

Pathways of the Heart

Day #3 Worksheet

Did you see and retrieve any young parts of yourself with the deer? How old were they? What were they wearing? Were they shy, trusting, excited, ready to come back with you?

Did you see any images or scenes from your past when you may have had your light dampened, or were made fun of for your magical ways?

Was it easeful for you to retrieve her or him? If not, what fears or resistance did you notice in yourself around acknowledging and remembering this vulnerable part of you?

Are you comfortable in your vulnerability and magic? Have you ever been put down or shamed for being too sensitive, trusting and believing in magic and the unseen realms?

As the days go on notice if you feel any different after today's journey. Be open to any subtle changes you may notice in your perceptions and awareness.