

33-Day Soul Challenge

The 33-day soul challenge is a Self Empowerment Ritual. It liberates your soul and deepens your connection to your Inner-Source. It is a personal 33-day gift of time for self-realization.



Tools required
Choose a rattle, drum, and feather that you feel connected to. Ensure that these are from nature (gourd or wood rattle, animal skin drum, and natural feather). Set up a mirror, and candle and practice your deep breath work (OM Breath)

throughout the process.

A large part of healing one's self is creating practices, rituals and intentions that assist us with loving, self-care and soul remembrance. This ritual is a promise to yourself; to dedicate 21 minutes each day for 33 consecutive days to be in dialogue, a prayer of sorts, with your higher self. The practice is powerful because many things happen: It can turn anger, sadness, grief or other (low frequency) emotions into an effective energy for movement, it helps create new neural pathways, it opens the heart, it quiets the mind, and it is a deep practice of inquiry to help answer the question, "Who AM I?"

Your Commitment

Pick a time that works best for you—when you are not in a hurry, and you can relax and enjoy the unfolding of your authentic, higher-self. Commit to 21 minutes a day for a minimum of 33 consecutive days. Make a date with yourself and keep it. This commitment signifies to the universe that you are taking your soul self-care seriously, and that you matter.

Text Icasiana at 831-469-3700 each day with a message that you have completed your promise to yourself. In addition, if you are having difficulty or need support, text me and I will respond as soon as possible. By texting me each day, you stay on track and you remain accountable. If you skip a day, you agree to start over again, from the beginning.

Prepare Your Altar

Set all the sacred tools of empowerment on your altar. If you wish, light a candle for each session and invoke your spirit guides. The intention you commit to will be the same each time. The longer you do this ritual, the faster and more powerful the intention is realized. It helps if you write your intention and place it in view on your altar.

The Practice

Sit in a comfortable, seated position, have a pillow or chair that allows you to sink into a relaxed, but aware state. Speak your intention out loud before beginning each session. Visualize that your intention is already completed on some level, and you are calling it closer to you.

Part 1 Rattle

Select the rattle first. For 5 minutes, shake the rattle. Depending on your state of mind or mood, you may shake it vigorously, or gently, in circles, or a spiral, or any movement that helps clear the mind and reset your nervous system. In Native traditions, the rattle helps dispel energies. It literally shakes off the energies that may “rattle” us. The rattle is an instrument of independence. Native Americans understand that spiritual energy can be derived from the trancelike state that can be induced by sound. The rattle causes our bodies and minds both to respond to it. Some cultures believe that music can unblock energy within our bodies and thus heal our ailments. The shaking of the rattle helps break up stagnant energy that is blocking the natural, healthy flow within your body. It can also help us focus on our inner soul, our core. The sounds will help clear your mind and open a doorway to a different emotional place.

Part 2 Drum

Select the drum next. For 5 minutes, beat the drum. Like the rattle, the drum can change your state of mind and reset your nervous system. Drumming also increases alpha waves and neural connections in the brain—creating a sense of harmony and increases our self-awareness and well-being. Native Americans believe the drum beats in their ceremonies are the heartbeat of Mother Earth. As you drum, you are also connecting to the Spirit of the animal of which the drum skins are made. So, connect consciously to the animal spirit of deer, buffalo, goat, horse, elk, or whatever drum skin is used.

Part 3 Feather

Select the feather next. Like the drum, connect consciously to the spirit of the bird that granted use of these feathers. For 5 minutes, glide the feathers over your entire body, head to toe, front and back, slowly, with consciousness and awareness of the beauty of your being. Notice the softness and sweet caress of this powerful action. Send loving, appreciative messages to your physical body, thankful for the work it does and its continued health. This is an action of great love for your being. I like to imagine ourselves as being a tiny child—innocent and pure—receiving the loving, nurturing touch of Mother. During this process, keep your heart open and your mind only on thoughts of appreciation and love.

Part 4 Mirror

Mirror work is an effective method to deepen the love for yourself and to see the world as a safe and loving place. This is a powerful process of self-love and soul remembrance and is accessible to anyone. For 6 minutes continue to sit in front of the mirror and stare lovingly at yourself. Repeat your intention to yourself as if it has already happened; that you have already experienced what you have intended for yourself. Take deep inhalations through the nose and exhale deeply through the mouth with great appreciation and love of your ability to receive, and equally your ability to let go.

When judging thoughts come up, exercise a deep, peaceful remembrance that you are beautiful, you are whole, and you are a gift from the Creator. Soon, you will not be self-conscious or judgmental, and can look deeply and lovingly into your own eyes—like a lover would— accessing the seat of your soul, and remembering you are God.

Many times, struggles with our partners, children, and others in our life arise. Mirror work is effective when we need to have a difficult conversation, a new narrative, or issues to clear. Begin by evoking your higher self and that of the one you need to address. Speak to the mirror what needs to be said. Not only is this a formidable practice of speaking your truth, many times, the issue is resolved through mirror work alone; as we are not working in a linear (time-space) manner, but in a higher realm where the issues are cleared up much easier and faster, and many times without difficulty, pain, struggle or drama.

When you work with anger, resentment, jealousy or other shadow-material, you begin to release this energy and come into composure and peace. I have experienced and seen

miracles happen in relationships that were once caustic, painful, or very difficult emotionally. They were healed through a conscious practice through self realization. I have received feedback from people who have gone through this empowerment ritual. Some had extremely difficult situations or painful memories come up, but when they stayed with their commitment, they have been able to work through their “shadow” material and have brought a deeper consciousness into their lives.

It is great to see your progress, so keep a journal as you go through this work.

P.S. Because these practices and rituals are here to help others, please share your feedback with me so we can continue to improve the process. I'd also love to hear about your breakthroughs and successes both big and small.

