GUIDED MEDITATION & JOURNALING

WHAT IS CALLING FOR YOUR ATTENTION?

Physical Sensations	Thoughts About	Feelings
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LAVINA VELASCO, LGPC LAVINAVELASCOCOUNSELING@GMAIL.COM 443-610-7774 | TOWSON, MD

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WHAT IS CALLING FOR YOUR ATTENTION?

Themes / Areas of Life	Stories	
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•		
•		
Questions		
	Clearing (I'm Letting Go Of)	Creating (New Possibilities)
WWW.LAVINAVELASCOCOUNSELING.COM Honoring Your Strength Supporting Your Transformation		Lavina Velasco, LGPC LavinaVelascoCounseling@gmail.com 443-610-7774 Towson, MD