

DIVINER'S PATH

CHAPTER 9 - JOURNEY TO THE LABYRINTH OF THE ARCANA A Guided Meditation Reflection Worksheet

Use this worksheet after completing the audio guided meditation, while the images, feelings, and impressions are still close. Write down what came through first; you can always return later to interpret things more deeply.

DATE AND TIME

What are the first words that come to mind to describe your experience?

What was the Labyrinth like? What did you experience as you walked? How did you feel?

Which figure did you meet this time? What was their presence like? What did their door look like?

Did you ask them a question? What answer did you receive? What other impressions are strong?

Did they give you anything? Did you offer something to them? If so, what?

What is one thing you should do next because of this journey?
