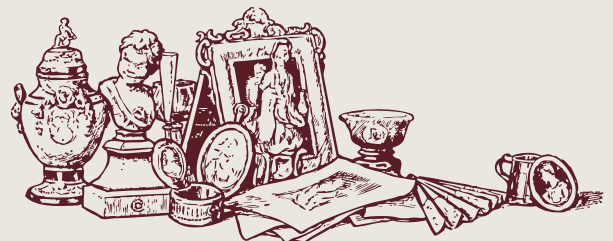




Discover Your Ideal Daily Practice - Complete Quiz Results

BRIANA SAUSSY





MIRACLE,

Welcome to your personalized daily practice guide! Thank you for taking the quiz – I'm thrilled to share what I've discovered about the spiritual path that's calling to you.

Your quiz responses revealed something beautiful: you're ready for a practice that honors both your curiosity and your current life circumstances. What you're about to read isn't just theory, it's a practical roadmap designed specifically for someone with your spiritual gifts, challenges, and aspirations.

Let's dive in...





YOUR PERSONALIZED DAILY PRACTICE

THE 5-MINUTE SACRED FOUNDATION

Based on your quiz responses, your optimal daily practice balances structure with exploration – giving you clear guidance while honoring your natural curiosity. The 5-Minute Sacred Foundation is designed for enthusiastic seekers who want meaningful spiritual connection without overwhelming time commitments.

YOUR DAILY PRACTICE COMPONENTS:

Centering Breath (1 minute):

Three deep, intentional breaths while holding a simple daily intention



Sacred Guidance (1 minute):

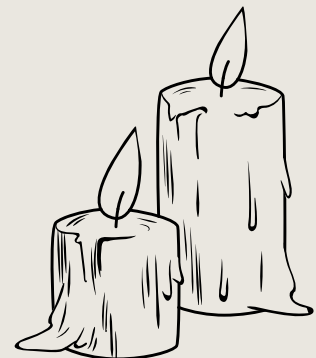
Draw one tarot or oracle card for daily insight and reflection

Conscious Reflection (2 minutes):

Record key insights, synchronicities, or gratitude in a dedicated journal

Sacred Exchange (1 minute):

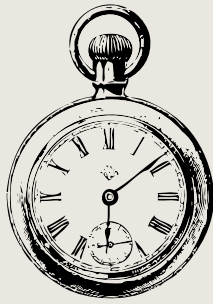
Acknowledge one blessing from your day and ask for divine support with one challenge





WHY THIS PRACTICE WORKS FOR YOU:

- Creates consistency without rigid demands on your schedule
- Builds a foundation that naturally expands as you grow
- Engages your curiosity through daily card guidance
- Develops confidence through achievable, meaningful steps
- Requires minimal tools and can be done anywhere



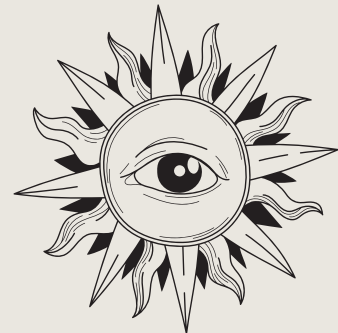
YOUR GROWTH TIMELINE:

- **Weeks 1-2:** Establish the basic 5-minute practice in the same location each day
- **Weeks 3-4:** Create a simple sacred space or altar where you practice
- **Month 2:** Deepen your centering breath into a more structured meditation such as the **Ritual for Rooting Down and Rising Up**
- **Month 3:** Add a daily blessing practice for yourself, your space, and your loved ones



WHY THIS PRACTICE IS PERFECT FOR YOU

Your ideal daily practice isn't random – it's based on your Sacred Arts Archetype, which reveals your natural spiritual strengths, challenges, and growth patterns. Understanding your archetype helps you choose practices that truly serve your unique path.





INTRODUCING THE SACRED ARTS ARCHETYPES

WHAT ARE THE SACRED ARTS?

The Sacred Arts are the ancient family of practices that connect us to meaning, magic, and mystery – the timeless traditions our ancestors used to navigate life's deepest questions. Whether you call it spirituality, mysticism, or simply "following your intuition," these practices have guided humanity since the beginning of time.

If you feel drawn to tarot, astrology, meditation, ritual, energy work, or any practice that connects you to something greater than yourself, you're already dancing with the Sacred Arts. You're part of an unbroken lineage of seekers who've always known that life holds more magic than meets the eye.



Your Sacred Arts Archetype: The Initiate

According to your quiz responses, you are **The Initiate** – and this reveals something beautiful about your spiritual journey.





The Gift of Readiness

As an Initiate, you possess one of the rarest spiritual qualities: true readiness. You're not just curious about the Sacred Arts – you're prepared to engage with them authentically. This readiness, combined with your natural enthusiasm and open mind, makes you perfectly equipped for the journey ahead.

Meant for Magic

You've likely noticed synchronicities, meaningful coincidences, and moments of perfect timing that feel like the universe is confirming you're on the right path. These aren't accidents – they're signs that your relationship with the Sacred Arts is meant to be.





Clear Vision, Full Heart

You recognize that having all the answers is not the most important thing; genuine heart and clear intention are. Your presence reminds us all why we fell in love with magic in the first place. You are the bright spark that keeps the Sacred Arts alive and vibrant.





CONNECTING WITH YOUR ARCHETYPE

To deepen your relationship with your Initiate nature, consider working with these allies:



TAROT GUIDES: THE FOOL & THE WORLD

Like the Fool in the tarot, you stand at the threshold of a profound journey, filled with curiosity and openness. The Fool card is sometimes mistakenly referred to as the first card in the tarot, but in reality, it is not assigned a number at all.

This allows the Fool to function like a Jack in many card games – appearing at the beginning, end, or middle part of a journey. The Fool's position matters much less than the energy it brings: new, fresh, curious, and enthusiastic. That is exactly the energy you bring to your practice.

Just like the Fool, Initiates are often mistaken to be beginners...but initiation is happening all the time and can occur at any moment on our journey. The Initiate is the one who has been initiated into the mysteries of initiation itself. You hold the keys not just for your own awakening but for supporting others in their initiatory experiences as well.

The Fool represents pure potential at the beginning of any journey. With fresh eyes and an open heart, you bring a beginner's mind to spiritual practice – one of your greatest strengths. The Fool reminds us that sometimes we must take a leap of faith, trusting that the path will appear beneath our feet as we step forward.

The World balances this beginning energy by showing the full cycle. No matter where you are in your journey, the World card suggests you already intuitively understand where the path leads – to integration, wholeness, and the joining of opposites. Your journey begins with this end in mind, giving you unusual clarity of purpose.

Together, these cards represent the alpha and omega of the tarot's major arcana – reminding you that beginnings contain endings, and your fresh start carries ancient wisdom. This speaks to one of your special gifts: your fresh perspective holds wisdom that seasoned practitioners sometimes forget.



ANIMAL GUIDE: CURIOUS HARE

The Curious Hare embodies the perfect Initiate energy – sensitive, powerful, fertile with ideas, and always alert. Like you, hares are associated with new beginnings, lunar wisdom, and the magic of fresh starts. The hare's natural curiosity mirrors your own spiritual seeking, always exploring new territories while staying attuned to deeper wisdom.

In many traditions, these animals are associated with intuition (particularly lunar and feminine wisdom), fertility (not just physical, but fertility of ideas and spiritual growth), quickness (ability to move swiftly between ordinary and non-ordinary reality), sensitivity (heightened awareness of energies and environments), and balance (knowing when to move forward and when to be still). The Hare is also traditionally one of the animals most associated with magic

and in many European countries there is a belief that Hares might actually be magical women in disguise...which is why many a hunter took extra care to avoid shooting these creatures.

When you need guidance, visualize your hare guide and ask: "Should I move quickly now, or remain still and watchful?" The hare's wisdom will help you navigate with both courage and caution.

PLANETARY ALLY: MERCURY

Mercury governs communication, learning, and magic itself. This swift planet blesses those beginning new journeys and grants speed to those learning new skills. Connect with Mercury on Wednesdays through yellow candles, intentional breathing, or simply by honoring your quick, curious mind.

PLANT ALLY: ROSEMARY

This aromatic herb enhances focus and clarity – exactly what busy Initiates need. Rosemary also provides protection and cleansing, helping you discern good information from bad as you explore new teachings.

CRYSTAL ALLY: CLEAR QUARTZ

The perfect stone for clarity and amplification. Clear quartz helps you see through confusion, amplifies your intentions, and supports clear communication with your Holy Helpers.





YOUR NATURAL GIFTS

As an Initiate, you bring these precious gifts to the Sacred Arts:

Fresh Perspective: You're not limited by "how things have always been done" – your approach isn't bound by dogmatic limitations

Sacred Curiosity: Your natural questioning keeps you asking important questions that even experienced practitioners need to hear

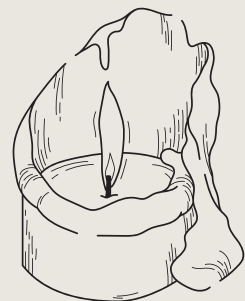
Authentic Enthusiasm: Your genuine excitement isn't naive – it's powerful fuel for transformation and keeps your practice vibrant and alive

Beginner's Mind: You approach practices without preconceptions, allowing for fresh insights and the ability to see connections that other practitioners might miss

Natural Readiness: You're prepared for real spiritual work, not just surface-level dabbling – you have the courage to step into the unknown despite uncertainty

Bridge-Building: You remind other practitioners of the joy and wonder they once felt, while your openness to multiple traditions creates valuable connections

Intuitive Development: Your natural intuitive abilities are awakening and ready for refinement and development





NAVIGATING YOUR CHALLENGES

Every archetype has shadow patterns to be aware of. As an Initiate, watch for:

Teacher Discernment: Your bright enthusiasm can attract both genuine teachers and those who would exploit your energy. Be especially careful of charismatic teachers, shiny thought leaders, or "too good to be true" communities that might leave you wounded and scarred.

Sacred Boundaries: Your curiosity might lead you to take on too many magical projects at once. Remember: when you make promises to the Spirit World, they expect you to keep them. Choose depth over breadth – a true Sacred Artist has both.

Energy Protection: Your bright spiritual energy needs tending. Learn to recognize when you feel drained and develop practices to restore yourself. Your precious enthusiasm can be devoured by practitioners who don't have your best interests at heart.

Foundational Development: Without taking time to develop a coherent magical worldview, you might feel overwhelmed by all the possible directions magic can go in, starting projects but never finishing them and leaving scattered energy about.

Consistency vs. Exploration: Moving from sampling to commitment in key practices while maintaining the flexibility to grow and discover. Staying present with each step rather than rushing ahead.





YOUR NEXT STEPS

- **Begin Your Daily Practice:** Start with the 5-Minute Sacred Foundation this week
- **Create Sacred Space:** Set up a simple practice area that feels special to you
- **Find Your Community:** Seek out other sincere seekers who share your authentic approach
- **Trust Your Journey:** Remember that every master is also an Initiate – you're exactly where you need to be



A Note About Your Archetype

If you've taken a Sacred Arts Archetype quiz before and received a different result, that's completely natural and expected! Your spiritual archetype can shift based on where you are in your life, what you're called to explore, or simply how you're approaching the Sacred Arts at this moment.

Whether you're brand new to this work or you've been part of our community for years, your current result reflects your present spiritual needs and gifts. Trust what emerged from this quiz – it's showing you exactly what you need to know right now.





FOR LONG-TIME COMMUNITY MEMBERS

If you've been part of our sacred community for a while and have engaged with multiple offerings, AND identify with the Initiate archetype, you're experiencing a beautiful paradox that many wisdom traditions recognize: the master's return to beginner's mind.

This doesn't mean you've made no progress! Rather, you've moved through a full cycle to arrive at a new beginning with deeper awareness. Consider:

- What area of practice feels fresh and new to you right now?
- How might your experience in other areas inform this new exploration?



- What wisdom have you gained that makes you a different kind of Initiate than before?

You might be experiencing what Zen traditions call "Shoshin" or "beginner's mind" – the advanced practice of approaching your spiritual work with fresh eyes and renewed wonder. This is actually a sign of significant spiritual maturity.

NEXT STEPS FOR CONTINUING MEMBERS:

- Consider mentoring newer community members while honoring your own beginner's spirit
- Explore advanced practices with the same openness you bring to foundational work

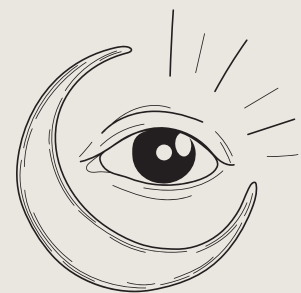


RECOMMENDED RESOURCES

Ready to develop your Initiate path?

These resources are perfect next steps:

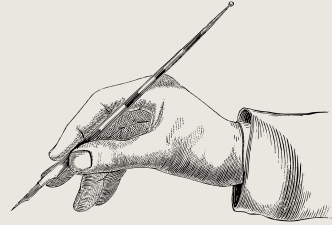
- **Email Readings** - Personalized guidance as you establish your practice. Click **HERE** for more.
- **Sacred Arts Academy** - Our comprehensive learning community with supportive fellow practitioners. Learn more **here.**



PERSONAL AFFIRMATION

Blessed Ones in whom I live, move, and breathe...I honor where I am on my sacred path. My fresh perspective is a gift, and my questions open new doors of understanding. I move forward with both curiosity and commitment, knowing each step reveals the next. I trust the wisdom of the Fool who steps forward, and the World that shows me wholeness. As it is, was, and ever shall be/So may it be/Amen

A PERSONAL MESSAGE



Your Initiate energy is a gift to the world. In a time when many have become cynical about spiritual practices, you bring fresh eyes and an open heart. Your enthusiasm isn't something to outgrow – it's something to cherish and protect.

The Sacred Arts need people like you – those who approach ancient wisdom with reverence and excitement, who ask good questions, and who remember that magic is meant to make life more beautiful, not more complicated.



Trust your readiness. Honor your curiosity. Begin your practice.

Your journey into the Sacred Arts starts now.

With magical blessings,

xo

Bri





This guide was prepared especially for you based on your Sacred Arts Archetype Quiz results. Your unique combination of answers revealed your Initiate nature, though everyone contains elements of all four archetypes. Return to this guide whenever you need to reconnect with your spiritual gifts and path.

Questions about your reading? Reach out to us at hello@brianasaussy.com

P.S. *Save this guide and return to it often. As you grow in your practice, you'll find new layers of meaning in these words. Your Initiate journey is just beginning...*



Briana Saussy is an author, storyteller, consultant, and ritualist dedicated to the field of Sacred Arts and her growing community of soulful seekers.

Her books *Making Magic: Weaving Together the Everyday and the Extraordinary* and *Star Child: Joyful Parenting Through Astrology* are available at your favorite bookseller.

Pick up a copy of her annual astrology planner *Planning by Starlight* online.

Reach her at her [website](#).



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