1. What sacred spot did your spirit quest take you to today?

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2. What is your relationship with this particular place? Is it familiar? Is it new to you? Describe your experience there today.

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3. What other clues or insights did you receive today that support you in further understanding your intention?

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4. Did you receive or find a spirit gift today? What was it? What meaning does it hold for you?

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_____

Does it have a message it would like to share with you?

_____
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5. Take a moment to reflect on any other unusual or interesting experiences that you had today. Take notes. Reflect on the emotions, feelings, thoughts, insights that are coming forward for you.

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6. Add your spirit gift to your altar next to the piece of paper that you wrote your intention upon.

7. 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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