

# SPIRITRY MIND NEWS

A Publication of Spiritry: Leadership Development Through Spirituality



We are in a space of change. The world is in flux. We are turning inward to connect with our personal sense of health and wellbeing. We are cooperating with others to prevent the spread of infection. We are working to keep our loved ones safe and connected. The news shares statistics and protocols with such intensity that people are being triggered in unknowable ways. Everyone is doing what they need to do in order to feel safe. Yet real safety and security is not about how much toilet paper in the linen closet. Safety is best experienced when we can be affirmed, informed, supported, connected, and clear to use the resources that help us feel most empowered. Empowerment helps us sleep well at night. With our inner resources activated, we are ready to consider real options so that we can make informed decisions.

Here at Spiritry, we are committed to providing encouragement, and examples of how to use words of power to strengthen and support you during these times. Positive thinking, wishing, and repeating affirmations are not enough. We know that there is a deeper work that must be done, and it will not wait for present

circumstances to blow over. I know that current events are affecting people in so many ways at this time. We invite you to engage in vigorous self-care, creative self-expression, and meaningful connection with members of your existing support system. Check-in. Don't check out. This is not the time to play lone ranger.

We are standing at a pivotal point of unknown possibility, transformational opportunities, and unfathomable potential. This global shift may look bleak at this time, yet it is just a moment. Let's take this moment to care for ourselves, our loved ones, and our neighbors. Energetically, we are ready for this shift. It's time.

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Last month during Mercury's retrograde, master astrologer Chani Nicholas said to Geminis,

"Make your desires into an affirmation and put them on repeat. ...Be unabashedly, undeniably, unapologetically straightforward about what you know you can build in the world."

What are the benefits of being not just straightforward, but unabashedly, undeniably, unapologetically so? It can save us from drowning in sentimentality, unnecessary attention to detail, and concerns about what people may think so that we can get to our place of inner power more quickly. "Fortune favors the bold," and all that. Apparently, the Roman goddess, Fortuna, was quite picky about which army she would bestow her favor upon in battle. If you showed some gumption, she'd back you up. It's the same in life. Boldness puts power behind the arrow. There is an orisa named Osoosi (aka Ochosi) in the Yoruba tradition and this is His domain. In essence, he IS the power behind the arrow and is evoked for such purposes. Osoosi helps us to 'get there more quickly.' Where is 'there'? That place inside us where all our personal truths converge. The place where every part of us intersects. It is from this place of bold faith that we can create and shape our lives and destiny on purpose. When engaging our audacious self, we get there more quickly. The path is less convoluted. Divine audacity, bold faith, and an accurate self-perception allow us to cut through the negative entanglements and move directly through internal obstacles of fear, self-doubt and resistance that would prevent us from living our ideal.

"When you audaciously identify your existing gifts, you set yourself up to become a magnet for even greater abundance." Rob Brezsny, Braggadocio

# *Spirit Work Bold Activism*



The problem is the false story we tell ourselves about what we think is happening. It is a different story than what our inner being is telling us. It is a story of limited perception about who we really are and what we can do in the world. Life is answering our call for help and we are contradicting it because of wrong perception. And the details don't matter. All that matters is, if it's based on a limited perception about who we are, it is erroneous, no matter what. Life cannot give us more than we are conscious of being. Getting to our place of power quicker only matters if we are going to do something meaningful and purposeful when we get there.

So, how do we put our affirmations on repeat in ways that will catalyze change in us and in our world?

Example Affirmations (Tweak to match the specifics of your goal or vision):

- I am equipped with every good and perfect gift needed to accomplish my goals.
- I came to the planet to accomplish great things.
- My passion is my purpose.
- "I am the manifestation long dreamed of." -Abraham- Hicks
- I am making a difference in the lives of those I am called to serve.

Choose one or two to focus on at a time. Designate a time and space to do this work consistently for 21 days. Use the affirmations as prompts for freewriting - I recommend writing them, and writing about them; reading and repeatedly speaking them; meditating on them and praying them. The purpose of all of this is to get them deep into your spirit, create a groove in your mind, and impress your subconscious. Eventually, their essence will spill out and permeate your everyday life. It will become your daily vibrational offering to the universe, which will be given back to you in some manifested form, according to your desire.□

# Reading for Spring

## Kuan Yin, Nine of Cups Mami Wata, Maiden of Cups

We've reached the saturation point. We are being called upon to live a life sourced from a different place. a different aspect of ourselves. Which part of us? The gentle part. The part that matches the combined essence of Kuan Yin and Mami Wata. The peaceful part, rooted in wisdom, and full of compassion for the earth and all humanity. The part that mimics and matches the energy and essence of these twin goddesses of mercy and relief from suffering.

Why Kuan Yin and not The Tower - Kali, The Awakener Herself? Why Mami Wata and not the Judgment card? Because we've been there; done that. We know it all too well. We know that message. We're living it. They come to balance things out, through us. The Divinities are invoking us - invoking the part of us that is like them. *Come forth!* They say. *Do the healing work! Be the Refreshing!*

*Stand up. Take care of the children! Help the people to feel safe. Generously share your sweet spirit strong. Freely share your words of strength, comfort, and love. Know your joy at this time. It is your power. Stand up.*

"Your life will not go unnoticed because I will notice it. Your life will not go unwitnessed because I will be your witness."

-Susan Sarandon,  
*Shall We Dance*



Mami Wata  
artist unknown

*Our sweetness is within you and we surround you with all that we are. We are the sweetness that is the antidote to the world's sourness. Don't mimic or perpetuate the harshness and despair in the world. Take no part in the corruption, greed, ugliness. Keep your hands and heart clean. Reach out with love. Worry not at who loves you. It is within your power to love. Embody it. Give it voice and presence and delicious physicality. It heals people. Through active compassion, help people gain access to new realms of possibility within themselves. Your joy, delight, clarity, and strength give people hope. You have this gift; you know how to do this very well. You know how to put on faith, engender and embody confidence when you choose. Now is the time for this. Stand up! Be your ideal self. This is your offering. Do this because you can. We are with you. We are asking you to be both strength and gentleness at this time. □*

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# Answeringness



Sometimes people say to me, "I don't know why I'm here. I don't know my purpose; my reason for being. This can't be all there is!" I say, "There is a time and place for these questions, but there is also a place and time for Answeringness - having an answer; an efficacious response for the eventualities of life.\* You have this power," I tell them. "You always have something: your self, your gifts, your faith, your thoughts, your love, your physicality. Take the empowered stance; make something out of nothing. Work your magic. I understand that it can be scary at times, living in that place of seeming nothingness. The void. No response. No movement. Monotony. But at the same time, there is the power of decision.

There is creation. There is the heat and mess of living. There is acting up and acting out; there is brazenness and audacious faith. There is the power of thinking a new and different thought. Let's work together." I say. "I will be your witness as you make the road by talking." Coaching is just that - coaching. It is not therapy, it is not mentoring. Coaching helps people who are ready, willing, and able to create change in their lives in some way. But there are people who come my way that have limited perception about who they are and the resources that are available to them because of that self-perception. As a coach, I have something of value to offer, and what I have

to offer is my vision of the person in front of me. They have their vision of who they are, and I have my version of who they are. When you ask for coaching, you are asking for a witness. You are asking to be seen for who you really are and who you can be. Sometimes we need someone with different eyes to look at us and see us as capable of creating an efficacious response to life. "Holding a vision of your magnificence," is how I sometimes end my emails. And I intentionally carry the spirit of those words into my conversations and interactions with others. At one time or another we all need someone to hold space for us; to provide room for us to stretch and grow on our way to our desired wholeness.□

\*Judith Gleason, Oya: In Praise of an African Goddess



# Spiritwork: Brown-Water Meditation

Spiritually-minded people often struggle with the idea of meditation. They want to do it but can't find the time. They yearn to do it but want to do it consistently. They beat themselves up about not doing it The Right Way. I am always happy to share my personal meditation practice with them. It goes something like this: "Sit down, close your eyes, be quiet, and breathe." Then I say, "Let your brain do what it wants to do. Do not try to stop the flow of current events or the list of household chores that may pop up. I call this stage 'brown water,' like when using a wellpump. Let the brown water flow until it stops. This will take more than one session to accomplish. Don't push it or force it. Eventually, when it's done, you will begin to notice that your inner water is running more clearly. Your thoughts will begin to clear up. You may have a flash of inspiration. Something you've been struggling with might unravel itself. You may get an answer, feel some joy, catch a glimpse of something important. Whatever it is, allow it.

Again, this will take more than one session. After a while, you'll discover that you don't have to start from scratch every time you sit down to meditate. You won't have to begin with muddy waters forever. When you find yourself in a brown water state of mind, simply begin anew. Note: Sometimes, depending on your system, you may have to prime the pump. That means, in order to get water out you have to first put water in. Give the system something to work with so it's not dry-heaving. In this case, you will: sit down, close your eyes, be quiet, and breathe...and then deliberately ponder a good-feeling thought. As the brown water begins to flow, hold on to that good feeling and trust that clarity is on its way.□



# SPIRITRY SERVICES

**Spiritual Currency (How to Get it, Spend it, And Save it)** is designed to help you take your spiritual development to the new level by creating, activating, and managing your Spiritual Currency Portfolio. 'Currency' is a term I use to describe sacred words and things--quotes, lyrics, scripture, images, symbols, songs--that embody and express your spiritual treasures, gifts and blessings. Just as with monetary currency, spiritual currency is something that can be acquired, saved, exchanged, and spent.

**Spiritry Life Coaching** is designed for Spiritually-minded people who are leaders in their lives and communities, who use journaling and affirmation work as primary tools in their personal spiritual practice, and are ready to take that practice to the next level through Spiritry. In our coaching program, learn how to use your most powerful words to experience divine appreciation for Who You Really Are.

**Spiritry Tarot Reading** An opportunity to look beyond the veil of circumstances into spiritual truths using round, multicultural goddess-centered tarot with an empowering philosophy. Identify recurring personal patterns and potential strategies

**Personal Power Breakthrough Session** - Break through your personal glass ceiling into the realm of unlimited possibility with a paradigm-shifting intuitive reading and coaching session in one!

**The Spiritry Tarot Apprenticeship** - This four-month program is framed within the context of women's spirituality during which you will gain proficiency in the craft of divining with Tarot as a vehicle for honing your gifts of spiritual discernment and intuition.



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Much gratitude to clients and supporters who receive  
and gain benefit from any Spiritry offerings.

Thanks to every source of inspiration, knowledge, and resource that expands the good work.

Special thanks to Ffiona Morgan and Daughters of the Moon Tarot.

The Spiritry Mind News is lovingly created in Plainfield, NJ, USA.

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Layout and design by Maisha Uzuri Asegun.

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