

SAPPHIRE SESSION JOURNAL

Feel free to use the following space as a journal, writing in the document here or making a copy to your own digital system preference. Alternatively, you can also organize your notes in a physical notebook in a similar manner. This journal template is made to assist you in organizing your notes, and recording your experience including insights and dreams you have that can be connected to your sessions.



Sapphire Sessions – Weekly Overview

Week __ | Dates: __/__/__

Action Steps (for __ Time Period Recommended) or This Week:

From Q&A and/or Integration Call

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Questions for Next Session

Questions for next Q&A and/or Integration Call

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Sapphire Session – Q&A Call Overview:

Primary Q&A session with Archangel Michael, Clear Channeled by Sunya Tao-Tzu

Summary:

Key Takeaways:

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Sapphire Session – Integration Call Overview:

Follow-up session to process and further implement guidance from Q&A Call

Summary:

Key Takeaways:

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Sapphire Sessions – Weekly Overview Cont.

Week __ | Dates: __/__/__ - __/__/__

Dreams for This Week:

Date: __/__/__

Notes:

Spiritual Experiences for This Week:

Date: __/__/__

Notes:

Insights for This Week:

Date: __/__/__

Notes:



Sapphire Sessions – In-Depth Session Notes

Sapphire Session – Q&A Call Notes

Session Recording File Name: _____mp3

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Sapphire Sessions – In-Depth Session Notes

Sapphire Session – Integration Call Notes

Session Recording File Name: _____ .mp3

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