

## Intuitive Reading Sample Questions-

What messages do my Spiritual Assistants have for me today?

What am I resisting or holding back from?

Why do I struggle with love? OR trust, forgiving, doubting, crowds, emotions, pain, anxiety, depression, procrastination, etc?

What Animal Spirit Guides are with me and why? OR Tree Spirit, Flower Spirit, Plant Spirit, Angels, etc)

What Spiritual Groups are with me helping me in my journey?

What is influencing me knowingly or unknowingly, positively or negatively?

I am ready to start a new chapter in life OR end an old one with work. What can I do to be better prepared or what am I needing to know for the Greater Good for All? OR in a relationship, career, health, friendship.

Are there any messages or guidance for my upcoming days, weeks or months?

What is my health trying to communicate with me to help me create a healthier balanced state? OR allergies, gluten intolerance, heart, diabetes, mental exhaustion, anxiety, knee pain, etc...

What is something that I have forgotten about me?

How can I create more restfulness or energy?

Is there anything i should consider eliminating from my life and why?

What was my best past life and why? How does it influence me now?

What state are my energy fields or chakras in and what may I know about them? What can I do to create harmony and balance more?

What is something that upsets me that I am not aware of?

What is my greatest gift I brought within me in this lifetime?

What are the steps I can take or create to help heal my past more?

What are my Soul Strengths? How can they help me?

What is my Soul's definition of Love? OR trust, unconditional love, forgiveness, life, death or growth?

Is there anything I have lost Faith in? Why? What can I do now to feel whole again?

What is an internal block I can be made aware of?

What is an external block I can be made aware of?

How can I better create balance in my everyday life?

How can I better clear off my energies and emotions?

Laura Haslen

Spirit Hands Healing

[spirithandshealing@yahoo.ca](mailto:spirithandshealing@yahoo.ca) [www.spirithandshealing.ca](http://www.spirithandshealing.ca)