



WORKSHEET: SYMBOL 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.

HIDDEN GEMS WITHIN

This reading is about understanding your natural inner resources – your natural talents and your unique strengths and perspectives, especially those that might be a little more hidden to you.

Each of these Namibian gemstones will represent a life theme within which you may have natural talents, and will show us how you might boost them to live a more fulfilling life.



Smokey Quartz

Connection to Earth & physical life, personal grounding, inner strength to stand your ground, depth of presence in the world



Black Tourmaline

Centeredness in Self, protection & boundaries, capacity to maintain a strong personal energy system without outside interference



Pietersite

Emotional resilience, ability to process emotional charge, learn from challenges, turn disruption into wisdom and go with the natural flow of life.

Rose Quartz

Relationships, balancing giving & receiving, loving communication & compassionate neutrality – the ability to hold loving space and support loved ones without becoming destabilized by their emotions



Fluorite

Health of the physical body, overall holistic well-being, self-love and self-care, commitment to personal growth



Namib Painted Jasper

Relationship with the natural world around you, connection to your inner wildness, trust in your inner strength to overcome any challenges, finding stability in the ever-changing cycles in Nature



Blue Tourmaline

Engagement with and trust in your inner wisdom, higher guidance, intuitive knowing and the natural inspiration from your own Higher Self



Aquamarine

Freedom to feel joy and have fun, creativity, playfulness & following your heart's desires

GEMSTONE HELPERS

Gemstones have the capacity to hold and amplify certain frequencies associated with certain states of your energy system. A gemstone will not beam good energy toward you by itself, but it will amplify the energy you give it when aligned with its natural capacity. Your intentional use of your energy with the gemstone is what makes it effective.

If any of these gemstones and crystals spoke to you, or if there is one of your natural talents you would like to strengthen and realize more fully to help you in your life, consider getting yourself this gemstone and working intentionally with it to help you build that energy within you.

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...