

June 2022

Doubt is Your Door

Journal prompts to pair with your meditation:

You can complete these journal prompts on their own or you can pair them with this month's meditation, as it has been designed specifically to put you into a state of receiving guided information. Our purposes for this journal prompt is to give purpose to your pain and frustrations. These journaling prompts should be practiced intuitively. Let your pen flow and follow whatever comes to you and trust that the answers will come.

Ask of your higher power:

1. What do you want me to learn through this situation?

2. What is this situation bringing about in me and through me?

3. How are you using this situation to evolve me?