



**3-6-9**  
JOURNEYS

**RE**  
**VISION**  
**FOR NEW**

WITH CRYSTAL CLAIRE

**2023**  
**REVISION**  
WITH CRYSTAL CLAIRE



### ***The birth of the new...***

We're only a few days away from the new year.

It's only natural to start thinking about the future and what the new year might bring. Based on what we know from the past 2 years, 2024 is going to be yet another year of massive change as the universe keeps calling to us to evolve and birth the new level human and consciousness onto the planet. I feel 2024 as a year of strengthening into purpose and devotion to my souls path. I like to choose one word that I carry through the year with me as a focus and reminder to help me align with my highest. This year, I am choosing "Devotion" as my word. Words are powerful when we work intentionally with them to create our reality. This year is the year of the Dragon. For me the dragon represents fierce love, divine guardian, creation, speed and magic. It is also a number 8 year in numerology which symbolises creation and abundance and eternal flow of life.

I would like to remind you in this time that we are actually still deep in our winter phase. This is a time to go inwards, to be still and to reflect on the lessons of our year and what needs to die in order for us to be reborn for the new year ahead. For me, I usually only feel to emerge from this phase with the beginning of the natural cycle of Spring in February. So please don't worry about hitting the ground running when the calendar turns over to January, for we will be slowly emerging, just like nature intended, all the way to the middle of February. The world we have created puts pressure on us all to jump into January head first, with new plans and new routines, but the truth is, most people don't feel ready in January. And for good reason, nature takes time and you are nature, so allow yourself the time you need to emerge anew.

The greatest gift you can give yourself is time to slow down, time to feel, to reflect and to re-focus your vision for the year ahead. Each year I take the winter months off to really allow this process to unfold, and it is always my most valuable time of year and most transformative and nourishing. January for me is where I meditate on the year that has gone by, honour all that has been, acknowledge my growth, what worked, what didn't work, what I learned and only then do I begin the visioning process. I also don't take much action on my vision until I have the energy in Spring time. I allow a full month for this process and because I give myself that time, there is no pressure to "get it done" or to be productive. This is a phase of pondering, wandering and dreaming things into form. So relax, restore your energy and allow yourself to dream big and imagine your next year as it wants to happen. What you want, wants you, can you allow it through?

***In saying all of this, I invite you to do either a short or a longer exercise with me to inspire you to ask powerful questions and bring clarity to your life moving forward. The more committed you are to your life the more you will***



*receive, what you put in is what you will get out... it is completely up to you. Your destiny is in your own hands and the more focused and intentional we can be the more potent our creation is.*

***A short exercise:***

***Three things you can do before the end of the year to clear the way for 2024:***

***Leave the past behind:***

One of the most powerful things you can do as you move into the new year is to let go of any baggage or negative feelings from the past. This doesn't mean ignoring or denying what has happened, but rather acknowledging it and when it is fully understood, you will be able to let go and then making a conscious decision to release it and move forward.

What doesn't serve your growth?

What lessons did you learn?

What can you let go of?

***Get clear on your intentions for the year:***

What do you want to create in the coming year? What are your priorities and values? Take some time to think about these things and create a list of priorities for what you want to manifest going forward.

***What is your word you want to carry with you to inspire your year:***

As mentioned previously, this year, I am choosing "Devotion" as my word. Words are powerful when we work intentionally with them to create our reality. Everything I do this year I will devote myself fully to it. My spiritual work, the meetings I agree to, the creations that want to come through me, I am all in on devotion to it all this year. What about you? What do you feel will serve you best this year and support you on your journey.

***My number one suggestion for 2024:***

***Get back in touch with who you really are:***

Many of us are walking this earth completely disconnected from our true selves and the world around us. It's exhausting to remain in this state of isolation all the time. So, as 2024 approaches take this opportunity to connect with yourself on a deeper level. Get in tune with your life's direction, what your soul is calling for and strengthen in to your purpose.

Your presence in your own body, reconnecting to your own system, cultivating your own power, life and consciousness is the greatest gift you can give yourself and the world and it starts with becoming more present and in order to do that, you need to create intentional time with yourself and plug out from the matrix and everyone else. Reclaim your sovereignty, this year set aside time to go within.



***A tantric ritual if you want to bring more energy in around your intentions:***

In this time of year, we are being called deeply into the natural flow of creation from this quiet, dark (winter) feminine space.

I feel to share this tantra ritual with you. Tantra in it's most basic form is the natural balance of light and dark, or masculine and feminine energies within all of us. Winter time for me is ruled by timelessness and magic.

It's a time to be internal, to recapitulate the year, create closure, acknowledging your year and your growth and all you have overcome but also to create new intentions and a path forward, alchemising all the lessons of the last year.

So I invite you to take time to sit down each evening, with a journal, light a fire and go through the last year month by month. You can do one month a day or every second day or you can even do all months in one evening if you feel it... no rules. It is my preference to create a full day of ceremony with myself to go through all the months at once, and I like to do it on my birthday each year which is in January. But in saying that, I start to reflect on the questions from the beginning of January. This is just some inspiration to take your time with it and be in a natural flow. Feel free to create the ritual as you desire and what feels good for you. What's most important is that you do this from a feeling of desire and flow and willingness, not as a task. Enjoy it. Celebrate yourself, acknowledge and honour your growth and clear the path ahead.

This is a chance to write down what was left unresolved, unsaid, what you didn't let go, or still feel unresolved, what you did not understand yet... just say it to your soul, journal about it, find a way to alchemise it, let it go and energetically clean anything that needs to be cleaned.

You can also embody it if the brain can't understand, dance it, cry and scream and build gratitude for the lesson.

During the day you can write down, or even draw, your dreams, your thoughts, visions, wishes and intentions, contemplate and prepare the ground for the new seeds.

We are looking for a clean slate and fresh soil to create from and set new intentions into. Burn the things you want to let go of in the fire at night and send your intentions of what you are calling in up with the smoke.



***A longer exercise if you want to go deeper:***

Below is a list of questions to consider asking yourself, you can add or subtract any ones that you feel are coming through for you or any you don't resonate with, just leave them out, this is for you and needs to be relevant for you and not a task, take a notebook and pen and write down/draw what you feel :

***Part 1:***

Go through last year as you remember it, month by month. If you remember an important event, something that happened that impacted your life, something you did that created significant change in direction, something that influenced your life and direction, a realisation, a significant project, write it down here.

***Part 2:***

***Six sentences about my past year:***

- 1: The wisest decision I made...
- 2: The biggest lesson I learned...
- 3: The biggest risk I took...
- 4: The biggest surprise of the year...
- 5: The most important thing I did for others...
- 6: The biggest thing I completed...

***Part 3:***

***Six questions about my past year:***

- 1: What are you most proud of?
- 2: Who are the three people who influenced you the most?
- 3: Who are the three people you influenced the most?
- 4: What were you not able to accomplish?
- 5: What is the best thing you have discovered about yourself?
- 6: What are you most grateful for?

***Part 4:*** (this one I suggest drawing it if you feel like it)

***The best moments:***

Describe the greatest and most memorable, joyful moments from last year. Draw them on this sheet. How did you feel? Who was there with you? What were you doing? What kind of smells, sounds or tastes do you remember?



**Part 5:**

***Three of my biggest accomplishments:***

List your three greatest accomplishments from last year here...

What did you do to achieve these?

Who helped you achieve these successes? How?

**Part 6:**

***Three of my biggest challenges:***

List your three biggest challenges from last year here.

Who or what helped you overcome these challenges?

What have you learned about yourself by overcoming these challenges?

**Part 7:**

***Forgiveness and lessons:***

Did anything happen during the past year that still needs to be understood fully? Deeds or words that made you feel bad? Or are you angry with yourself? Forgiveness happens when we understand the full truth of why things happened the way they did. If you still don't understand, jot it down anyway, the answer will come in time.

**Part 8:**

***Letting go:***

Is there anything else you need to say? Is there anything you have to let go of before you can start your next year? Draw or write, then write down all the gifts from the experiences and let it all go.

**Part 9:**

***The past year in three words:***

***The book of my past year:***

A book or a movie was made about your past year. What title would you give it?

**Part 10:**

***Goodbye to your last year:***

If there is anything else left that you would like to write down, or there is anybody or even an aspect of yourself that you would like to say goodbye to, do it now.

# 2024 VISION

WITH CRYSTAL CLAIRE





***Visioning your year ahead and setting seeds of intention:***

The most important thing to connect with when you are visioning is your feelings. When you feel, you vibrate. This vibration is you sending the signal out to the world that "I desire this". So make sure you are really deeply connecting to the feeling of what you want and "why" as you vision. This is moving beyond manifesting and into creating your reality by directing your energy with focus and intention. You create your reality from your feelings not just your thoughts, it is not simply "you get what you think", it is "you get what you believe and feel and what you align your energy behind". We are living in a vibrational reality that is much wider than the small dimension of the mind. Our creational power is alive in our feelings and how connected we can become to allowing our desires to come into form in reality. And if you don't feel deserving of what you are asking for, make sure you also actively work on this as it will block you from allowing yourself to receive what you are calling in.

***The year ahead:***

***Part 1: Dare to dream big:***

What does the year ahead of you look like? Why will it be great? What would happen in an ideal world? How will you feel? Feeling is the most important thing to connect to in this exercise. Write, draw, really feel it, let go of your expectations and dare to dream.

***Part 2: Setting the seeds of intention for this year ahead:***

Take a look at the areas of your life (your life's work, your creation, your relationships, your joy and pleasure, your personal development/growth "the work", your money and investments, health on all levels, friends, personal space to create from, what do you want to create?) and decide your intention for each of them for the next year. Put those intentions on the page, writing them down brings them into the first form and sets the seed in the material realm. This is the first step towards realising them.

***Part 3: Magical triplets for the year ahead  
(you don't have to have 3, but it is a magic number):***

- 1: I will love these three things about myself:
- 2: I am ready to let go of these three things.
- 3: I want to achieve these three things the most.
- 4: These three people will be my pillars during rough times.
- 5: I will dare to discover these three things
- 6: I will have the power to say no to these three things.



7: I will make my surroundings, energy field and environment supportive with these three things (can include people and pets).

8: I will do these three things every day.

9: I will love myself with these three things regularly

10: I will visit these three places

11: I will form relationships in these three ways:

***Part 4: Six sentences about my next year:***

This year I will not procrastinate any more over...

This year I will draw the most energy from...

This year, I will be bravest when...

This year I will say yes when...

This year I advise myself to...

This year will be special for me because...

***Part 5: My word for the year ahead:***

Pick a word to symbolise and express the energy of the year ahead. You can look at this word if you need some extra energy, so you remember not to give up your dreams and stay connected to your vision.

***Part 6: Unleash your mind. What is your secret wish for the next year?***

May all your dreams come into form,  
may you attract what you want  
may you realise your true potential,  
so be it...

Love and blessings

*Claire McGra*