



Beads & Potions
The Mystikal Apothecary



Choose Your Challenge. Speak Your Truth. Let It Work.

SET YOUR INTENTION



beadsandpotions.com

CRAFTED FOR EVERYDAY PRACTICAL SPIRITUALITY.



Rooted in nature.
Guided by Spirit.

But First,
**STEP 4 — SET YOUR
INTENTION**

Choose Your Challenge. Speak Your Truth. Let It Work



This is not just a list. This is a practice. Find your challenge, choose your words, speak them out loud, and mean every single one. Your spirit already knows what it needs — this is simply your permission to give it voice.



*I trust what I cannot yet
fully see.
I trust who I am becoming.
I am exactly where I need
to be.
Blessed be.*

*I Am in the
best season of
life!*





Beads & Potions
The Mystikal Apothecary

*I trust the intuition that led me here.
I trust the vision rising within me.
I am not lost — I am emerging.
And I am exactly where I need to be.
Blessed be.*

Choose Your Challenge. Speak Your Truth. Let It Work.

1. FINANCIAL LACK & WEALTH BLOCKS

Affirmation:

I was created for this. My wealth flows freely and joyfully to me. All good things are open to me. So blessed be.

Prayer

I release every belief that tells me I am not worthy of abundance. I open my hands, my heart, and my spirit to receive the wealth that is already moving toward me. So blessed be.

Soulful Parable:

I have recognized my true worth and my blessings — both of which cannot be measured. I am priceless. So blessed be.

2. LOVE & RELATIONSHIP HEALING

Affirmation:

I am worthy of deep, real, and reciprocal love. Love finds me easily because I am love.

Prayer:

I release every wound that has taught me to close my heart. I open myself to the love I deserve — the kind that is safe, intentional, and built to last. So blessed be.

Soulful Parable:

Love is not something I search for. It is something I embody. As I heal I become the love I have always needed. So blessed be.

3. CAREER & PURPOSE ALIGNMENT

Affirmation:

I am walking in my purpose. Every step I take is aligned with my highest calling and greatest contribution.

Prayer:

I release confusion about my path and I ask for clarity on what I was created to do. Guide my steps toward work that honors my gifts and sustains my life. So blessed be.

Soulful Parable:

My purpose was planted in me before I was born. I do not have to find it — I have to clear the way for it to grow. So blessed be.



Beads & Potions
The Mystikal Apothecary



*I trust my intuition.
I trust the person I am becoming.
I am exactly where I need to be.
The vision within me is sacred.
So blessed be.*

Choose Your Challenge. Speak Your Truth. Let It Work.

4. HEALTH & BODY RESTORATION

Affirmation:

My body is sacred. I nourish it with intention and it responds with strength, vitality, and restoration.

Prayer

I invite healing into every cell of my body. I release stress, tension, and everything my body has been carrying without my permission. I choose restoration. So blessed be.

Soulful Parable:

My body is not my enemy. It is my most faithful companion — speaking to me in the only language it knows. Today I choose to listen. So blessed be.

5. PEACE & ANXIETY RELIEF

Affirmation:

I am at peace. My mind is calm, my spirit is still, and I trust the process unfolding around me.

Prayer:

I release the need to control what I cannot hold. I surrender anxiety to a power greater than my worry and I receive the peace that surpasses all understanding. So blessed be.

Soulful Parable:

Peace is not the absence of trouble. It is the presence of trust. I choose trust today. So blessed be.



6. FAMILY & HOME HARMONY

Affirmation:

My home is a sanctuary. My family is covered, protected, and held in love and wisdom.

Prayer:

I cover my home and everyone in it with peace, protection, and purpose. I release discord and I invite harmony into every room, every relationship, and every conversation. So blessed be.

Soulful Parable:

The home I build with intention becomes the foundation my children stand on. I build it with love, wisdom, and deliberate care. So blessed be.





Beads & Potions
The Mystikal Apothecary

Choose Your Challenge. Speak Your Truth. Let It Work.

7. SPIRITUAL BLOCKS & DISCONNECTION

Affirmation:

I am spiritually connected, guided, and protected at all times. My path is clear and my spirit is awake.



Prayer

I release everything that has dulled my spiritual awareness. I ask to be reconnected to my highest self, my ancestral wisdom, and the divine guidance that has never left me. So blessed be.

Soulful Parable:

I was never truly disconnected. I was only distracted. As I return to stillness I remember who I am and why I am here. So blessed be.

8. GRIEF & EMOTIONAL HEALING

Affirmation:

I honor my grief and I release it with love. I am healing and healing is not linear. I am still whole.

Prayer:

I hold space for every part of me that is still hurting. I ask for the grace to grieve without guilt and the strength to heal without rushing. So blessed be.

Soulful Parable:

Grief is love with nowhere to go. I let it move through me, honor what it carries, and trust that healing is already happening. So blessed be.

9. CONFIDENCE & SELF WORTH

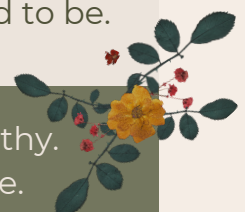
Affirmation: I am enough exactly as I am. I walk into every room knowing my value, my gifts, and my right to take up space.

Prayer:

I release every voice that has told me I am too much or not enough. I reclaim my confidence as a birthright and I walk forward in the full knowledge of who I was created to be. So blessed be.

Soulful Parable:

My worth was never up for debate. I was born worthy. Everything else is just remembering. So blessed be.





Beads & Potions
The Mystikal Apothecary



*I trust my intuition.
I trust the person I am becoming.
I am exactly where I need to be.
The vision within me is sacred.
So blessed be.*

Choose Your Challenge. Speak Your Truth. Let It Work.

10. PROTECTION & SPIRITUAL SAFETY

Affirmation:

I am covered, protected, and surrounded by divine energy at all times. No weapon formed against me shall prosper.



Prayer

I place a hedge of protection around my mind, my body, my home, and everyone I love. I release fear and I stand firm in the knowledge that I am safe. So blessed be.

Soulful Parable:

Protection is not something I beg for. It is something I walk in daily — with intention, with awareness, and with the ancestral armor of those who came before me. So blessed be.

11. GENERATIONAL CYCLES & ANCESTRAL HEALING

Affirmation:

I am the cycle breaker. What was handed to me ends with me and what I build forward is rooted in healing, wisdom, and love.

Prayer:

I honor my ancestors for surviving what they survived and I release the patterns that no longer serve the life I am building. I break what needs to be broken and I carry forward only what is meant to grow. So blessed be.

Soulful Parable:

I did not come here to repeat the past. I came here to rewrite it — with love, with courage, and with the full understanding that healing is the most powerful inheritance I can leave. So blessed be.

12. STAGNATION & FORWARD MOVEMENT

Affirmation:

I am moving forward. Every door that is meant for me is open and I walk through it with confidence and clarity.

Prayer:

I release stagnation from every area of my life. I ask for the courage to take the next step even when I cannot see the full road. I trust that movement creates momentum and momentum creates miracles. So blessed be.



Soulful Parable:

Stagnation is not a stop sign. It is an invitation to go deeper before I go further. I do the inner work and watch the outer world respond. So blessed be.



*I trust my intuition.
I trust the person I am becoming.
I am exactly where I need to be.
The vision within me is sacred.
So blessed be.*

Choose Your Challenge. Speak Your Truth. Let It Work.

13. FORGIVENESS & RELEASING RESENTMENT

Affirmation:

I release what hurt me without releasing my peace.
Forgiveness is not for them — it is for me. I am free.



Prayer

I ask for the grace to release every person and every experience that has taken up space in my spirit without my permission. I choose freedom over bitterness and peace over the need to be right. So blessed be.

Soulful Parable:

Holding resentment is like carrying someone else's weight on your own back. I put it down today — not because they deserve it but because I do. So blessed be.

14. IDENTITY & KNOWING YOUR TRUE SELF

Affirmation:

I know who I am. I am not my circumstances, my past, or anyone's opinion of me. I am exactly who I was created to be

Prayer:

I ask to be restored to the truest version of myself — before the world told me who to be, before the wounds shaped how I saw myself, before I forgot. Bring me back to me. So blessed be.

Soulful Parable:

The most radical thing I can do in a world that profits from my confusion is to know myself completely and unapologetically. I choose to know myself. So blessed be.

YOUR NEXT STEP

You have done the work. Now let it be supported.

CONTINUE
YOUR
JOURNEY
AT
SOULTRIBE
MEDIA



Friend — if you are ready for more, come home. Our Patreon is where the Soultribe truly lives. **Exclusive content, early access, deeper teachings**, and a community of real people doing real work together every single day.

Mind. Body. Soul. Connection. Community.

Everything you need to sustain the practice you are building is waiting for you on the other side of that membership.

This is not just a subscription. This is a community that will hold you accountable, celebrate your growth, and walk alongside you through every season.

Real connection. Real wisdom. Real community.

Join the Soultribe on Patreon — search Soultribe Media or visit soultribe.media/patreon

*I trust my intuition.
I trust the person I am becoming.
I am exactly where I need to be.
The vision within me is sacred.
So blessed be.*



*I trust my intuition.
I trust the person I am becoming.
I am exactly where I need to be.
The vision within me is sacred.
So blessed be.*

Hey Soultribe

Aunty Charmaine here — and I need you to hear this. Your daily practice does not exist in a vacuum. It is part of something much larger. At Soultribe Media we create conscious entertainment designed to meet you exactly where you are — real conversations, ancestral wisdom, spiritual tools, and community connection for people who are done with surface level and ready for something that actually goes deep.



Every episode, every class, every conversation is built to complement the practice you are building right here. Because what you do in private eventually shows up in public — and we want to make sure you are fully equipped for both.

Visit us at soultribe.media and let the journey continue.

Love,

Aunty Charmaine



Enjoy this bonus page



From Aunty With Love — Your Reflection Bonus

What area of your life is calling for the most attention right now?

e.g. If you wake up every morning thinking about money and the flow feels blocked — Financial Lack & Wealth Blocks is your challenge.

When you speak about this challenge out loud — do you speak defeat or do you speak direction?

Instead of saying "I never have enough" choose your affirmation, speak it with conviction, and mean every word.

How will you know your practice is working?

Pay attention — better sleep, unexpected opportunities, and a shifted mindset are all signs your practice is moving.

