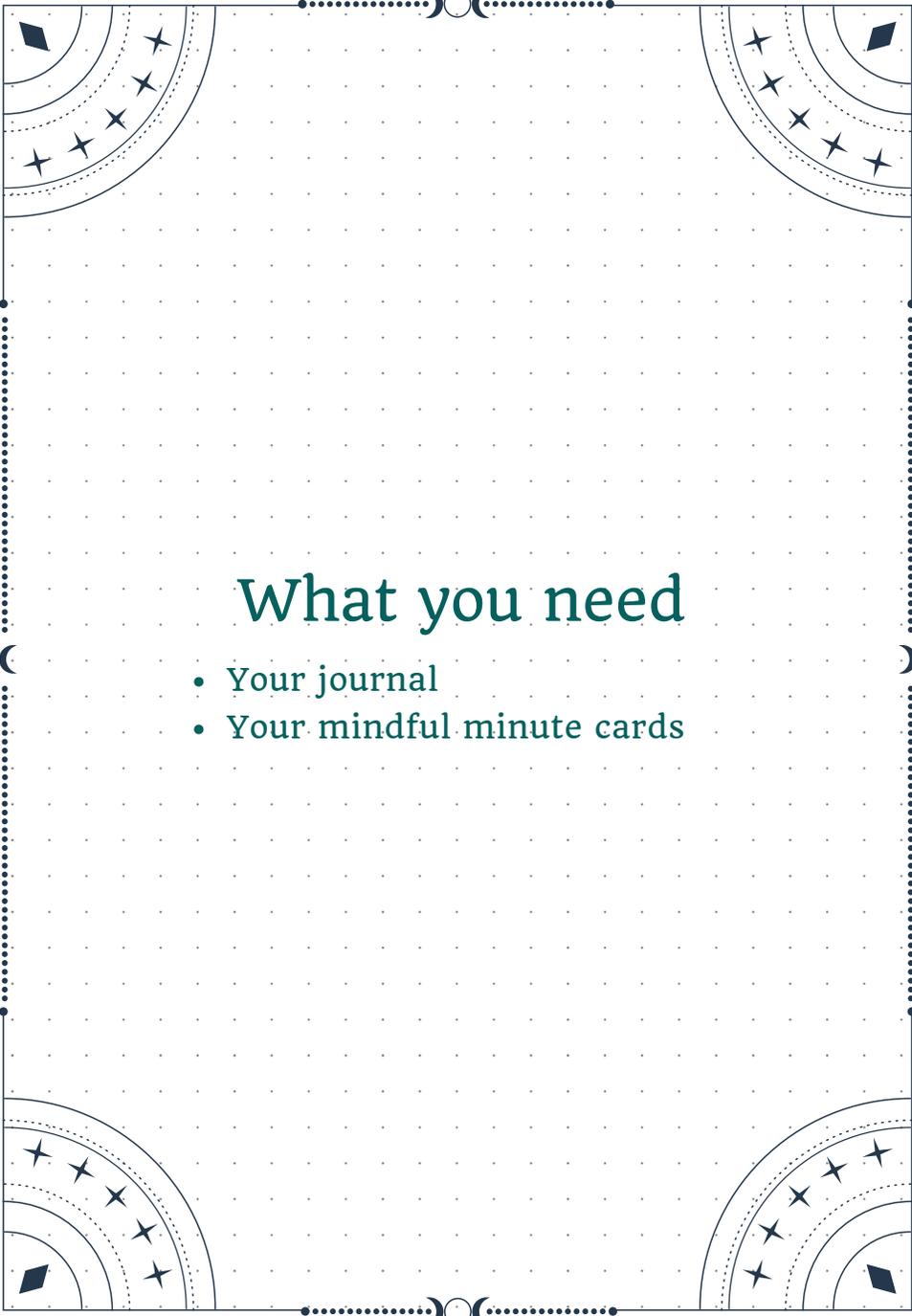
If you want more information on a moon bowl and how to use it you can check out the video version of Innerbloom, episode #341 with Kilkenny Tremblay, where she talks about her moon bowl and demonstrates how to use it.

(Jump to the 10:40 second mark)

<https://www.facebook.com/innerbloompodcast/videos/kilkenny-tremblay/213809073517535/>



# Mindful Minute





## Your mindful mission

Take one minute every day to practice your mindfulness. Before you partake in your practice, use your journal and write down how you feel, even if it's drawing a picture. When you're done, go back to your entry and write how you feel now.



LIFE IS YOUR PODCAST

## SO IT'S TIME YOU GRAB YOUR MIC.

Homeplay for your new mini-microphone.



We know that each one of you has a story to share about your own journey and we also know that many of you might not know exactly how to share it.

When you feel ready to share your story with others, you can use this microphone to give you confidence and authority, and utilize this 3 step Hero's Journey format to record yourself sharing your story:

- Low point (where I was)
- Turning point (what happened to change that)
- High point (where I am now)

This is how all great stories are told and if you follow this simple format you will be able to share your story in a way where people can fully receive it! Because your story and your voice matters.



### Low Point

1:00

- *Where I was*



### Turning Point

1:00

- *What happened to change that*



### Hight Point

1:00

- *Where I am now*

# Cacao



YOU'RE INVITED TO  
MEET YOUR CONSTELLATION CONNECTION

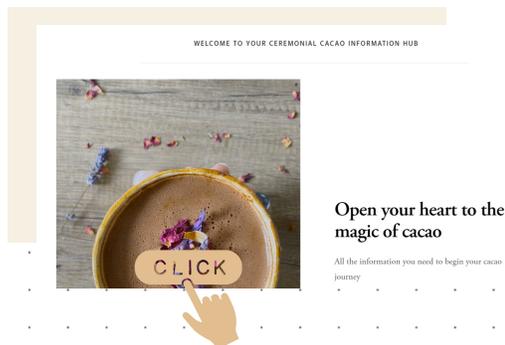
## YOUR CACAO CEREMONY

To enjoy your cacao, you first need to find your Constellation Connection.

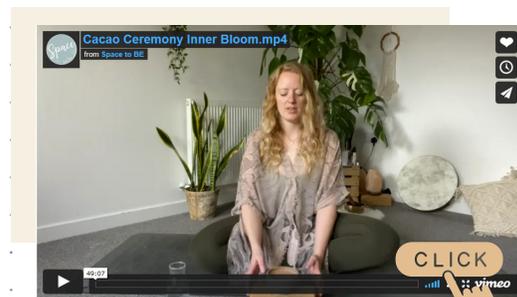
To do that:

- Find the sigil in your box
- Take a picture of your sigil and post it in the Innerbloom Podcast Facebook group
- Once you find your Constellation Connection, set up a time to video chat with them and perform the Cacao Ceremony together
- The video below will guide you through a Cacao Ceremony for two. You'll need your cacao and the mug

How to make your cacao:



Your Cacao Ceremony Video:



**SUGGESTION:**

Meet over zoom and have one person bring up the video and share the screen so you can watch this ceremony video together.

# CONSTELLATION NETWORK

## WHAT'S NEW

Our new podcast network is called Constellation Lightwork because it is a network for spiritual light leaders, who are committed to sharing ideas and information to help create a New Earth full of light.



INNERBLOOM  
PODCAST

## THE FIRST 3 EPISODES

- [Pretty Intuitive with Nike Aurea and Amanda Sachartoff](#)
- [WOW! Women Who Own Their Worth with Lila Veronica](#)
- [There's a Tap For That with Sonya Sophia](#)

Please check them out, give them a rating and review and stay tuned for exciting new series and podcasts coming in the near future.

## NEXT BOX

The next box is coming in July and the theme is Sustainability!

It's important for all of us to learn more about strategies and products that can help us live more sustainably to ensure our bright future.

## HASHTAG

#Innerbloomexperiencebox

Bloomer, we are so glad you got to join us. We can't wait for the next box!

Follow Constellation on Instagram:

<https://www.instagram.com/constellationlightwork/>

*Guide:*

# Innerbloom Podcast Ft. YOU



**You.**  
Professional Podcaster  
of Your Life

**START NOW**

Once your experience has come to a close, the last thing we will invite you to do is plug in your mini microphone and record an honest video review of your overall experience with this box and then email it to us at [innerbloompodcast@gmail.com](mailto:innerbloompodcast@gmail.com).

This is a way for you to voice your authentic perspective and share your experience, and also a way for us to introduce this experience box concept to those who may not be familiar.

**BONUS**

Anyone who submits a review will receive a special sneak peek of our upcoming channeled book from the Arc9 in the next experience box

\*Please note that by submitting this video you are agreeing to let us share it on our social channels or website and we GREATLY appreciate any submission you can give.