

## Ritual: Planting the Seed

All change begins with a seed. Now that you have surveyed the land and mapped the terrain, it is time to plant an intention.

### The Seed Ritual

1. **Find a physical seed** (a bean, a flower seed, or even a small stone).
2. **Hold it in your hand.** Visualize the “Shadow” attribute you identified on the previous pages (e.g., your anger, your fear, your wildness).
3. **Pour that energy into the seed.** Imagine it glowing with the power of that shadow.
4. **“Plant” it.** You can bury it in the earth, place it in a potted plant, or keep it in a small box on your altar.

As you do this, say aloud:

*“I plant this shadow in the dark soil of my being. May it compost into wisdom. May it bloom into power.”*

**Date Planted:**

