



Crystal Shaman Spirit Quest

1. What is your intention for this spirit quest?

2. What sacred gift did you receive from nature?

3. What messages came forward during the drumming?

4. What inspired action came forward today?

How can you take this step or an aspect of this step today?

5. 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!