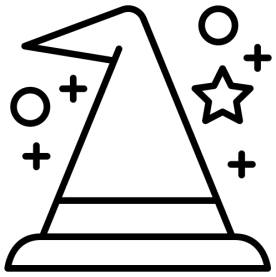

Assignment #3:

- Written journal

- Do an IIJ to your inner sanctuary; Invite your spirit guide and request a parting gift; Interview all using the 3 essential questions (use the recording on the resources page)

- Art journal (optional): Draw, color, or collage all or a piece of your inner sanctuary

Intuitive Imagery Journey (IIJ)
Interview Questions

Within your journey, whenever you wish to receive deeper guidance and more detailed information, ask these 4 essential questions of the imagery:

1. Who or what are you?
2. What do you wish for me to know right now?
3. What do you (the image) need?
4. What else needs to happen

In an active IIJ, replace the 4th question with the following question:

- What happens next?

Written Journal Entry

Written Journal Entry Continued

Art Journal: Draw, Color, or Collage All or a Piece of Your Inner Sanctuary