



GROWTH AND INTEGRATION

(This is an ongoing process but take at least 2 weeks to focus on this)

Pluto is the archetype that reflects Metamorphosis.

In this phase of growth and integration, we are activating your metamorphosis process.

You have spent time reflecting on the past and recognised the patterns that emanate from your unconscious, and you have witnessed how that ripples to the surface in your day to day experience of life.

Now it is time to begin the process of changing those patterns.

This happens when you actively and consciously choose to embrace your deepest soul lessons and evolution.

First, let's identify what it is you are integrating and how you can choose your evolution. To support this process, listen to your Metamorphosis session with

Simon as well as your *Deepest Soul Desires and Life Intention* (Pluto) audio, reflect and write...

What is your evolutionary path asking of you and what are the core lessons in your life teaching you?

How can you consciously embrace these lessons in your life? Give some examples of how that can look and what kinds of choices you are faced with.

How does not embracing your growth create stagnation in your life?

How does consciously embracing your growth support and empower you?

How does it feel when you consciously integrate your growth and empowerment?

List 10 reasons why you want to and benefit from embracing these changes in your life?

Now we are going to integrate how you are designed to walk your path and what tools you have available to you as you do. Listen to your Metamorphosis session with Jennifer, reflect and write...

When do you recall experiencing your true nature and how did that feel?

Identify the ways that your mind expresses the distractions that stand between you and your transformation. What does your mind tell you that pulls you away from your true nature?

How does it impact your life when you believe what your mind tells you?

How are you designed to make decisions that are best for you? How does it feel in your body?

Identify times when you have heard your own inner guidance when making a decision but ignored it. How did it work out for you?

Identify times when you have listened to your own inner guidance. How did it work out for you?

