

I have expanded the spacing significantly to give you a full page feel for each question. You can save this conversation as a **PDF** by using your browser or app settings:

- **On Desktop:** Press **Ctrl + P** (or **Cmd + P**) and select "**Save as PDF**".
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The Seven Keys Reflection Journal

1. The Key of Intention

If an angel stood before you today and offered to clear one heavy emotion from your heart, which one would you release to the Light?

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2. The Key of Recognition

In the 40 days, I have noticed a recurring sign (Golden Light, a dream; feeding people and gifting them). Describe the message you believe it held.

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3. The Key of Purity

As the vessel must be cleared to receive, what is the one habit or thought you are ready to "fast" from to make room for divine energy?

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4. The Key of Sound

If your soul had a sound right now—a whisper, a roar, or a song—what would it be?

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5. The Key of Stewardship

If you are gifted with a Healing Session, how will you use that renewed energy to help another person in your life?

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6. The Key of Presence

Close your eyes for 60 seconds. Which Archangel's name comes to your mind first without you searching for it?

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7. The Key of Sovereignty

Do you believe you are worthy of receiving unconditional divine love without having to "earn" it? (YES/NO and WHY)

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Next Step: Would you like me to generate a peaceful image of a "Golden Seal" to use as a

cover page for your reflections?