



INTEGRATION: INTUITIVE ENERGY BALANCING

I hope you enjoyed your Intuitive Energy Balancing session and are letting yourself rest as much as you need.

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.

It's not about believing everything, it's more about taking a moment to think about it and see how it might apply to you. You are free to leave anything that does not resonate with you.

Spending time with the information will serve as energetic permission to allow your system to take in the energy on a deeper level, and will 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 FEEL

Think about the reason you asked for an Intuitive Energy Balancing session. If you think about the session overall, what was your overall impression?

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?

What element do you feel most powerfully drawn to right now?

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 teach you 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

If you had a specific question that you came with, about a mental emotional struggle or a physical issue in your body, then think about what came up in your session about the physical and emotional reasons for this problem. Note what resonates with you and what comes up about how you might have been feeling in your body before today, or what other insights and emotions come up for you.

ENERGY BALANCING

Describe the images that represented how I rebalanced your energy. Visualize these images in your mind, and add on to them what you think your body and mind might need right now. For example, make the colours stronger or the light brighter, or bring the energy to a part of your body that needs it right now. This image now represents your self-healing practice that you can visualize whenever your body needs a boost.

Make a short summary of the specific steps that came out of your reading, as well as what you have discovered for yourself, that can help you move forward right now.

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

Remember, 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. Everytime 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 return to whenever you need more healing. This information belongs to you now, have fun playing with it and making it your own.
