

ALENG TENA

EARLY SPIRITUAL EXPERIENCES

JOURNAL PROMPTS

- HOW OLD WERE YOU WHEN YOU FIRST BECAME AWARE OF AN INVISIBLE WORLD - UNSEEN TO THE ADULTS IN YOUR LIFE?
- DESCRIBE YOUR EXPERIENCE OF THE SPIRITUAL REALM?
- HOW DID THE JOURNEY UNFOLD FOR YOU?
- WHAT DID YOU SEE, HEAR, FEEL IN THIS NEW PLACE?
- DID YOU FEEL SAFE?
- DID YOU JOURNEY INTO THE UNIVERSE?
- WHAT WAS HAPPENING AROUND YOU BEFORE THE EXPERIENCE OCCURRED?

- WERE YOU INSIDE OR OUTSIDE?
- DID IT HAPPEN IN THE DAY OR AT NIGHT?
- WHAT WERE YOU THINKING, HEARING, FEELING AS IT WAS HAPPENING?
- DID YOU SHARE YOUR AWARENESS WITH AN ADULT?
- WHAT WAS THEIR RESPONSE?
- HOW DID YOU FEEL ABOUT THEIR REACTION?

- HOW WAS YOUR RELATIONSHIP TO THE SPIRIT WORLD AS YOU GREW OLDER?
- DO YOU BELIEVE YOU STAYED OPEN OR SHUT OFF TO THESE EXPERIENCES?
- WHAT DOES LITTLE YOU HAVE TO SAY ABOUT YOUR SPIRITUAL GIFTS?
- HOW WOULD YOU REACT AS AN ADULT TO LITTLE YOU?
- HOW CAN YOU ENCOURAGE YOUR INNER CHILD TO TRUST, COMMUNICATE & SHARE WHAT THEY EXPERIENCE YET CAN'T EXPLAIN?