



INTEGRATION: ENERGY BALANCING

Date of session: / /

I hope you enjoyed your Energy Balancing session.

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. When you take a moment to think about how it might apply to you, you can see if it feels true in your body, and you accepting the information as true serves as permission for the energy to work deeper in your system. You are always free to leave anything that does not resonate with you.

Spending time with the information will also open up more opportunities for your own intuition and might bring you more 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. Imagine the images or symbols that I described in your feedback to connect to the energy and see what comes up for you.

Take your time with this, and have fun!

GENERAL

What was your overall impression of the feedback about your session?

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

POWER ELEMENT

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

How can you connect to the energy of this type of element more? For example, if you are surrounded by mountains – the earth element – what practical steps could you try to feel more connected to a sense of strength, safety and endurance? Or, if your element was a field with a beautiful wide open sky – the air element – what could you do to help bring more expansiveness and space into your life?

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 say 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.

YOUR QUESTION/ADDITIONAL INFORMATION

If you had a question about a specific issue, think about what came up in your session about it. What feels true for you? What other insights does this information about your issue open up?

SUMMARY

Make a short summary of the specific steps and recommendations that came out of your reading that can help you move forward right now. Add your own ideas about what you could do with this information practically right now.

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

WHAT DO I DO WITH THE SYMBOLS?

The imagery and symbols that come up in a session like this aren't just nice, they are powerful treatments you can use for yourself afterwards. Every time you connect to the imagery yourself, for example in a short 5-minute visualization, you reinforce the effects of this energy balancing session and allow the energy I have used in the treatment to continue working in your body and mind.

You could also connect to the imagery by looking at similar images of landscapes or animals, you could draw pictures, or you could write about how you would create your own ideal imaginary healing space based on these landscape and elemental images. This healing space can then become a place that you can return to whenever you need more healing.

This information belongs to you now, have fun playing with it and making it your own.