



Personalized Meditation Questionnaire

The intention of this questionnaire is to assist me in linking with you as I channel your meditation. The meditation will be approximately 30 minutes long. I have found these meditations can work in many different ways; for healing, opening, creating new alignments and more. Know that the energies may be strong or very subtle but it is all having an affect. I encourage you to use this as often as you feel drawn to do so. If you would like me to pull in the dolphins or any other energy that you are particularly drawn to I will be happy to do so, please just let me know in the comments.

- 1) I first of all invite you to breathe a few times, breathing deeply into your heart center and your abdomen. Once you have done so, breathe out with the intention of linking to me through this form. See, sense, feel your heart center as opening to the flow.

- 2) What is your intention for this meditation?

- 3) What is the focus in your life right now?

General comments you would like me to know: