



WORKSHEET: INSIGHT 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.

Important: Hearing some of this information may be emotional for you. You may ask to stop the reading at any time should you feel too uncomfortable – interrupt me and say STOP and I will change focus.

FREEDOM FROM YOUR PAST

As we grow up, we experience many events that have emotional impact on us. This includes some of the more obvious traumas, but also many events that might impact us in less obvious ways, but that might still be affecting our choices and perspectives today. Most of these we forget about.

When an emotionally impactful event happens and our minds try to make sense of why, we often make subconscious decisions about how to change our behaviour, or we define ourselves, others or the world in a way to try and prevent similar issues in the future. All of these little decisions add up and can severely limit our capacity to live authentically and go for what we want in life.

This reading explores some of those live events that might have shaped your potential issues around your chosen theme. This reading is especially valuable because it highlights specific events we might not have conscious access to because we may have forgotten about them or repressed them. Understanding how our past has affected our present helps us free ourselves from definitions and decisions that no longer apply, allowing us to make new choices with more expanded awareness and confidence.



Your Chosen Theme:

Symbol

What is the main lesson you are learning within this theme right now?

Life Event: Adulthood/Teenager

Life Event: Child/Toddler

Life Event: Baby/Womb

Current energetic permission to release: _____ %

Recommendations for release

Natural Strength

Which one of your natural strengths will help you to overcome these old patterns best right now?

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...

Where to from here

Once you have completed this worksheet, you have a list of specific recommendations, as well as your own intuitive insights. Try what feels good for you, and journal about what effects you feel.

Some issues that came up may continue to give you more intuitive insights in the coming weeks and months. Keep journaling or thinking about them to dive deeper.

This reading may bring up old patterns and traumas, and I recommend speaking to a Mental Health Professional to help guide you through the process of integrating them and finding your way to empowerment.

You are free to ignore any information that does not feel true for you or that you do not want to look at right now. I do find that information usually comes up at the perfect time that you are ready to release it, but you still retain full free will to do with this information what you want, and process these things in your own time.

You may consider booking an Energy Balancing session with me to help release some of these patterns in your energy system, but this is not absolutely essential, as simply knowing and thinking about this information already helps your system release them.
