

Reflection Ritual

Crystal Shaman Case Study: Disengaging Fight or Flight + Roots Journey
Complete with 3 unique individuals. 1 must be another program participant.

Basic Information:

1. Your name: _____
2. Case Study #: _____
3. Client: _____
4. Age: _____

Disengaging Fight or Flight + Roots Journey

5. Basic client info (gender, age, relationships, work, why they are working with you/ intention for your work together, etc.)

6. What did you notice while opening sacred space? Take notes here.

7. What did you notice while tracking?

8. Disengaging fight or flight . . .
What did you notice with each of your senses?

How did you experience or recognize the change in their rhythm as it synced with Mother Earth?

9. Roots journey . . .
How did you experience this journey? What did you notice?

Did you do any clearing? If so, how?

Did you return with any specific messages or spirit gifts for your client?

10. How did your client experience this process?

What did they share about their experience including any messages or insights?

11. How did you map their integration path?

12. Share any additional notes, thoughts or reflections here:
