

## CHARTING YOUR PROGRESS

Reflect on your experiences this week when answering these questions.

How many days this week did you meditate? By now it should be a pleasure. Any new images of yourself during this meditation? \_\_\_\_\_

---

Have you remembered to ground yourself? \_\_\_\_\_

---

Have you remembered to clear your aura? \_\_\_\_\_

---

How many days this week did you make entries in your psychic journal?

---

Any psychic images show up? If yes, glue pictures of them into the space below.

What does your psychic persona look like? \_\_\_\_\_

\_\_\_\_\_

Does your psychic persona have a name? \_\_\_\_\_

\_\_\_\_\_

Did you enjoy putting together your costume? \_\_\_\_\_

\_\_\_\_\_

Have images of your psychic persona found you? \_\_\_\_\_

\_\_\_\_\_