

A serene beach scene at sunset. The foreground is filled with smooth, dark pebbles of various sizes, some reflecting the golden light. The middle ground shows gentle waves washing onto the shore, with the sun low on the horizon creating a bright, shimmering path across the water. The sky is a soft, warm orange and yellow. The overall mood is peaceful and contemplative.

Pebble Meditation



LOVE FROM SOUL TO SOUL

WELCOME TO THE WORKBOOK OF THE
PEBBLE MEDITATION

I'm so glad you joined me by the River of Time.
Isn't it beautiful – the way it sparkles and shines, the power it carries?

You've released so much.
And you've received even more.
Now it's time to pause and reflect on what revealed itself to you.

This workbook is here to help you hold onto the experience, make sense of what came up, and allow the process to keep unfolding. It's not about understanding everything right away – but about being honest with yourself and giving your inner process space.

You've let go of three black pebbles:
– a habit, energy, or frequency that was holding you back
– a person who no longer belongs in your life
– a memory or event you were still entangled with

And you've received three white pebbles:
– a new energy that now supports you
– a new person who is meant to enter your life
– a new event or experience that has been waiting for you

On the following pages, you'll find space to reflect on each of these pebbles. You can write down thoughts, images, or insights that came to you during or after the meditation.

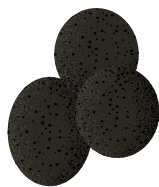
Some things may have been clear right away. Other insights might unfold slowly over time. Both are exactly right.

Give space to what has been – and to what's coming.

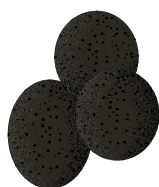
Annie Lauer
CEO & founder
Alignment Coaching®

THIS IS WHAT YOU'VE RELEASED

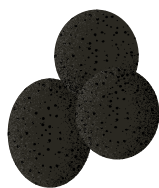
Three black pebbles



What energy, frequency, or habit have you released?



What person or relationship have you released?



What event or memory have you released?

THIS IS WHAT YOU'VE RECEIVED

Three white pebbles



What energy, frequency, or habit have you received?



What person or relationship has entered your life?



What event or experience has come into your life?



What's next? NEXT STEPS

The Pebble Journey has brought you back into the flow of life – you've released, received, and realigned.

And maybe now you feel it: You don't have to walk this path alone. Support can come from many directions – including from nature.

Power animals are wise companions on your soul's journey. You can call in their medicine at any time and work with it intentionally. They offer courage, protection, clarity, or peace – exactly what you need, right when you need it.

In my mini-course *Roots & Spirits*, I guide you through 5 lessons where you'll discover your power animals, understand their messages, and learn how to work with their energy in your daily life.

With a guided meditation, beautifully designed worksheets, and a creative art project, you'll build a deep connection to the animal spirits.

Introductory price: only \$27

Click here to learn more & get started today:

[ROOTS & SPIRITS](#)
right click - open in new tab