

## BUTTERFLY MEDITATION JOURNAL QUESTIONS

- ✧ How did you feel before you began the meditation?
- ✧ What does your forest of tall trees look like?
- ✧ Was there anything unusual in the forest?
- ✧ During your reflection time what did you state you want to achieve from the process of meditation, guide connection, personal and psychic development?
- ✧ Did you reach a state of peace and tranquility?
- ✧ What thoughts were occupying your mind as you walked along the path into the light?
- ✧ What did you experience when the brilliant white light surrounded you?
- ✧ Describe your field of flowers. What colour were the flowers? Could you recognise the type of flower? Is the type of flower symbolic for you or does it connect you to a memory?
- ✧ Was the sun shining and the sky clear or were there clouds in the sky?
- ✧ What colour were the butterflies?
- ✧ How did you feel when the butterflies danced through your aura?
- ✧ Did any butterflies land on you, alerting you to the fact that there is an energy imbalance there?
- ✧ What colour was the single butterfly that led you to the log?
- ✧ How would you describe the log, was there anything significant to take note of?
- ✧ What did you experience in your quiet meditation time?
- ✧ What insight did you receive from your Higher Guidance?
- ✧ Describe your gift. What is the message from your Higher Guidance?
- ✧ Did your butterfly reappear, had it changed in any way? If so, can you ascertain why the butterfly transformed and the message it contains?
- ✧ As you absorbed the light and its unconditional love, how did you feel as opposed to how you felt before the healing meditation process?