

Reflect, Integrate, and Honor Your Journey

After our session, take a few quiet moments to reflect on the experience. This guide will help you process the insights received and begin integrating them into your life.

1. What emotions or thoughts came up during our session?

Describe any feelings or thoughts that surfaced during our time together. Were there any surprises or moments of clarity?

2. What key insights or messages stood out to you?

Write down any important takeaways or “aha” moments that arose. These could be intuitive messages, specific guidance, or things that resonated with you deeply.

3. How do you feel now, after the session?

Take note of any shifts in your energy or mindset. Are you feeling clearer, lighter, more grounded, or perhaps still processing?

4. How can you begin integrating today’s insights into your daily life?

Consider one or two concrete steps you can take to bring these insights into your reality. How can you honor this guidance moving forward?

5. What changes, if any, would you like to make in your life after this session?

Think about how you can align your actions with your inner truth. Is there a habit, belief, or situation that you feel ready to shift or heal?

6. Journal freely:

Allow yourself to write anything else that arises. Sometimes our deepest insights come when we give ourselves space to express without restriction.

7. How do you feel about your next steps?

After reflecting, take a moment to assess where you are now and how you feel about the path ahead. Trust that you are exactly where you need to be.

Remember, spiritual growth is a journey. Each step, no matter how small, is part of the greater unfolding. Trust yourself and know that you are always supported.