

Reflection Questions to Integrate the Storms

1. Where did I find myself responding from an old identity?

Geomagnetic storms naturally press against outdated patterns.

Did you notice:

- an old fear?
- an outdated belief?
- a familiar emotional loop?
- an old coping mechanism resurfacing?

Or did you feel the **new self** holding steady?

2. What did this week reveal about my nervous system capacity?

Not from a place of judgment — from a place of **readiness**.

What held?

What stretched?

What felt overstimulated?

What surprised you?

Because 2026 will bring longer, sustained waves of Light.

These weeks are training runs.

3. Which part of me is expanding faster than the rest?

Our multidimensional layers don't always grow evenly.

For many:

- The soul layer leaps,
- The emotional layer tightens,
- The physical layer lags behind,
- The mental layer goes foggy,
- The heart begins rewriting itself.

Where did you feel mismatch — and what needs support to synchronize?

4. What intuitive gifts or sensitivities awakened?

Proton elevation activates dormant perception.

Did you notice:

- flashes of insight?
- energetic sensitivity?
- telepathic knowing?
- symbolism in dreams?
- emotional transparency?
- a deeper connection to Source?

These are not “symptoms.”

These are **signs of remembrance**.

5. What dissolved or refused to stay?

This week carried the instruction:

Dissolve all illusions built on inorganic light.

So be honest:

- Did a belief fall away?
- Did a relationship pattern crack open?
- Did an old way of coping stop working?
- Did a story or identity suddenly feel false?

This is not collapse — it is **liberation**.

6. How did my heart respond?

The heart is undergoing its own Ascension.

Did you feel:

- grief?
- compassion?
- longing?
- tenderness?
- relief?
- connection?
- a need for truth?
- a wave of unconditional love?

The heart is where your Oversoul anchors first.

7. What is my body asking for as I prepare for the next wave?

The Solstice window requires stamina, not struggle.

Your body may now be asking for:

- more grounding foods
- more water + electrolytes
- gentler mornings
- deeper rest
- fewer stimulants
- more sunlight
- more silence
- nervous system repair

Your physical form is adapting to sustain higher light.