

# House 11: Anchor Tool

Each cycle is different from the previous one because you have evolved and therefore the tools, teachers, and techniques that help you at each phase along the way must also evolve.

Below, you will find an anchor tool that will serve to help you through this phase of your journey and is aligned with your guiding intention.

The questions in this exercise are inspired by Vishen Lakhiani's 3 Most Important Questions for setting meaningful goals and are accompanied by a Soul Wisdom Journey, developed by Regyna, designed specifically to support the energy of the 11th house.

Repeat the exercise found on the following pages if you feel called to throughout the course of your 11th house.

Prior to the start of your 12th house, make time to sit with all the versions of these lists that you have created. Place them side-by-side and circle anything that shows up more than once for each.

Get a large piece of paper or canvas and draw or paint a large seed on it. You may choose to use the seed form that you experienced during your Soul Wisdom Journey. Fill this seed with words and phrases that encompass the repeated desires from your list. Hang it somewhere prominent in your workspace and let it germinate in that space throughout your 12th house. I've included a sample of one I created for myself for reference below.





# The Seeds of Your Desires

**Step 1: Soul Wisdom Journey to connect with the desires you have for the next phase of your evolution.**

Use this QR code to access the Soul Wisdom Journey.



## Preparing for Your Journey:

- Create Sacred Space
  - Find a safe, private, uninterrupted, comfortable space for your journey. This is your Sacred Space.
- Gather your supplies (suggestions below):
  - Annual Almanac
  - Journal and/or Sketchbook
  - Pens and/or Markers
  - Water
  - Candle
  - Any additional supplies needed for your comfort or intuitive exploration

## Beginning Your Journey:

- Begin your journey by opening Sacred Space: This can be as simple as lighting a candle. It is a symbolic gesture yet communicates with your nervous system, mind, and body so they know how to respond.
- Set your intention: You may begin with a prayer or intention or blessing. My preference is: “May this Soul Wisdom Journey bring me the insight I need right now for my highest and greatest good, and support me throughout my entire upcoming cycle. Thank you!”

## Closing Your Journey:

- Integrate: Just as you began your journey with a symbolic gesture, you will complete it similarly.
  - Always remember to thank yourself for showing up for this process, as well as any guides or tools that have supported you.
- Complete: You may close your journey with a prayer or statement as you blow out the candle. My go-to statement is simple, yet powerful. I say “And so it is.” and then blow out my candle.



# The Seeds of Your Desires

**Step 2: Explore the wisdom you received through the 3 questions during your soul wisdom journey.**

Make a list of all that comes to mind as you explore each question. Spend approximately 2 minutes on each, working intuitively, not from your mind. Let the feelings you just tapped into in your soul wisdom journey flow through your words with fluidity and ease.

**What beautiful human EXPERIENCES do I desire to feel during this upcoming cycle?**



# The Seeds of Your Desires

How do I desire to GROW as a human being during this upcoming cycle?



# The Seeds of Your Desires

How do I desire to **CONTRIBUTE** through my gifts and abilities during this upcoming cycle?