



Dear Justine,

How often do we find ourselves tending to the body, but not the mind?
Or nurturing the spirit, but ignoring the vessel that carries it?

At **The Collective Journey**, we believe in the sacred interconnectedness of all three: your **body**, your **mind**, and your **soul**. When even one is out of sync, our clarity wavers, our power dims, and our joy becomes harder to access.

But when all three are aligned?
🌟 *You become unstoppable.* 🌟

This week, we invite you into **simple practices**, **powerful connection**, and **two potent events** designed to help you rise in your truth—without the hustle, without the burnout.

🕒 **This Week's Practice: Realign Your Inner Compass**

🧠 **Mind – Mental Clarity Prompt**

What is one belief or thought I'm ready to release this week?
Write it down. Breathe it out. Declare:

“**This no longer lives here.**”

👣 **Body – Grounding Movement Ritual**

Place your bare feet on the earth or floor.
Roll your shoulders back, inhale deeply, sway side to side.
Let your body lead. Let your breath be your anchor.

🌟 **Soul – Soul Whisper Connection**

Hand over heart, ask inward:
“**What do you need from me today?**”
Listen softly. Let the answer shape your day.

Upcoming Events to Align Your Path

🔥 **Lionsgate Co-Ed Firewalk Ritual**

📅 *August 8, 2025* | 📍 *Riverwoods, IL*

A sacred rite of passage to burn through fear and walk boldly into your next becoming.

Held on the Lionsgate Portal—a powerful cosmic window for transformation.

👉 [Are you ready to reclaim your fire?](#)

🗣️ **Shameless Freedom LIVE**

📅 *September 19 & 20* | 📍 *Plainfield, IL*

A multi-day immersive for soul-led women ready to shed shame, unlock freedom, and rise in their radiant truth.

Breathwork. Movement. Sacred Circle. Liberation.

Step into your boldest expression.

👉 [Reserve Your Spot](#)

🌐 **This is The Collective Journey**

If you're a **healer**, **guide**, or **soul-led entrepreneur** longing for real tools, deep connection, and community that sees your magic—you belong here.

We offer:

- ✅ VA support & business systems
- ✅ Weekly *Ignite & Align* co-creation calls
- ✅ Monthly in-person *Connect* events
- ✅ A conscious, collaborative network
- ✅ Ongoing visibility, coaching, and soulful strategy

👉 [Join Us or Learn More](#)

Together, We Rise

You are not alone. Your vision matters.
And when you align your mind, body, and soul—your work becomes a transmission.

With deep reverence and fiery love,

Daphne Paras

Founder of Sacred Seeker & Co-Founder of The Collective Journey

💚 **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

📷 **Instagram:** instagram.com/thecollectivejourney25

👤 **Meetup:** 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

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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