



# Chaos Container

*Blocks*

Questioning inner strength

Fear of focusing your energy & fear of deciding

Fear of losing control

Chaos, at its core, means a gap or wide open space. For instance, the big bang was a chaotic quantum event. So being creative is an act of making something take form from chaos. We also use creativity to funnel, contain, and heal emotions that feel chaotic and overwhelming.

When you are creative in action and mindset you are open to learn to work with the power of chaos. You learn to funnel and contain it, not be overwhelmed by it. You could even say that creativity is a way to 'control' chaos.

Cultivating this mindset is a key to your creativity and the art of creating your life.

## ? Provocative Question

Quantum Physics rabbit hole time. **Chaos theory** means a tiny, insignificant event or circumstance that can have outsized influence in shaping the way a large, complex system evolves into the future.

What tiny act, choice, or idea, if you decided to create and contain it through your attention/care/commitment, could have a huge influence in shaping something in your future?



😊 Time to do a little but intensive decluttering a.k.a. chaos control. Have a drawer, closet, bookshelf, or room that's cluttered and overwhelming you? Contain that shizzle babe!

Spend 30 minutes today (set a timer if need be) and declutter like a wild woman! Bring some creative containment to the chaos that it's causing in your mind and space from avoiding it.

🛍️ **Mystery Bag (Mindset or Magick or Money)**

MAGICK - Grounding & clearing exercise. Stand and walk barefoot on grass or dirt for at least 10 minutes. Rub your feet on the ground like you're doing foot exfoliation.

Declutter your energy body by letting yourself release the gunk of worries, fears, and frustrations into mamma Earth to be recycled (she can take it).

Visualize it pouring out of you. Then open your arms and stance like a star to be poured back into by life's love and light.

Blessed be.

*Mindset + Creativity = Magick and Money*



# Notes & Inspirations