

New Moon

December 23, 2022



After completing the meditation, **PRINT OUT** these pages and write down any insights, revelations and thoughts that came to you.

Spirit Tree Dance & Soul Song

- * Say aloud the name of your Spirit Tree 3 times.
- * Breathe the essence of your Spirit Tree into your heart.
- * Allow yourself to move and sing the song of the tree until you feel more energy & freedom.



What did you experience when you merged with your Spirit Tree's essence?

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What is your Spirit Tree's Name?



What did you experience on your Wisdom Journey?

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What do I truly wish to manifest in my life?

A large, empty rectangular box with a golden-yellow border, intended for writing or drawing a response to the question above.

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Say the **NAME** of your **SPIRIT TREE** aloud **THREE** times.
When you sense it's presence, allow your ally to assist you with the answers to your questions and to support your **COMMUNICATION** with Loved Ones during these holidays.



Who is bothering me the most in my life right now?



What are the emotions that I'm feeling towards them?

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Write out exactly what you really want from them?

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What are the ways are you avoiding communicating your truth to them ?

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Write out the exact words you would like to say to them and the reasoning behind it?

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**What questions do you feel they might bring up?
Write down the answers to these.**

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What emotional energy do you need to fuel yourself with to communicate this message to them this week?

Put your hands on your heart and breathe in this energy from your Spirit Tree.

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What else is happening in your life that is also creating these emotions?

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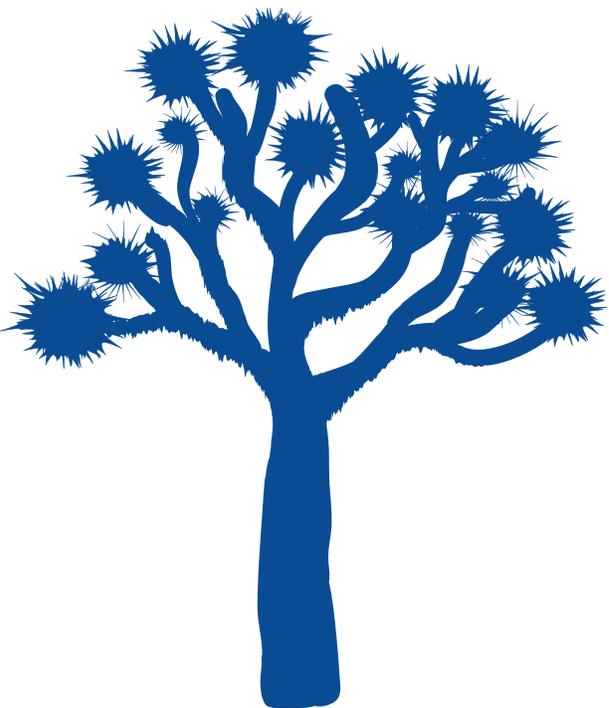
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What is one action you could take this week to support yourself or ask for support?

HAPPY HAPPY HOLIDAYS!!



Sending you ALL our love,
gratitude and blessings,

Alex & Kathy