

# JOURNALING QUESTIONS

**A**sk these questions of the Images and Symbols that come to you in your Dreams and Meditations. Give each image a voice, and dialogue with it.

- ❁ WHO/WHAT ARE YOU?
- ❁ WHAT DO YOU REPRESENT?
- ❁ WHAT IS YOUR MEANING FOR ME AT THIS TIME?
- ❁ WHAT PART OF ME DO YOU REPRESENT?
- ❁ WHAT IS YOUR MESSAGE FOR ME?
- ❁ WHY ARE YOU HERE?
- ❁ WHAT DO YOU NEED?
- ❁ WHAT VIRTUES DO I NEED?
- ❁ WHAT ACTIONS CAN I TAKE?
- ❁ HOW CAN I SERVE YOU?
- ❁ WHAT IS YOUR GIFT TO ME?
- ❁ WHAT VIRTUES DO YOU BRING?

