

Discrimination and Action



Journaling

How to Consolidate

Consolidation is a review of your month, your meditations, your cards, what you've observed and what you've thought and felt. This is your opportunity to chart growth, to notice how you work and what you'd like to change. Name it.



The longest journey is the journey inwards. Of him who has chosen his destiny, who has started upon his quest for the source of his being.

Dag Hammarskjöld

Format

I have a dream:	Describe your dream, your goals, your ambitions.
Astrology	What is your rising sign? How does your earthly personality help you with your goal, what challenges does it bring?
Tarot Cards	What cards constantly appeared? Was there a theme? Did they reflect you inner or outer landscape?
The route the cards are taking	Take three cards, read them left to right as a story, the pathway you've taken this month.
Temple images and symbolism	What did you see in the temple meditation, what was your tarot card before you went in, what is the symbolism of any images you saw?
How has it manifested in your life?	What about practical matters, how about coincidences? What synchronicities were there in your life? How did the other meditations go?
Moving forward I commit to ...	A couple of lines, from what you've learnt, what do you now commit to change, do more of, embrace, let go?