



Divine Mother Pre-Course 2020: Attempt One

Did you choose or pick archetype to work with and/or theme? Yes or No. If Yes which ones why and what hope do you have or desire with working with them. Why did you choose your topic. How does it apply to your life. You can answer this part before the meditation and then after if you did pick; It is always fun to reflect and compare. If No, did any arise throughout your meditation and what did you discover with a theme that came. You can use you main life to play into this response.

List 3 Symbols that you remember from the meditation. If desired you can go into the imagery, feeling and/or your thoughts on each meaning of these symbols. If you have more than three you are more than welcome to jot down all of them. Look at all of them and see which one sticks out at you the most. Put an asterisk or mark them for yourself. Use a separate page if needed.

- 1.
- 2.
- 3.

List 3 experiences physically, emotionally, mentally and or visually. Go into as much detail as possible and write down everything you can remember, that flows and comes to you as you write. You can do this just for 3 experiences. Talk to me if you have trouble with this part.

- 1.
- 2.
- 3.

Out of the experience. What are some feelings that arose for you within the meditation and how do you see if relating into your main life. This can be as little or as many examples as you desired. You can continue on your themes, symbolisms or visualization. Even an emotion that arose.

What is something very significant you want to use this space to write about?

If desired; you can free flow write about your whole experience here and just channel the same energy and write here. This could be your first section you approach before anything else.