



*Welcome to
Retreat Ranch*

*The
Intentional
Path*

Meditation & Reflection Journal

The Intentional Path

Welcome to our Intentional Meditation Path. Using this map, in a scavenger hunt style, find special areas within our ranch to help you reflect, introspect, ponder and maybe release or renew. There are 10 areas in total and indicated by this symbol:



The path is about a half a mile in total. There is a bench at most sections for you to use. Start where ever you want. Take however long you want. It is your path, your journey. Welcome.



The footprints are approximately where a station is

you are whole

you are perfect

you are Love

WELCOME TO RETREAT RANCH

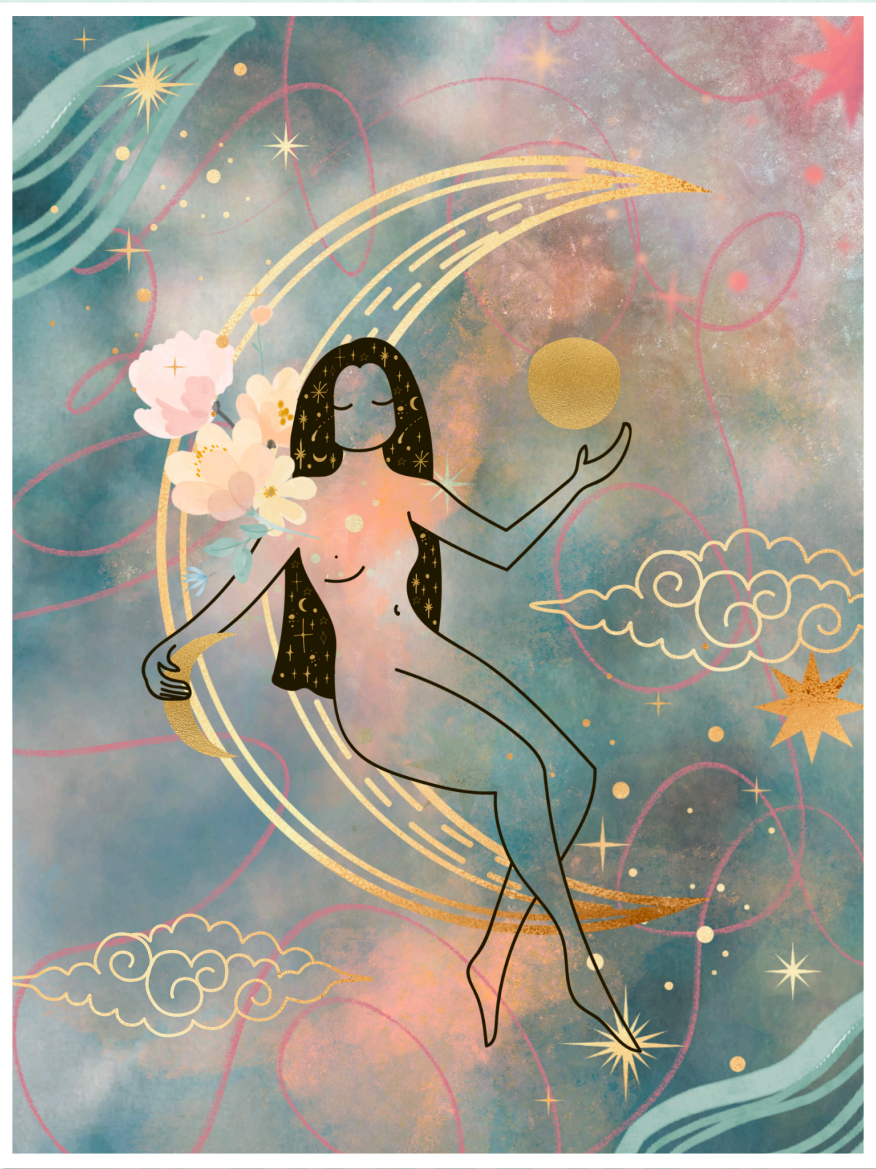


The Connection Tree

When you read the words on The Connection Tree-
how does it apply to your life? Or does it not?
What feelings does it stir up in you?







Time Fly's

Do you feel that time is flying for you? Is it a good thing? Or not?
Are there things you could remove from your life so that you can
be more present and enjoy life as it is happening?

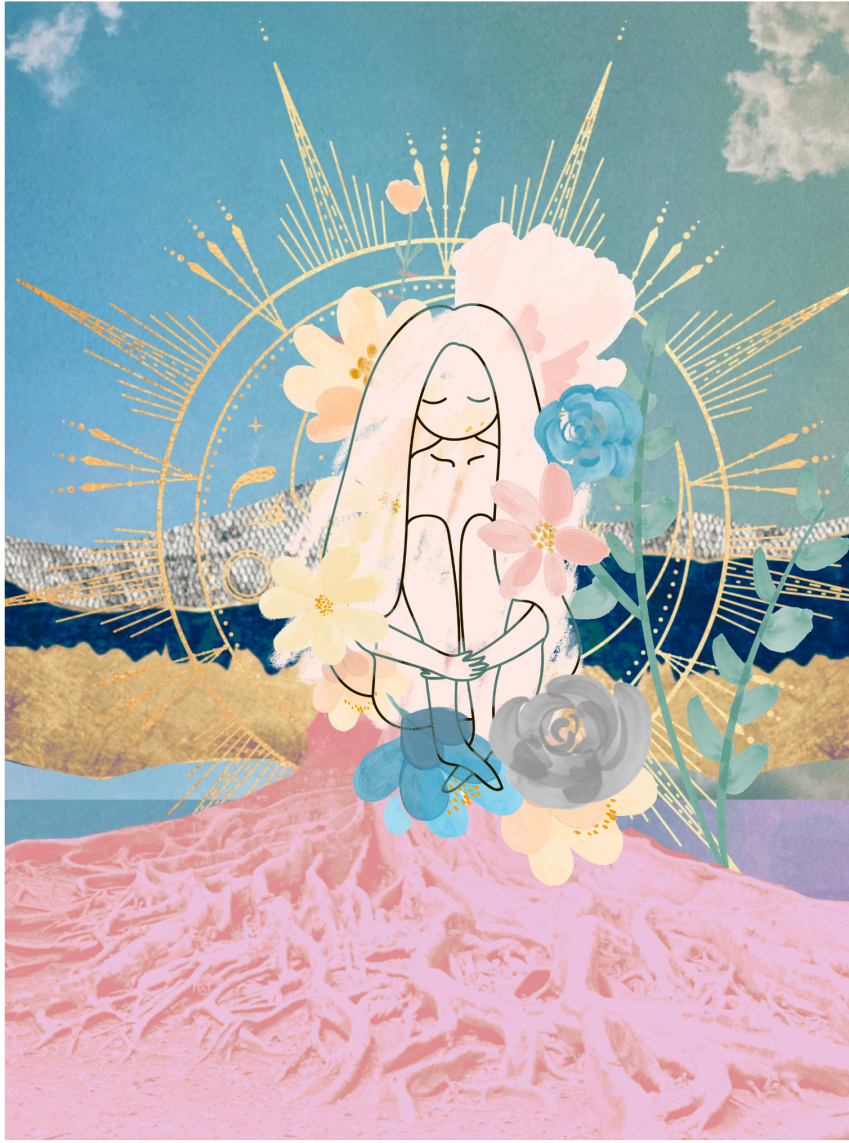


Grace

Do you feel as if you are deserving of grace? Are you deserving of love?
If we start with ourselves it is easier to then offer it to others.
What are some areas of your own life that could use grace and love?

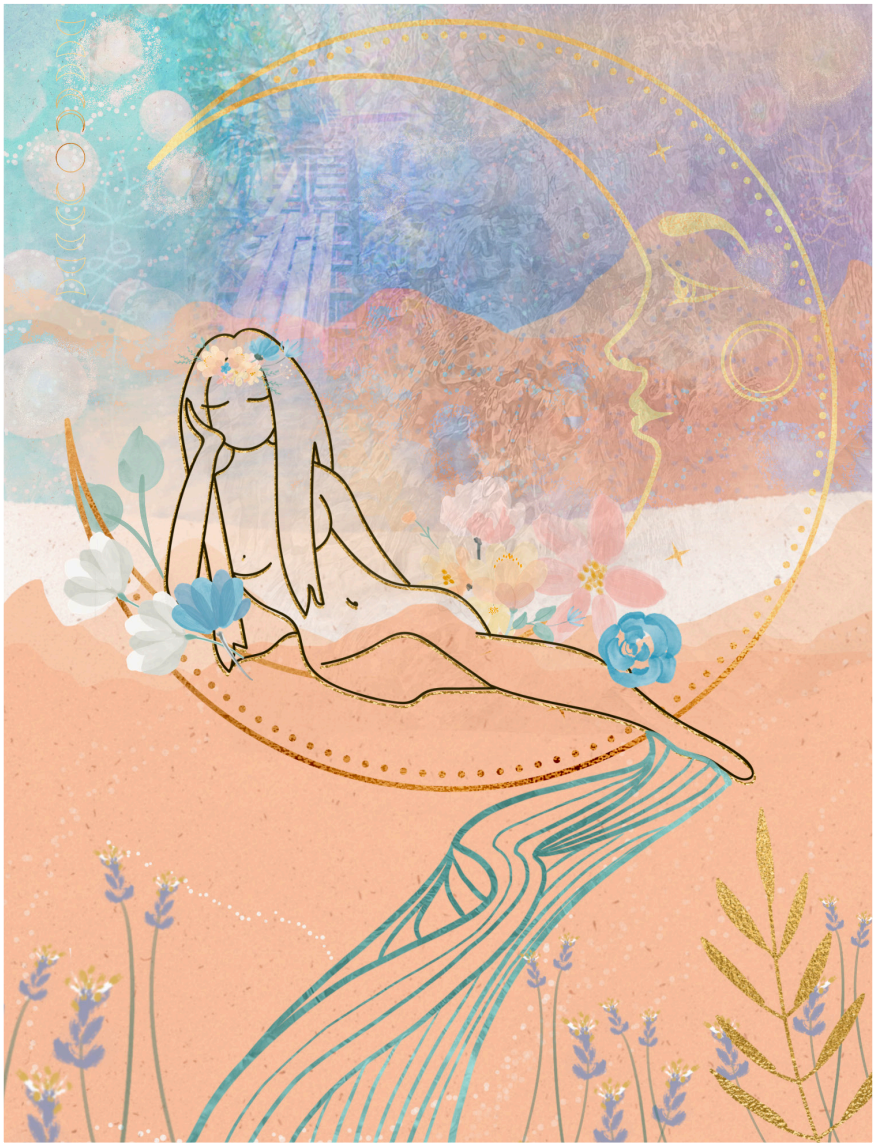






Hallowed Beauty

What are some past pains or obstacles that turned you
into the person you are today?



Seeking

Have you heard the phrase 'if you seek good you will find it, and if you seek bad you will find that too'? Answer this question: do you feel we live in a friendly universe? If not, what are some ways you could change what you are seeking so that you see more good than not?







I am

Do you feel that you allow your past experiences to determine your current and future experiences? Do they hinder you or help you? Are there some past experiences that you need to forgive and maybe even be grateful for, for allowing you to become the incredible being you are today?



Flying Pigs

~ If pigs could fly, what could you do?
If you removed all your obstacles and limiting beliefs,
magically, what could you accomplish?

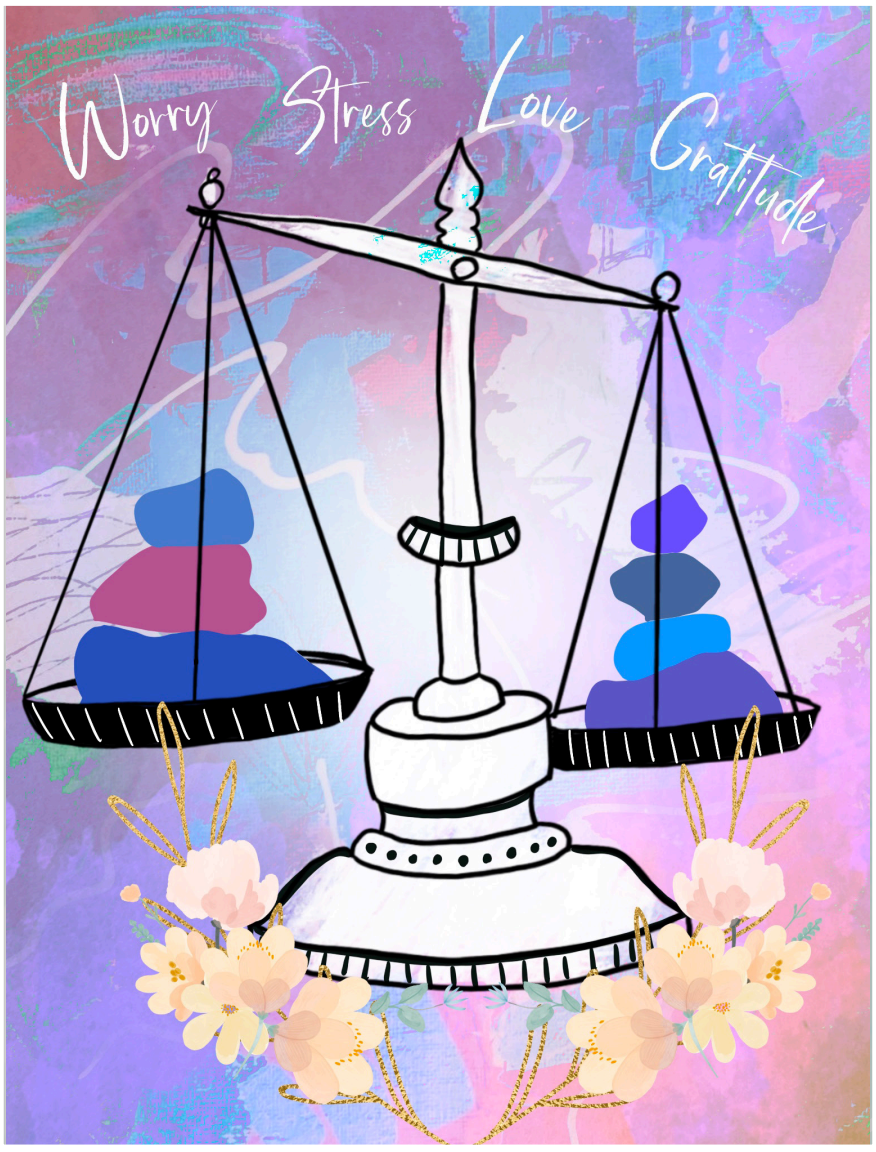






A blessing

What are some things in your life that are currently blessing you?
What are some ways you could pass blessings on to someone else?



Balance of Life

Place a rock in the appropriate scale and notice what your life alignment looks like. Then answer the question: are you heavier in worry & stress or love & gratitude? What does this tell you?







Good Luck Tree

Feel free to bond a wish to your own horse shoe, or utilize the special ones that are already on the tree. Then answer the question: what comes up for you after doing this activity?

Today I am grateful for

Today I need











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