

# Journal

Date: / /

Astrological Event: Full Moon in Capricorn 2023

- 1. What does it sound or feel like when you receive a message from your higher self?**
  
  
  
  
  
  
  
  
  
  
- 2. What does it sound or feel like when you receive a message from your ego, personality, or lower self?**
  
  
  
  
  
  
  
  
  
  
- 3. What are some of the ways you can “clear your line” to receive more messages from your higher self?**

**Key Takeaway:**