

LION'S GATE PORTAL 2025

A Journaling Guide for Soul
Reconnection & Intention Setting

The
E(nergy
Reset





Introduction

“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.

prompt 1 "Letting Go with Love"

What story about myself no longer feels true?

Who or what drains my energy without giving anything back?

prompt 3 "Letting Go with Love"

What am I afraid to release, even though I know it's time?

This image shows a full page of white paper with horizontal orange dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the page.

prompt 1 "Calling It In"

If I trusted myself completely, what would I do next?

This image shows a single sheet of white paper with horizontal blue dashed lines, resembling notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

prompt 2 "Calling It In"

What kind of life am I available for now?

[illegible]

prompt 3 "Calling It In"

What does “sovereignty” mean to me in this season?

[illegible]

What does my soul want me to know today?

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What am I ready to receive that I've been resisting?

Notes

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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.

About 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

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