

■ Ethereal Flow – Bespoke Meditation Questionnaire

Welcome to your bespoke meditation journey. This form helps us co-create something deeply personal—tailored to your emotions, vision, and intention. Please take a few mindful minutes to answer honestly. All responses are held with care and confidentiality.

PART 1: Emotional & Energetic Check-In

How are you feeling emotionally and energetically right now? (Select up to 3)

- ■ Anxious or restless
- ■ Tired or overwhelmed
- ■ Sad or heart-heavy
- ■ Numb or stuck
- ■ Disconnected or unmotivated
- ■ Calm but unsettled
- ■ Hopeful or curious
- ■ Grounded and open
- ■ Joyful and expanding
- ■ Other: _____

What would you like to feel by the end of the meditation? (Select up to 3)

- ■ Calm and relaxed
- ■ Clear and focused
- ■ Energized and uplifted
- ■ Safe and grounded
- ■ Loved and worthy
- ■ Grateful and aligned
- ■ Empowered and confident
- ■ Peaceful and centered
- ■ Spiritually connected
- ■ Other: _____

Which emotional or healing themes should this meditation support? (Choose any that apply)

- ■ Releasing anxiety or fear
- ■ Letting go of grief or pain
- ■ Building self-worth or self-love
- ■ Manifestation and abundance
- ■ Grounding and energetic protection
- ■ Healing inner child or past trauma
- ■ Aligning with purpose or soul work
- ■ Deepening spiritual connection
- ■ Cultivating emotional resilience
- ■ Other: _____

PART 2: Intention & Manifestation

What is your personal intention for this meditation? (Free response)

“I want to...”

Are you manifesting anything specific right now? (Select up to 3 or write your own)

- ■ Healing and emotional restoration
- ■ A loving relationship
- ■ Financial abundance
- ■ Career or soul-purpose clarity
- ■ Confidence and self-expression
- ■ Spiritual growth or awakening
- ■ Creative inspiration and flow
- ■ A peaceful home or environment
- ■ Other: _____

Is there anything else you'd like me to know about your energy, intentions, or life right now?

COMPLETION

Thank you for sharing your truth and vision. Your custom meditation will be crafted with deep care—infused with presence, purpose, and the energy of your unique path.