



INTEGRATION: ENERGY BALANCING EARTH PACKAGE



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 and see what comes up for you.

Take your time with this, and have fun!



GENERAL

How did you feel during and after the session?

What stood out to you most to you about this session?

What additional insights did you have after the session / a few days later?

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?

POWER ANIMAL

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

What else does this animal might mean to you beyond what I said about its meaning for you?

If this animal was a wise teacher, how would they advise you?
