



Dear Justine,

In the rush of daily life, we sometimes forget the power of the simplest practices. This month, we return to the foundations—those timeless tools that reconnect us to presence, peace, and our inner compass. Whether you're brand new on your path or deepening a long-held practice, these essentials offer a way back home to yourself.

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#### 5 Foundational Practices to Recenter & Recharge

##### 1. Breathwork (The Anchor of Presence)

Pause. Inhale deeply for a count of 4, hold for 4, exhale for 6. This simple rhythm slows your nervous system, calms racing thoughts, and restores clarity. Practice anytime you feel ungrounded.

##### 2. Meditation (Quieting the Noise)

Even 5 minutes of stillness can shift everything. Close your eyes, focus on your breath, and observe your thoughts without attachment. Over time, you'll notice more peace between the thoughts.

##### 3. Journaling (Conscious Reflection)

Put pen to paper each morning and let your inner world flow. Write down dreams, gratitude, or simply what's on your heart. Journaling turns the invisible into insight and helps release mental clutter.

##### 4. Grounding (Rooting into the Earth)

Step barefoot on grass, soil, or sand. Feel your energy drop from your head into your body. This practice reconnects you with nature and restores balance when life feels chaotic.

##### 5. Daily Intention Setting (Living on Purpose)

Each morning, ask: *What energy do I want to embody today?* Speak it aloud or write it down. Choosing your intention helps you align your actions with your higher self.

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#### UPCOMING EVENTS

##### Reclaim Your Voice, Refine Your Brand

*Thursday, August 28 | The Boardroom, Libertyville, IL | 6–8:30 PM | \$45*  
Too many women dim their truth to fit a mold. This dynamic evening workshop helps you reconnect with your voice, claim your message, and express your sacred work with clarity and confidence—on stage, online, and in your business.

<https://www.gratefulconnections.com/event-details/august>

##### Enneagram (7-Week Course with Rosemary Hurwitz)

*College of Lake County, Vernon Hills, IL | Begins Sept 10 | \$195*  
Unlock the wisdom of the Enneagram, an ancient and powerful system for understanding nine universal personality patterns.

<https://learn.cllinois.edu/search/publicCourseSearchDetails.do?method=load&courseId=4765286>

##### Aligned Funnels: Attract, Nurture, Convert

*Thursday, Sept 11 | The Sanctuary, Riverwoods, IL | 6:30–8:30 PM*  
Ready to grow your soul-led business without burnout? This immersive workshop walks you step-by-step through building an aligned sales funnel—from lead magnet to follow-up—so you can attract your ideal clients and grow your impact with ease and flow.

<https://go.thecollectivejourney.org/alignedfunnels>

##### Grand Opening of The Lovelight Connection

*Wednesday, Sept 18 | Grayslake, IL | 3–8 PM*  
Celebrate the unveiling of a reimagined healing and community space curated by Erin O'Neill and Colleen Ofsanik. Expect offerings in movement, wellness, self-love, and soulful networking.

<https://www.lovelighthc.com/event-details/grand-opening>

##### Angels & Intuition Women's Retreat with Jill Kempner

*Sunday, Sept 21 | 1–5 PM CST | Grayslake, IL*  
A half-day retreat to activate your 5 chakras and receive angel messages. \$111 (multiple payment options).

Zelle: 773-251-5527 / Venmo: @Jill-Kempner /  
PayPal: <https://paypal.me/angeljill444/111>

##### Sacred Journey to Teotihuacan, Mexico

*October 11–16, 2025*

Step into the heart of ancient wisdom on a once-in-a-lifetime journey. This retreat includes:

- Exclusive access to sacred sites and energetic vortexes
- Firewalk ceremony on ancestral land
- Exploration of sacred caves, Grutas Tolantongo, and the Pyramid of the Sun
- Teachings guided by indigenous shamans and Toltec traditions
- Visits to the Basilica of Our Lady of Guadalupe and the Temple of Quetzalcóatl
- Authentic meals and lodging at a family-run retreat center
- Daily practices to ground, transform, and awaken your sacred self

<https://sacredseeker.com/awaken-your-sacred-self/>

✨ Wherever you are on your path, remember: the basics are never basic. They are the roots that hold us steady, the tools that remind us who we are.

With love,

Daphne & The Collective Journey Team

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#### Stay Connected with The Collective Journey

We're honored to walk this sacred path with you—uplifting, supporting, and inspiring one another every step of the way.

To continue growing together, we'd love for you to stay connected with us through our online spaces:

🌱 Discover new events, meet incredible local practitioners, and explore meaningful tools to support your journey.

##### Follow us on social media:

Facebook: [facebook.com/thecollectivejourney](https://facebook.com/thecollectivejourney)  
Instagram: [instagram.com/thecollectivejourney25](https://instagram.com/thecollectivejourney25)  
Meetup: [meetup.com/the-collective-journey](https://meetup.com/the-collective-journey)

##### Explore more:

Visit our homepage to browse upcoming events, discover local practitioners, and find your next step on the journey:

🌐 [www.thecollectivejourney.org](http://www.thecollectivejourney.org)

Feel free to share this with your community, and keep an eye out for more events, practitioner spotlights, and spiritual tools coming your way.



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