

Prologue

Clio (noun):

The ancient Greek muse of history. She's one of the nine mythological "muses," or goddesses, heralded as patrons of the arts and sciences. As a bestower of creative inspiration and wisdom, Clio's domain is the past. Her name means "to recount" or "to celebrate." Under her alias, "The Proclaimer," Clio celebrates the reciting of majestic historical accounts, extraordinary achievements and remarkable deeds.

This book was written partially as an introspective, reflective diary; partly as a petition to Clio (whose ethos reverberates deeply within me), and fully as a gift to any woman who seeks (or dares) to forge her own destiny – and rewrite herstory.

As with any epic odyssey, there must be a beginning, middle and an end, but it's not without malleability. Over the last few years, through experiences – both triumphant and ego-shattering – I've undergone a process of personal alchemy, transformation, and liberation that encompasses the mental, spiritual, physical, emotional and material.

From my friendships to romantic relationships, family dynamic, career, world perspective, values, priorities, desires and passions, there isn't a single element of my existence that remains untouched, un-sunged, un-revitalized, unbroken, uncrystallized or unexpanded.

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*My reimagined, visual interpretation of the muse Clio is depicted on the previous page

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Like Clio, who is often depicted holding a scroll or languishing beside a sea of books, I've found power amongst "parchments" – both metaphorical and literal. Regardless of whether my life's saga contained monsters, Gods, friends or foes, I found power in the "pen of free will" and the "metaphysical paper" upon which all human stories are written.

Unlike the past, the future still contains possibility, and at any given moment, we can choose to begin a new shero's journey – and ultimately become the woman of our wildest dreams.

In this book, which contains personal anecdotes, as well as glimpses into some of the most beautiful, desolate, rewarding, challenging and vulnerable moments of my life, I share 12 "diaries," or lessons, that will help you navigate through your own transformative process. This is not a memoir, but a guidebook to steer you towards metamorphosis. Upon completion, you will be primed with the tools, sageness and inspired imaginativeness to strategize (and conjure) the life you've been deeply yearning to lead.

I utilize a combination of art, historical recollections, quotes, philosophical and psychological tropes; and lessons I've gleaned from "human catalysts" – or teachers who have inspired and stimulated internal change within me in some way.

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As we are all on a continual journey of ascending to the highest versions of ourselves, there isn't a right or wrong time to read this book. If synchronicity, alignment, or your intuition led you here, then take that as a serendipitous sign to start.

If you wish, you may read the diaries in chronological order from beginning to end, or you can select whichever diary resonates with you at a particular time. Some of the lessons build upon each other, so reading in order is beneficial, but not required. There are creative exercises, spells, coloring activities, writing prompts, rituals, and affirmations that accompany each diary, so I recommend allocating at least one week per diary for reflection and implementation. I also suggest keeping your own diary to chronicle any musings, revelations or dreams that may come to you during this process. You can finish this book in 12 weeks, or 12 months. I leave the decision up to you.

It is my hope that when you finish this book, you'll have received not only insight, but clarity, fortification, spiritual attunement and motivation to boldly move forward with living an unapologetic, aligned, awe-filled, synchronistic, fulfilling, magickal and beautifully intoxicating life.

As above, so below.

xo,

Brittany Bella Graham