

# *DIVINER'S PATH*

## CHAPTER 8 - JOURNEY TO THE TEMPLE

### 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?**

---

---

---

**Who or what came forward from the darkness of the temple? What was their presence like?**

---

---

---

**Did you ask them a question? What answer did you receive? What symbol were you shown?**

---

---

---

---

**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?**

---

---

