

A stylized, painterly illustration of a building at night. The building has a steep, dark blue roof and light-colored walls with dark wooden beams. Several windows are illuminated from within, casting a warm, orange-yellow glow. A prominent sign on the left side of the building features a glowing green pyramid on a dark blue background, with a small white star above it. The overall atmosphere is cozy and inviting.

Heartbeat of Your Business



Performance

Rituals, creating sacred space
new experiences, 'starting to write'
connecting with a group
through meditation, ritual,
art (spiral project sacred woods)
come up with new ideas
create a concept for a painting, workshop,
getting inspired to write a treatment plan
making my tree tinctures to use in treatments

Proactive

Mails, Follow up client
newsletter, website, working
with computer, typing, recording
social media
to-do list
zoom meetings

Calm

writing rituals (handfasting etc.)
Working with nature essences
Being in Nature
inner work, journalling

Business

Stress

talking to more
than one person
networking
Fundraising
partnerships
co-creation
Karmic regression
treatments

Talking to accountant
Business people
appointment with bank
Tests/ Audits/ scores
numbers

Uninterested

Strategy,
business plan

Phone, bieb, bliep turned off
paperwork, invoices, forms to
fill in, invest in stock market
This is also a bit of a treasure
box state to things that I have
yet to discover. So room for
expansion here in the
contraction

Comfort

healing & treatments
one-on-one
talking to clients

explaining exercises to clients
repeating relaxing meditations
workshops more than 3 times
Routine things
interact with nature friends



Performance

Moon rituals, creating sacred space
new experiences, new walks, going on little trips,
holidays, new trails, talking to close friends
connecting with a group through meditation,
ritual, art (spiral project sacred woods)
come up with new ideas, create a concept for a
painting, get inspired to bake new things or
to cook new things

do fun things together as a family
playing with Thorin (kids), going swimming =
splashing around like a mermaid
little family parties, decorating the house
going to/ watching musicals with my sister

Proactive

family WhatsApp
Make to-do list for Alex
running the household
making family photo albums
on computer
study things that I like

Calm

Painting
Working in Garden/Plants
Sauna day, Singing bowls treatment
Being in Nature
inner work, journalling
Light candles

Life

Stress

talking to more
than one person

Obligated parties
appointment for play dates
Thorin
too many fixed dates
to meet with people

Uninterested

ironing (gave it up years ago)
washing dishes by hand (I love
my dishwasher!)Tupperware
parties!!! wonder diets
Active sports, Bungee
jumping, rafting etc.

Comfort

15 min
callanetics work-out

mid-night baths
working with moon and wheel of the year
interact with nature friends
reading a book under my warm fluffy unicorn
blanket. creating and eating one-pot meals:
quiche, stew, soup, oven dishes mmm
cuddling with Thorin and watching whatever
crazy stuff is on his tablet



Performance

discovering **new** things, **adventure**, experiment, senses are very alert and **open** to pick up information. **freedom** to explore, **interaction** on **heartfelt** level with people, creating **fun** memories, having fun, creating an atmosphere, brainstorm, feeling that everything is possible, no outcome is fixed, **infinite** possibility to connect with, expansion, getting inspired, **longterm vision**

Proactive

act with intent, **define** things in **own** words, set **goals**, **integrate knowledge** into daily life, work with affirmation, **inspire others** with things that you have experienced, writing about it, share, friends, family, social media, audience, newsletter, clients. Being **alert**, **get things done**

Calm

friendly **vibes**, positive **atmosphere**, nature **sounds**, **scent** of flowers, trees, **warm** environment, sensing **colors**

Triggers

talking to more than one person

getting angry gets me out of the stress and into performance heartbeat (passion, joy)

Stress

being reduced to **numbers**, or a rapport (bank they look at financial life, accountant also) school only looks at how you can remember the information at a certain moment and give **points** scale only tells how much you weigh says nothing about the who you are unexpected events, **shock**, too little time to do something or change it. specific **dates, years** that things have happened, **memories** that are stuck in time,

Uninterested

disconnect from things, or from difficult emotions

Comfort

soft textures, **savory** food, **repetition**, total **integration (like moon rituals)** **go-to** things, when it all gets too much, **default** patterns, the **routine** can get **boring**



Realms

Performance

Celtic Reiki Seer
inpired vision, legacy

*Hearing about the 8 guildes
My first thoughts went to the 8 dynamics
of Ki (V-reiki)
and the application of that in the Seer
which has links to the halls of legacy in Celtic Reiki
I would place get ready to write inbetween
performance and proactive*

Proactive

V-Reiki
VM
Realm Mastery
create change in daily life
to inspire and impact the environment

Calm

Woodland realm
River Realm
create change through healing

Stress

KRT
Psy Q
healing and liberating
memories of stressful events

at first Psy Q
was stressful;

Uninterested

at first Celestial Realm,
Mountain region now I
love them as much as the
other Realms

Comfort

Realm of Meadows
magical place, safe, connected to
inner child