

Name \_\_\_\_\_ Date \_\_\_\_\_

Now that you have completed your Vision Quest, reflect on its meaning and how it has helped you to achieve the Ultimate Boon by answering the questions below.

Was your life’s mission and purpose revealed to you on your Vision Quest?      Yes    |    No

If your answer to the above was “yes,” describe the message you received below. If the answer was “no,” why do you think your life’s mission was not revealed to you?

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How might what you experienced on your Vision Quest help you to live more fully according to your own true nature in True Self?

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How did your Vision Quest help you to achieve your own Ultimate Boon? In other words, how did it clarify who you are and what you want your life to be about from this day forward?

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Name \_\_\_\_\_ Date \_\_\_\_\_

Who or what came to you during your Vision Quest? An animal totem? An omen? A friend or family member? Did anyone at all show up? If so, what is the meaning of your relationship with this person or entity? If nobody showed up, did anything else of significance occur during your Vision Quest?

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Did you see, hear, taste, smell or feel anything that was of personal significance to you? If so, what was it? If not, what did you learn about your own thoughts, feelings and internal states?

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If something of significance occurred, when did it happen? Was it towards the beginning of your quest, towards the middle, or towards the end? What message might you interpret from the time that your event happened?

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Name \_\_\_\_\_ Date \_\_\_\_\_

Where specifically did your event occur? Was it in front of you? Behind you? Over your left or right shoulder? Above your head? Below you? What interpretation might you give to the place where your event occurred? If nothing occurred, what interpretation might you give to this?

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If you saw an omen, how did it make its presence known? What about it attracted your attention? If you feel that nothing happened during your Vision Quest, is it possible that you may have missed something? Even the smallest events can be omens.

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Why did you get the message you received? What is its significance to you?

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