

Journaling can be really powerful, and I do suggest a specific journal for your shamanic work.

These are some suggestions for journaling this month, use them as a foundation but allow your journal to reflect your personal journey.

- How do you best enter a flow state/deeply relaxed state in your life?
- Do you have any connection with your spirit guides?

- How do you best connect with your intuition? (perhaps walking, yoga, meditation, tarot)
- Do you have an opening/closing ritual- however simple?

- It can be helpful to reflect on key influences of your spiritual journey up to this point.
- What is your biggest block to your shamanic journey?

- Why are you doing this? What is your personal motivation?

There are no right or wrong answers, just a starting point for personal reflection.