

THE MUSES GONE Pro

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THEMUSES

A woman with long blonde hair, wearing a white button-down shirt and dark pants, stands in the center of a room, holding a magazine titled 'THE BIG'. She is addressing a group of people seated on the floor and in chairs. The room is filled with bookshelves, a large industrial-style lamp, and a professional studio light. A red circle is drawn around the word 'MANUAL' in white, serif font, which is superimposed over the scene.

MANUAL

ILLUMINATION

THE MUSES  
2026

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# THE MUSES

GONE PRO

MANUAL

ILLUMINATION

THE MUSES  
2026



## A Note from Your Stage Mom:

Hi and welcome MUSES – movers, shakers, lovers and CREATORS!

**This is a kind reminder to stop treating your visions, your desires, your dreams and your life as a \*silly little thing\*.**

Do you know how many groundbreaking innovations, societal change and cultural movements were created by women who refused to let anyone tell them that they and their ideas were \*silly\*?

You are a woman. The whole universe is birthed from you.

**Treat yourself and your life with the regal reverence it deserves.**

This is not about being rigid, but it is about disciplining the part of our mind that is wired for self-sabotage by a wildly undisciplined world that benefits greatly from our self-defeat.

**Your visions, ideas and longing to do life differently are not silly.**

They are visionary and groundbreaking. Please keep following them.

Please keep creating.

This is what going pro means to me. I have no interest in any of us pretending to be anything else than what we are; that means, we are not silly little things, but we are also not little men – we are women, we are the womb, we are the goddess, we are the mystery and we are the force.

**I believe in you greatly,**

Welcome to THE MUSES

With Poetry and Power,  
Amanda



THE MUSES Manual is  
**HANDS-ON ASSIGNMENTS FOR EACH CHAPTER,**  
to help you organize and apply what you're learning doing the  
6-weeks on THE MUSES.

**WE RECOMMEND YOU SIT DOWN AT THE BEGINNING OF EACH  
CHAPTER TO CREATE INTENTION** ←

and direction for the next 10 days ahead,  
even if you can't join Amanda live.

**! At the start of every chapter you'll receive a fresh PDF with new journal  
prompts and assignments.**

We will not be working with these on the live accountability  
calls, but please feel free to share your process in the chat  
or in your accountability group.

# HOW TO

- \_ First and foremost, make it cozy. We are big on making things cozy here. Light candles, incense and turn on some delicious tunes. Make your favorite beverages. Really set the stage for this. Make it feel yummy, inspiring and expansive.
- \_ Get a fresh journal for fresh energy and a new beginning!
- \_ Attitude! This is not a sucky-ass task on your to-do list, this is prepping yourself for inspiration, freedom and success. Have fun with it!
- \_ Set off an hour (+/-) a week. Put your phone on “do not disturb” and get into the zone.
- \_ Share your experience with THE MUSES! Inspire each other by sharing how you work with the material.

# FIRST THINGS FIRST



Let's set an **overarching intention** for this season of THE MUSES. Because energy, life and blessings flow and grow where intention goes and all that jazz. Sorry, I had to!



What is your **INTENTION** for joining THE MUSES this season?

## **WHAT AREA OF YOUR LIFE ARE YOU READY TO GO PRO WITH?**

It doesn't have to be work-related. It can be a mindset, an attitude or a project and of course, it can also be work related. No more playing small, no more downplaying your desires, no more getting in your own way, avoiding responsibilities or pointing the finger at circumstances. PRO is the marriage between reverence and responsibility for your one precious life!



Where are you ready to **BE MORE GENEROUS WITH THE WORLD IN 2026?**

# CHAPTER 1

## POTENTIAL

There is an unlimited amount of Potential available to you at all times. To actualize potential you have to realize it. Realize it. I'll say it again. There is an unlimited amount of potential available to you at all times.

## PROSPERITY

It's not (just) about money, it's a frequency, an attitude. It's a wavelength to surf the ways of life. You can change the channel at any time. It's a generosity and a gratitude. Prosperity is also Potentiality.

## PATIENCE

As muses, creators, movers and shakers time is not an enemy but an ally, and through your practice and study of kundalini energy and the mystery you can learn how to run time through you rather than time running you - it's called Patience. You're not on the clock. You have time. This is not a race, but a wild discovery.

! grab your journal

# ALRIGHT, MUSES. LET'S START PRACTICING SOME PERSPECTIVE AGILITY AKA MIND YOGA FIRST:

1: What untapped potential, resource, power or creative ability have you **underestimated** in yourself? Where are you already rocking it **without noticing**?

2: **List out 10 ways where you're already wildly prosperous** - relationships, generosity, community, resources, skills, blessings, opportunities, joy, optimism, creativity, living situation, support.

3: **Now list 10 patterns that disrupt the flow of prosperity** - rushing, inconsistency, over-giving, guilt, shame, self-doubt, scarcity loops, distraction.

4: **Choose the pattern that feels the most activated** and observe it throughout Chapter I. You do not need to change it or fix it, simply just observe how it moves and when it pops up.

5: **Make an altar for Prosperity** with elements such as pictures, tokens, nature, quotes that represent the prosperity you're already bathing in and the prosperity you're allowing into your life.

**Wealthkind**

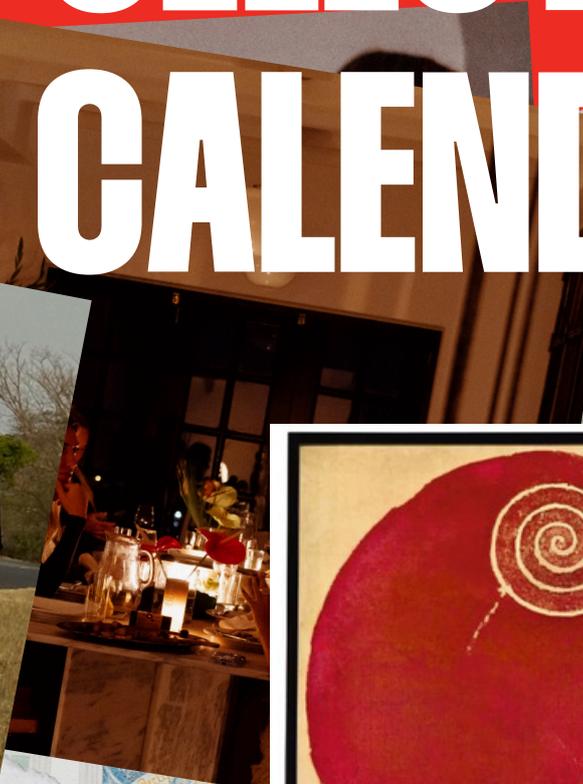
accountability exercises

→ **CLICK HERE FOR YOUR ASSIGNMENTS FOR CHAPTER 1**

p.s.: you'll need internet connection to access



# CELESTIAL CALENDAR



LEAVE NOT  
THE SAME



AN OVERVIEW OF  
ASTROLOGICAL HAPPENINGS  
CHAPTER 1

## JANUARY 12TH - 21ST

We open Muses Gone Pro under a Capricorn-stacked sky. Mercury, Mars, Venus, and the Sun are all conjunct in Capricorn—the sign of self-mastery! We invoke greater expansion and liberation through Jupiter oppositions and Uranus trines, before our first chapter culminates with a Capricorn New Moon and a luminous cazimi, as the Sun and Mercury bring us into Aquarius season together. At the same time, Venus and Pluto are in a powerful conjunction, inviting us to step into our financial power, knowing we are worthy and capable of holding the abundance we are calling in.

Date	Transit and Key Sentence	Short Note
<b>JAN 12</b>	<b>Sun squaring Chiron</b> – clarity and accountability	The Sun, Mars, Venus, and Mercury are conjunct in Capricorn, squaring Chiron in Aries and opposing Jupiter. This Capricorn-coded energy sharpens our focus, while the square to Chiron in Aries adds a layer of fire and holds us in accountability. Opposing Jupiter in the nurturing sign of Cancer, we enter this chapter from a place of expansion, nurturing our vision as we begin our climb.
<b>JAN 14</b>	<b>Mercury opposing Jupiter</b> – prosperity and expansion of the mind	Today, Mercury in Capricorn is in exact opposition to Jupiter in Cancer. Jupiter is the expander, the ruler of prosperity and abundance. In Cancer, we are reminded that true prosperity grows from within, when we nurture ourselves emotionally as well as practically. Jupiter's opposition to Mercury opens our minds to a fuller spectrum of expansion.

Date

Transit and  
Key Sentence

Short Note

**JAN 17**

**Venus enters  
Aquarius**  
– your unique  
worth

Venus, the planet of love, beauty, and money, enters Aquarius. In Aquarius, Venus is not just the lover, but the shaker and the rebel, reminding us that our true worth lies in our own unique frequency.

**JAN 18**

**New Moon in  
Capricorn**  
– mapping out  
the blueprint

On this purifying New Moon, the first New Moon of the new year, we plant the seeds that will make up our foundation. Capricorn is the architect, ruled by Saturn. This is where we map out our blueprint and refine our vision. This New Moon forms a sextile with Saturn and Neptune and trines Uranus, infusing the lunation with a strong current of energy from the outer planets.

**JAN 20**

**Sun and  
Mercury enter  
Aquarius +  
Venus conjunct  
Pluto**  
– from structure  
to liberation

The Sun and Mercury form a luminous cazimi as they enter Aquarius, the sign of the rebel, the mover, and the shaker. We move from Saturnian structure to Aquarian liberation, going pro on our own unique terms, shaping a path that feels true and aligned. With Venus in exact conjunction to Pluto on this day, we are asked to step into our fullest worth and recognise where we can hold more financial and creative power.