



## Sea Magic: Connecting with the Ocean's Energy

*Sandra Kynes*

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## Invoke the Power of the Sea and Transform Your Life

Purifying, mesmerizing, and transformative—the sea has long been celebrated for its beauty and mysterious power. By connecting to the ocean's energies, you can deepen your experience of the natural world and enrich your life.

Whether you live near or far from the coast, *Sea Magic* takes you on a unique voyage of spiritual rejuvenation. Explore various types of shells and sea creatures, both real and mythical. Call upon sea deities and saints to amplify your spiritual practice, and try a wide array of relaxation exercises and meditative techniques:

- Set up a sea-themed altar to empower your intentions
- Center your energy with a cosmic ocean-moon meditation and a conch-hand mudra
- Release emotions with an ancient practice known as ocean breath to attune to the tides
- Use shells for divination and positive visualization
- Select a sea fetch (totem animal) to take you on a shamanic journey

Dive into your inner world of emotions, imagination, and creativity—and let the sea's timeless wisdom guide you on your life path.



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