

ALCHEMICAL TOOLKIT FOR FACING FEAR & UNCERTAINTY

created by Kimberly Fillix



PHOENIX PATH™

Welcome, love. I'm so glad you're here!
Thank you for joining this Alchemical Container in
service of YOU.

Get comfortable, settle in, and prepare to meet
something magical.

Here you'll find the prompts to accompany your
guided journey to meet a powerful resource in times
of fear and uncertainty.

xo,

Kimberly



Kimberly FiNix is an Alchemical Divorce Coach &
Somatic Trauma Resolution Guide

Her mission is to support women experiencing divorce
and breakup heal navigate their transition through gentle
trauma healing and vision work that supports their
intentions and desires for the next season of their lives.

Her holistic approach is informed by formal training in
modern coaching & somatic trauma integration and the
experiences of a long personal journey of healing mind,
body, and spirit.

Kimberly offers 1-on-1 coaching & group programs to
women ready to rise on their unique Phoenix Path.

Connect with Kimberly at
www.phoenix-path.com

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USE THESE PROMPTS DURING OR AFTER YOUR GUIDED VISUALIZATION JOURNEY

What qualities might your Guardian have that feel supportive at this moment in your life? They could be physical (form, abilities) or qualities of presence (i.e. wise, nurturing, fearless)



Who or what might embody these qualities in a way you can relate to? (i.e. something from nature like an animal (real or mythical), a divine or spiritual guide, something from the angelic realms, a cosmic or archetypal being, an ancestor, a different or future version of yourself, or perhaps a character from print or film....)



2

Feel into how you'd like to invoke or invite this Guardian to enter your space.

I call my Guardian by:

Who or What has appeared for you? How do they look? What do you notice about their physicality? Their stance, expression, or actions?

What qualities or powers do they hold? How can these be used in service to guarding and standing with you?

What name or title do you give your Guardian?



3

Tune into your own physical and emotional body. What do you feel, notice, see, hear, or sense as you tune into your Guardian's presence?




After sharing more space and time with your Guardian, what shifts, if any, do you notice in your internal landscape?

What do you feel, notice, see, hear, or sense?



Are there images, words, or phrases that might connect you to your Guardian and their presence, their energy, their qualities or powers, or perhaps even reminders of a parts of yourself that your Guardian awakened.



4

What words, phrases, or images might you want to take away from this space?



What symbol, call, or song might you use to call your Guardian close when you desire their presence and support?



After the visualization has come to a close, what are you noticing, integrating, digesting? What was interesting or important for you? What are you taking away from this experience? Is there anything you're curious about?

