



WORKSHEET: INSIGHT READING

NAME:

DATE:

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.

Important: Hearing some of this information may be emotional for you. You may ask to stop the reading at any time should you feel too uncomfortable – interrupt me and say STOP and I will change focus.

FREEDOM FROM BELIEFS

When we are children, the adults in our lives socialize and condition us so that we may understand the rules in our specific community. As they teach us about life, they imprint onto us what they believe is best for us, based on their own beliefs.

As the world changes and we grow up, some of these beliefs can hold us back more than they help us. This reading explores what limiting belief systems we may hold and how they may be affecting us today. Gaining clarity about this can help us understand our choices and can help boost our freedom to choose differently.

Remember, societal conditioning is not the enemy – it is a necessary part of growing up in human community. Our work here now is to clean up anything that may be holding you back from living your truest self in joy and abundance.



Your Chosen Theme:

Symbol

What is the main lesson you are learning within this theme right now?

Physical aspects of this theme

Belief system statement

Who might have given you this belief system?

Why might they have given it to you?

Current effect of this belief system on your life right now

Emotional aspects of this theme

Belief system statement

Who might have given you this belief system?

Why might they have given it to you?

Current effect of this belief system on your life right now

Mental aspects of this theme

Belief system statement

Who might have given you this belief system?

Why might they have given it to you?

Current effect of this belief system on your life right now

Spiritual aspects of this theme

Belief system statement

Who might have given you this belief system?

Why might they have given it to you?

Current effect of this belief system on your life right now

How to release these belief systems

Current energetic permission to release: _____ %

Recommendations for release

Natural Strength

Which one of your natural strengths will help you to overcome these old patterns best 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...

Where to from here

Once you have completed this worksheet, you have a list of specific recommendations, as well as your own intuitive insights. Try what feels good for you, and journal about what effects you feel.

Some issues that came up may continue to give you more intuitive insights in the coming weeks and months. Keep journaling or thinking about them to dive deeper.

This reading may bring up old patterns and traumas, and I recommend speaking to a Mental Health Professional to help guide you through the process of integrating them and finding your way to empowerment.

You are free to ignore any information that does not feel true for you or that you do not want to look at right now. I do find that information usually comes up at the perfect time that you are ready to release it, but you still retain full free will to do with this information what you want, and process these things in your own time.

You may consider booking an Energy Balancing session with me to help release some of these patterns in your energy system, but this is not absolutely essential, as simply knowing and thinking about this information already helps your system release them.
