

Plant Speak

PRE-JOURNEY PROMPTS

EARTH
SPEAK

date: _____

What do you want answers about or support for in your life?

What plant spirit do you feel called to connect with?

How do you feel right now, before the guided journey?

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POST-JOURNEY PROMPTS

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How do you feel right now, after the guided journey?

What did you notice when you connected: visions, sounds, feelings, sensations, thoughts, memories?

What insights, information, sensations, and/or inspiration did you receive in response to your question?

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POST-JOURNEY PROMPTS

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What suggestions did the plant spirit make about continuing to connect and receive support?

What, if any, offerings did the plant spirit request?

What is one action will you take and when will you take it to follow through on this guidance?

Note below any synchronicities, epiphanies, and further insights you receive over the next week or two.

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