



INTEGRATION: ORACLE READING

I hope you enjoyed your Oracle Reading and have found some information useful.

Spending some time thinking or writing about this information will help your mind and body integrate it more. Taking a moment to think about it and see how it might apply to you helps you identify deeper levels of how these themes might be affecting your life currently, and this will raise the energetic permission levels to release any limitations you might have, which will boost your capacity to heal and move forward. Diving a little deeper into this information will also open up more of your own intuition and insights about what you might need right now.

Have a look at the journal prompts below and let your mind drift as you free write whatever comes to you. Imagining the images or symbols that I described in your feedback 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 teach 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.

Looking at all of these cards together, how are they connected? Do they build upon a theme? Do they show a progression or a pathway through a theme? Do they describe different aspects of the same theme?

CHARMS & RUNES

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?

Make a list of all the actionable steps and practical advice that came out of this reading.

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