

DIVINER'S PATH

MEETING YOUR INNER DIVINER

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?

How did your inner diviner appear to you? Describe them, and any feelings or impressions

Did you ask them a question? What answer did you receive? Did you go anywhere or were you shown anything?

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

What do you feel the next step will be for you, to work with the guidance you received?
