



BURNING BRIGHT

Rituals, Reiki & Self-Care
to Heal Burnout,
Anxiety & Stress

KELSEY J. PATEL



**BOOK
CLUB
KIT**

The *Burning Bright* book club is an invitation for you and your friends to come together as a community and share sacred space as you read through the book. Following along with the three parts of your book, you can use this workbook to create a book club, a goddess circle, council, or a moon ritual with your closest friends. These gatherings can be done in-person or they can be digital meetups. The sense of community and support will be felt either way.



Connect with others by joining the [Burning Bright Book Club Facebook Group](#)






PART 1:

AWARENESS AND IMPRINTS

Before starting your first *Burning Bright* book club, make sure you have read Part 1 entirely. For your first week of book club, begin with a few minutes of meditation as a group. Set a timer or play relaxing music suitable for meditation and allow yourselves to settle in together. Perhaps one of you could lead the opening meditation each week or take turns leading. You can also purchase a meditation from my [website](#) or download a free meditation from my Magik Vibes podcast.

Once complete, share your personal intention for reading this book and for joining or creating this book club. Make a commitment to one another that this will be a no judgment zone and that each of you will practice heart listening (listening from your heart without needing to answer, respond, or “fix” anyone else’s feelings) and radical compassion for yourself and for one another as you connect, go deep, and share together. Answer these questions and address anything else that comes up for you while discussing Part 1. Make sure to create a deep, open portal for sharing so you can both be heard and hear the other person’s answers.

- Where do you feel anxiety in your life now?
- What imprints do you now realize about yourself?
- What joy do you want to bring into your life as you begin to connect deeper with your triad of wholeness?





PART 2:

INCORPORATE AND CREATE ACTION

Welcome to the second week of your *Burning Bright* book club, which covers Part 2 of the book. Now that you're more comfortable with one another, start with your meditation and/or a short breath work exercise. Maybe even light a candle or incense to open up your collective energy.

This week, make sure you have a pen and paper with you, and during your discussion, identify one of the three sections (body, mind, or spirit—aka rock, paper, or reiki) and share what section you felt the most connected to and the one you felt the most disconnected to and why. Discuss where in your life you're ready to take ownership, take action, and begin to make shifts for your highest good. Ask your fellow members to help you recognize where best you can bring this new awareness and action into your life. When you feel complete, write down a plan for yourself (that comes from a place of love) on how you will show up to this new commitment and awareness of your needs so you can willingly take action. Once everyone has written down their intentions, read them aloud to one another.






PART 3:

INTEGRATE AND RITUALIZE

Welcome to the third week of your *Burning Bright* book club. By now you have read Part 3 and completed the book! Begin your book club with another brief meditation, some breath work . . . or perhaps one of you now feels comfortable to lead the short, opening ritual!

This week let's experience a practice together. For example: **Download the free chakra bonus meditation.** Then grab some cozy blankets, pillows, or whatever makes you feel the most supported and relaxed and press play. If you're in a digital book club, agree to how you'd like to do the ritual prior to this week's book club. Whatever way you do it, follow your intuition on how to create this special ritual—perhaps light a candle or enhance with crystals. After the chakra meditation, take a few minutes to slowly return to the space together, maybe have some light snacks or tea, and gently share any realizations, healings, or shifts that transpired through the experience. Make sure to jot things down so you can come back to it in case you had any special messengers. For the week ahead, say aloud and commit to one ritual from the book that you will do for yourself before meeting your group again! It could be a daily movement practice, a yoga nidra exercise, journaling, or self-reiki.





PART 4:

CHECK-IN AND JOURNALING PROMPTS

Congratulations on getting to week 4 of your *Burning Bright* book club!

This week, celebrate your accomplishments and connection with one another—along with any new awareness, healing, or opportunities that have come into your life since beginning this journey together. Share your shifts from the week of committing to one of the book's rituals and acknowledge any insights you've personally gained. One of my favorite practices not found in the book is to express gratitude with one another. Share something kind about each of the members in your group so you can all walk away with a feeling of gratitude, openness, and connection.

To continue your practices, here are some extra journaling prompts to keep you shifting, checking in with yourself, and turning any old, unserving patterns or belief systems into brighter, more peaceful, and vibrant ways of being.

Thank you all for showing up and for your willingness to see your own divine magnificence and to burn bright!





**BURNING
BRIGHT
JOURNAL
PROMPTS**

✦ A NOTE ABOUT JOURNALING ✦

Journaling is one of the most basic and easy ways to pluck thoughts out of your mind and put them down on a piece of paper—outside of your mind—so you can become aware of and a witness to your thoughts. Journaling is like catching a butterfly out of the air and examining it under a microscope so you can understand what it's really made of.

When I write in my journal, it helps me to get familiar with what's going on under the surface of my words and thoughts—the programming, the imprints, and the subconscious that are running me rise up to the page. When I journal regularly, I get more familiar with what's going on with me, what's controlling me that I might not be aware of, and it's also a way for me to decompress. I might recognize that I'm angry at someone, or worrying about how a situation is going to turn out, or having trouble solving a problem, or trying to control something—or perhaps wanting something so badly that hasn't manifested yet. Writing about it brings these feelings to the surface so I can process them and see what's really coming up for me. Most of the time it has nothing to do with what I think it's about when I start writing. Recognizing this is a powerful boost to self-awareness.

There's a great quote often attributed to the author E. M. Forster (who may or may not have actually said it, but the quote is great anyway): "How do I know what I think unless I see what I say?" This is the purpose of journaling.

Here are some journal prompts to help you get started on your journey of self-discovery and connection. All you need is paper and a pen. You could use an actual journal, or a piece of paper, a legal notepad, anything. Whenever you have the time and feel like taking some space for yourself, just start writing. You might be amazed at what comes up!

Enjoy, my loves,

Kelsay J Patel

WHAT REALLY MATTERS EXERCISE

I use this exercise to help my students and clients narrow down what is most important to them—their intrinsic values—as they are working on defining their purpose for their lives. This exercise helps you get down to what’s really important to you at this point in your life, so you can focus your energy in the direction that is in harmony with where you are at this stage of your journey.

HERE’S HOW TO DO IT:

- Set a timer for three minutes and start making a list, as fast as you can without thinking too much about it, of all the things you think are important to you. They can be big or small, spiritual or material. Anything goes. You might list things like family, gratitude, love, success, service, humility, abundance, health, God, or more material—or specific things like money, romance, safety, success, children, adventure, beauty, travel, environmentalism, music, and animals. . . . If you aren’t done at three minutes, you can give yourself one to two more minutes to complete the full list. I’d like you to have about thirty or more words written down.
- It’s time to start narrowing down. Set the timer for two minutes and circle your top ten most-valued things on the list. You can start by crossing off everything you know isn’t in your top ten, then start narrowing. Don’t think about what you should value. Think about what you actually value. Remember that this is just how you are thinking today. Tomorrow it could change.
- Now that you have ten things, set the timer for two minutes and cross off the bottom five, leaving your top five. Now look at those five things left on your list, and cross off three. You can do this!
- Now you are down to just two things—your two top core values, maybe just for today, or maybe in the big picture. Circle the one that wins out, even if just by a little. This is your core value.
- Now that you know your core value, set an intention that today—or for the whole week or even the whole month—this value will be your focus. Set your mind on that word each morning and when you go out into the world, let that word guide you. Write it down and post it somewhere so you see it a few times a day, set a reminder in your phone as an afternoon love note to yourself: Whatever you need to remember, this is the focus of your mind and your energy.

YOU CAN ALWAYS DO THIS EXERCISE AGAIN, ANY TIME YOU WANT
TO REEVALUATE YOUR CORE VALUES AND PRIORITIES AND SEE IF
THEY HAVE CHANGED.



FINDING YOUR PURPOSE EXERCISE

If you are feeling lost or unsure of your purpose, whether in the short or long term, try this exercise to clarify your goals and passions. Take a moment to sit comfortably, close your eyes, and relax. Rest and breathe and sink into a feeling of quiet and peace. Once you feel calm, ask yourself the following questions and answer them in your mind (or write them in your journal) as well as you can in this moment. As you ask each question, take some time to wait. Listen to your heart. See what floats up from the depths of your subconscious.

HERE'S HOW TO DO IT:

- What is that thing you feel deep inside you, the thing you see yourself doing or being that brings you so much joy it scares your heart to its very core? Don't limit yourself. This can be as wild and big and miraculous as your heart desires.
- What would it look like if you were doing this thing? Just imagine it. Picture who you would be if that were the focus of your life.
- Do you believe you could possibly do this thing, or do you doubt you could ever achieve it or be that person?
- If you fear this thing, is the fear based on something real, or is it an imprint, or the **FEAR** acronym: False Evidence Appearing Real?
- What are the things that are standing between your life now and this life you envision for yourself? What are the obstacles?
- What is the difference between you right now and this imagined you? Look at each obstacle. Is it a real obstacle or is it an obstacle you could overcome in some way at some point, even if you aren't sure how? Do you believe that you can overcome those obstacles?
- Now, say these words to yourself: You are right on time. You're right where you're meant to be. You are exactly who you are meant to be. You are going through exactly the things that you need to go through for your highest good. From this moment on, you can go anywhere. You can do anything. You can be anyone. There are no obstacles. Fear is an illusion. There are no obstacles. In any moment, there is only you in all your rightness, spaciousness, and infinite potential. Stay with these thoughts for a few minutes. Breathe into them. Take them into your heart.
- Choose one thing, no matter how small, that could move you one step closer to the life you imagine for yourself. Commit to doing that one thing in the next week or month. Lean into that reality and keep your awareness in that place. Release any expectation of result and surrender to the universe.



F.R.E.E.

EXERCISE



If the day has gone by and you're feeling disappointed, angered, or annoyed at how much you've done for everyone other than yourself, recognize this as a cue for you to tune in to your body and feel where you may be stuck. Where do you feel that your freedom is stifled? To get unstuck, you can do a deep dive into yourself to reestablish your inner sense of freedom. In your journal, write the letters F, R, E, E, vertically down the left edge of your page. After each letter, answer the following prompts:

F EEL YOUR FEELINGS: We are all sensitive beings and sometimes we let relationships get the better of us. Sometimes they are begging to be released and we are holding on too tightly, and sometimes they are just begging for something to change. Make a list of all your relationships under the letter F, and make a check mark next to the ones that make you feel free. Make an X next to the ones in which you do not feel free. You don't have to solve anything. Just make the list, and make your checks and Xs.

R ELEASE THE OLD WAYS: You want to break the patterns holding you back from feeling free, beautiful, vibrant, abundant, and your most aligned self, but old habits are hard to break. Under the letter R, make a list of all the bad habits and patterns you want to break but are having trouble releasing. After each item, write something that best describes why you are holding on to that thing you don't really want in your life. It could be something tangible, like "Financial problems: I don't have enough money coming in," or it could be something emotional, like "Obligation: I feel as if I can't get escape from this person because he needs me." Again, you don't have to solve the problems right now. You are simply elevating your awareness.

E NGAGE WITH YOUR HEART, NOT YOUR MIND: Under this first E, make two lists: Head and Heart. Under each, make a list of the thoughts or words that come to mind when you tell yourself, "Your needs and truths matter and should be your priority." What does your head say about this, and what does your heart say about this? Which responses seem the most true? The most useful? The most real to you? The most possible? Reflect on the differences.

E XPRESS YOURSELF: Your feelings can teach you about yourself if you fully bring your awareness to them. Under the final E, make a list of all the feelings you remember having felt in the past twenty-four hours. List every feeling you can remember—boredom, amusement, sadness, hope—and what you were doing at that moment that sparked that feeling. Then, without anyone else listening, practice saying each of these things out loud, such as, "Today I was bored when I . . ." or "Today I felt really sad because. . ." Start with the easy ones and work up to the more intense feelings or the feelings caused by more complex situations. This week, check in with your **FREE** periodically and keep in mind what came up that was new to you or interesting. These are all clues to who you really are and what kind of life you really need in order to feel that sense of freedom in which all things become possible



★ **WHAT WOULD IT FEEL LIKE EXERCISE** ★

To help you open your mind to more possibilities in your life, try this journal prompt: I wonder what it would feel like to feel:

Fill in the blank with any feeling you would like to experience. Do you wonder what it would feel like to feel pure joy? Calm? Free of guilt? Playful? Truly happy? Respected? Fun? Sexy? Brave? Inspiring? Smart? Powerful? Worthy?



✦ WRITING THROUGH A SHIFT EXPERIENCE ✦

An exercise I give my students is to write through the experience of shifting in their lives. I give them the first prompt and they write about it, then I give them the shift prompt, and they write about that, and so on. This exercise can be quite revealing. Here are some of the prompts I use. Choose any that seem relevant for whatever shift you are going through in your life:

PROMPT: What am I most ashamed of about myself?

SHIFT PROMPT: What am I most proud of about myself?

PROMPT: What behavior or habit am I fed up with and would like to change?

SHIFT PROMPT: What behavior or habit have I already changed for the better?

PROMPT: Where do I hurt?

SHIFT PROMPT: Where do I feel healed?

PROMPT: Where do I feel scared?

SHIFT PROMPT: Where do I feel safe?

PROMPT: Where do I feel weak?

SHIFT PROMPT: Where do I feel strong?

PROMPT: What part of my body is storing my anxiety?

SHIFT PROMPT: What part of my body is storing my power?

PROMPT: What situations make me feel small?

SHIFT PROMPT: What situations make me feel big and bright?

