

DIVINER'S PATH

CHAPTER 12 - JOURNEY TO MEET THE SPIRIT OF A PLACE 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 location you journeyed to? What was the entrance like?

What did the Spirit who came to meet you look like? What did you feel when you met them?

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?
