

# Start Saying NO

## June 2025 Insights

Insights (*noun*) – Your list of items - silence, grace, and confidence as you learn the art of saying NO.

### ENERGY

The art of 'NO' is the spell of self-respect. Merlin showed you your younger self nodding 'YES' when your heart screamed 'NO.' Clio showed you your future self-standing confidently, a calm smile on your lips, as you say, "Not today. I honor my energy."

*Lesson – Learn the magic of pause. Before answering, take a breath. Let silence settle, for in silence, power gathers.*

### GUIDES

Merlin twirls his staff to show you the shield of NO. A radiant barrier that forms in front of you—strong, unyielding, yet warm. Clio shares that your dreams will show you signs. Tonight, as you sleep, your subconscious will whisper the words that set you free.

*Lesson – Saying NO does not mean rejection. It is the boundary that protects your spirit, the sanctuary that allows your magic to thrive.*

### MINDSET

Remember, you are now armed with the wisdom of wizards and muses. Go forth and let your magic flow!

*Lesson – You hold the power to honor your truth, to say "not today" with grace and confidence.*





# My Insights Journal

Journal your experiences for this month below.

**ENERGY**

**GUIDES**

**MINDSET**

