LION'S SATE PORTAL 2025

A Journaling Guide for Soul Reconnection & Intention Setting

The Energy Reset



Totalection "WHAT THIS PORTAL OPENS WITHIN YOU"

The Lion's Gate is more than a date on a spiritual calendar. It's a mirror and a moment, a reminder that you are made of stardust and sovereignty. Use this time to clear, claim, and reconnect with the voice within that never stopped whispering: you are ready now.

This guide is for those standing at the edge of old selves, willing to step into something truer. Use these prompts intuitively. There's no wrong way to remember who you are.

What story about myself no longer feels true?			
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Who or what drains my energy without giving anything back?
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What am I afraid to release, even though I			
know it's time?			
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If I trusted myself completely, what would I do next?
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What kind of life am I available for now?			
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What does "sovereignty" mean to me in this			
season?			
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What does my soul want me to know today?
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What am I ready to receive that I've been		
resisting?		
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If this portal has stirred something in you, an ache, a calling, a knowing, I'm here to support your shift.

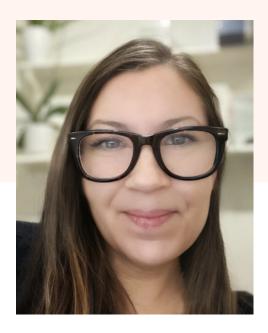
My sessions are distance-based, intuitive, and soul-nourishing.

Book Your Session at theenergyreset.com

You're not doing this alone. And you don't need to carry what no longer fits.

Hout THE ENERGY RESET

Hi I'm Claire, I'm an Energy Healer and have been practicing various forms of energy work for 25 years. I'm also a counsellor in training which I'm loving.



Everything's vibrating, yes even you. That's not a spiritual slogan, it's science. Physics 101.

But here's where it gets interesting, your personal frequency isn't sealed in a vault. It gets nudged, knocked, and sometimes completely hijacked by things you can't even see coming. Stress. Grief. A run-in with someone else's chaos. A past wound flaring up out of nowhere. It doesn't always take a major trauma, sometimes it's just a slow drift into feeling "off." You might notice it as physical pain. Or a foggy mind. Or a heaviness in your spirit that won't shift, no matter how many walks or cups of tea you throw at it.

That's the sign. The nudge. The whisper that your energy is out of sync and calling for a reset.

DO YOU NEED MORE HELP?

BOOK A SESSION

vibe@theenergyreset.com theenergyreset.com