



## WORKSHEET: SYMBOL READING

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NAME:

DATE:

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All readings are designed to help you understand yourself better and find more freedom, creativity and inspiration in all areas of your life. Use this worksheet to take notes during your reading and reflect on the information afterwards.

Remember that all information is symbolic and metaphorical, and should never be used to replace medical or psychological care. Take only what resonates as true to you and leave the rest. You will find questions for reflection at the end of this worksheet.

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### GARDEN OF CREATIONS

We all want to create something in the world. Of course we have to do some kind of work to feed ourselves, but beyond that we also have a basic human need to be creative and express our uniqueness and contribute something to our community.

This reading explores how you are using your resources and creativity to grow sustenance and beauty, for yourself and your community, and where there may be room for more abundance and fulfillment.

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## Overall Impression

### *Overall feel and vitality of your garden & how actively it is growing*

# Fruit & Vegetable Plants

*How are your creations bringing sustenance to nourish you physically*

# Herbs & Spices

*What are you growing to help yourself thrive beyond simple survival*

## Flowers & Blossoms

*How are your creations bringing beauty to nourish you emotionally*

## Insects & Butterflies

*How are your creations nourishing your community & contributing to the bigger web of life*

## Water channel

*How easily does money flow through your life to feed your creations*

# Your Harvest in your Basket

*How much of what you are growing is nourishing you*

## Resting spot or Bench

*How are you recovering from your work and enjoying what you have created*

## FLOWER OF CREATIVITY

Here we use the symbol of a flower to look more closely at your creative energy & how you use it



### Overall Impression

*Quality & vitality of your creative energy*

## Petals

## *Current creative projects*

## Pollen

## *Creative ideas*

## Leaves

## *Creative success*

## Soil the flower is growing in

*A belief system you might have received growing up that might limit your creative energy right now*

## SELF-REFLECTION

What was your main reason for choosing this reading?

What were the highlights of this reading for you?

What was most surprising or unexpected for you and why?

What did this reading inspire you to try differently?

Anything else you would like to write about...