



WORKSHEET: ORACLE 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 journal about what came out of your reading and reflect on it more. Your own insights will also come up 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.

ORACLE READING

Cards and symbolic items like jewellery charms and rune stones are wonderful symbols that can help us make sense of the energy behind our life themes, and this kind of symbolism opens up our right-brain and intuitive cognition to help us gain a more holistic understanding of what this might mean for us.

These items have a general meaning already, but when I do this reading for you I connect to how this theme might relate to you specifically. As you read the information about it, your own intuition will tell you what feels true. If something feels like it doesn't really apply to you, write about it a bit and see what comes up – the information may be buried a little deeper. If it still does not resonate, leave it behind.

Have a look at the journal questions below and let your mind drift as you free write whatever comes to you. Imagining the pictures of the cards and symbols that I used and holding that in your mind helps you connect with the energy. Take your time with this, and have fun!

GENERAL FEEL

What was most interesting to you about this reading in general?

Think about the reason you asked for an Oracle Reading. What was your overall impression about how your questions were answered?

MAIN THEME

In what ways is this theme showing up for you in your life right now?

Can you think of times in your life where a similar theme has come up? How is this theme showing up differently for you this time around?

SUPPORTING ENERGIES: ANIMALS

What was the first thing that came up for you when you saw these animals?

What personal relationship did you have with these kinds of animals or their energy before?

If these animals were wise teachers, what would they say to you about the best way to approach your challenge or life situation right now?

SUPPORTING ENERGIES: INNER LIGHT

What was the first thing that stood out to you when you saw these cards?

Was there anything that challenged or triggered you? Write a bit more about how you felt, and where you think that resistance might have come from.

How can these insights help you connect more to your own intuition?

MAIN ENERGIES

What was the first thing that stood out to you when you saw these cards?

Were there any themes or images that challenged or triggered you? Write a bit more about how you felt, and where you think that resistance might have come from.

Which specific themes and ideas did the charms and runes repeat or highlight for you?

In which other ways could these themes be helpful for you in your life right now?

OVERALL INTEGRATION

In which ways do you think the different parts of the reading are connected?

What realizations came up in this reading that you found surprising?

What do you feel is the main approach that could help you move forward right now?
