



# Questionnaire for a Personalized Energy Ritual

Welcome,

This questionnaire is your space for conscious pause and connection with yourself. The questions are designed to help me sense your energy and the theme you're currently holding, so I can create a ritual that will support you gently – yet deeply.

Take your time. Answer slowly, sincerely, without feeling like you need to “know the right answer.” Whatever comes – is enough. Your words will be the guiding thread for what's about to unfold.

At the end, you'll have space to share any additional notes, wishes, or feelings you'd like me to know. Your trust is a gift I hold with care and love.

**Ready?**

Take a deep breath.

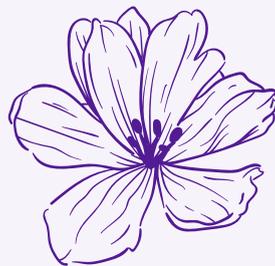
And let's begin.

<p>Full Name:</p> <p>Date, time &amp; place of birth:</p>	
<p>How do you currently feel – emotionally, physically, energetically? (Describe in a few uncensored sentences – how are you, really?)</p>	
<p>Is there a specific situation, feeling, or inner conflict you'd like us to work on? (Feel free to describe it in your own words, even if you don't fully understand "what it is.")</p>	
<p>Does this challenge feel familiar, recurring, or deeply rooted? (If yes, you can write when you usually feel it, or what time in your life you sense it comes from.)</p>	
<p>How would you love to feel after the process? (Imagine the ideal feeling – in your body, heart, and energy. No need to censor.)</p>	
<p>Is there a message, thought, or symbol that's been repeating in your mind lately? (Sometimes our intuition whispers through images, dreams, or random phrases.)</p>	
<p>Would you prefer the ritual to have a gentler, soothing quality – or a more empowering and activating tone? (Or a combination? Just describe what your soul is asking for.)</p>	



Is there anything else you'd like to tell me, add, or share about yourself?  
(Anything you feel is important for me to know before I begin the process.)

Your words remain in a safe, sacred space.  
Each ritual is created with full respect for your energy and the light of your Soul.



I'm honored to walk this path with you.

With love and tenderness,

