Receiving a Message from Your Nature Gift

1. What is your intention for this spirit quest?

   _____

2. What sacred gift did you receive from nature?

   _____

3. Take notes on the message shared by your nature gift.

   What did you experience with your sense of touch?

   _____
   _____
   _____
   _____

   What did you experience with your sense of vision?

   _____
   _____
   _____
   _____

   What did you experience with your sense of smell?

   _____
   _____
   _____

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_____

What did you experience with your sense of hearing?

_____
_____
_____
_____

What did you experience with your sense of taste?

_____
_____
_____
_____

What did you experience within your body? Physically? Emotionally?

_____
_____
_____
_____

What other messages did you receive from your nature gift?

_____
_____
_____
_____

Take any additional notes about your experience here:

_____
_____
_____
_____

4. Share your experiences with us in the Crystal Shaman Life Facebook Group. We would love to hear about what is showing up and emerging for you!

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