

The Room of Remembering

Soul Memory Reflection Pages



"Every doorway I cross within reveals a truth I have always carried."

— Rev. Michelle Brooks, Living Record of The Return

Welcome to your Room of Remembering.

Use these pages immediately after the guided audio experience — while what came through is still close to the surface.

Write whatever arrived. A color. A feeling. A fragment of something you don't yet have words for. Even a single word or image. Nothing is too small to matter. These are threads. And threads, gathered with care, become a tapestry.

HOW TO USE THESE PAGES

- ◆ Find a quiet place before you begin writing
- ◆ Light a candle or make tea if that helps you settle
- ◆ Let your pen move without judgment — there are no wrong answers
- ◆ Draw, sketch, or leave space blank if silence feels truest
- ◆ Return to these pages again — memory often deepens over days

PART ONE

The Doorway & The Room

Close your eyes and return for a moment. Let what came through settle here on the page.

What did the doorway look like? Describe it in as much detail as you can — the material, the color, the feeling of it.

What did you feel in your body as you crossed the threshold?

Describe your Room of Remembering. What colors, textures, light, objects, or symbols appeared?

SKETCH, SYMBOL, OR DOODLE — draw whatever came through



PART TWO

The Gift & Deeper Reflections

The gift may have been an object, a symbol, a feeling, a knowing, or a single word. Whatever came is right.

What was waiting in your room? Describe the gift — an object, a symbol, a feeling, an image, or anything else that arrived.

What does this gift mean to you? What might it be saying about your soul's journey?

Write your personal affirmation for returning to this room whenever you need it.

You Have Begun to Remember

You walked through the doorway. You entered the room. You received what was waiting.

"Not all remembering comes at once. Trust the slow unfurling."

What you have written here is an act of witnessing — and what is witnessed, takes root.

Soul memory is often subtle at first. Don't dismiss the small things. A color. A feeling. A single word. These are threads. And threads, gathered with patience, become a tapestry.



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This experience is just the beginning. Seven complete soul memory journeys await you.

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◆ **The Return**

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◆ **Living Record of The Return**

Your journal — seven complete soul memory journeys to live inside

Available on Amazon · RevMichelleBrooks.com

You've been here before. And now you're beginning to remember.

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