



INTEGRATION: INTUITIVE ENERGY BALANCING

I hope you enjoyed your Intuitive Energy Balancing session and are letting yourself rest as much as you need.

Spending some time thinking or writing about the information that came out of your session will help your mind and body integrate it more. Because you have free will, the energy can only make changes in your system if you allow it. It's not about believing everything, it's more about taking a moment to think about it and see how it might apply to you. Spending time with the information will serve as energetic permission to allow your system to take in the energy on a deeper level, and will open up more opportunities for your own intuition and insights about what you might need.

Have a look at the journal prompts below and let your mind drift as you free write whatever comes to you. Imagining the images or symbols that I described in your feedback helps you connect to the energy, and opens up your own intuition for more of your own insights. Take your time with this, and have fun!

GENERAL FEEL

Think about the reason you asked for an Intuitive Energy Balancing session. If you think about the session overall, what was your overall impression?

What stood out to you most regarding what you might need for your healing right now?

POWER PLACE

What feelings does this place bring up in you when you hear me describing it?

How can you connect to the energy of this place more? For example, if you had a power place with wide open fields, what could you do to help bring more expansiveness and space into your life? Or, if in your power place you are surrounded by mountains, what practical steps could you try to feel more connected to a sense of strength, safety and endurance?

POWER ANIMAL

What is the first thing that comes to mind when you think about this animal?

Think about how this animal lives their life, and what I said about the meaning this animal might have for you. What else would you add to this about what this animal might mean to you, and how its energy might be helpful for you right now?

If this animal was a wise teacher, what would they teach you about how to help yourself right now?

YOUR ENERGY FIELD

What was most interesting to you about how I described your energy field in general?

What themes or ideas came up for you that you would like to explore in more detail? Write about them, and let whatever comes up naturally draw you deeper into the theme.

ENERGY BALANCING

Describe the images that represented how I rebalanced your energy. Visualize these images in your mind, and add on to them what you think your body and mind might need right now. For example, make the colours stronger or the light brighter, or bring the energy to a part of your body that needs it right now. This image now represents your self-healing practice that you can visualize whenever your body needs a boost.

Make a short summary of the specific steps that came out of your reading, as well as what you have discovered for yourself, that can help you move forward right now.

Write down anything else that came up that you would like to focus on more in the next few weeks.
