

EXPLORATIONS

It is my feeling that all of the tools in this chapter are ongoing explorations. I urge you to move into the tools that feel most immediately attractive to you.

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 habit!) _____

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?
Did you record any readings you did with your tools? _____

What tool seemed immediately inviting? _____

What tool intrigued you? _____

Which tool, if any, intimidated you? _____

Which tools have you used? _____

Which tool will you try next? _____
