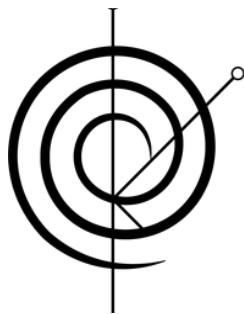


A Space to Notice the Changes That Unfold.

A Simple way to notice the
changes that unfold



METAPHYSICAL CODING®

Some changes are felt. Others are noticed over time.

Noticing the Shifts

After your Metaphysical Coding® session, changes may continue to unfold over the coming days and weeks.

Some changes may be easy to notice. You might feel lighter, calmer or clearer, or realise that something which previously bothered you doesn't seem to affect you in quite the same way. You may even notice subtle changes in how others respond to you. Perhaps you feel more noticed, more heard, or interactions simply seem a little different.

Other changes can be much more subtle. Sometimes it's only when you look back that you realise you're thinking differently, responding differently to a situation, making decisions more easily or simply feeling different within yourself.

This journal is simply a place to record those moments. Giving you space to notice changes you may otherwise overlook.

You don't need to use it every day. Pick it up whenever you notice something, a change in how you feel, a different response, an emotion coming up, a realisation or anything else that catches your attention.

Just notice what you notice.

Small shifts can lead to big changes

Using This Journal

Use this journal in whatever way feels useful to you. Make it your own, the pages are here to help you reflect, record what catches your attention and look aback at what may changed following your Metaphysical Coding® session.

You might like to notice:

- how you're feeling emotionally or energetically
- something that feels different from before your session
- changes in how you think or respond to situations
- whether something that used to bother or trigger you feels different
- changes in how other people seem to respond to you
- insights, realisations or memories that come to mind
- little changes in your everyday life that simply make you think, "That's different."

You can also record any Healing Codes, support statements or other aftercare tools you use and how you feel before and afterwards.

Some changes may be noticeable quite quickly, while others become clearer when you look back over time.

Small shifts in awareness can lead to meaningful change.

Using Your After-Session Support



During your session, I usually give you a personalised **Body Support Code** and a short **Support Statement** to help support your body and energy as the changes from your session continue to integrate. If you don't have a personalised code, you can use my Universal Body Support Code **9797 0531**. I recommend using them from the beginning, rather than waiting to see if you feel tired, emotional or unsettled.

Your Personal Body Support Code: _____

How to Use Your Code

Say each number individually, either aloud or quietly in your mind. Repeat your complete code **3-7 times**.

You can use your code over the following days whenever you feel it would be helpful.

Your Support Statement

You can also use the short support statement I gave you after your session. Say it on its own or together with your Body Support Code.

"With gratitude, I acknowledge the truth unfolding within me and honour it's transformative journey."

If You Need a Little More Support

You may notice tiredness, emotions surfacing, greater sensitivity or simply a need for more quiet while things settle. You may also feel lighter, calmer, clearer or notice very little at first.

Keep using your support tools, drink some extra water and give yourself a little space where you can.

For more detailed information about what you may notice after your session and ways to support yourself, visit my Post-Care Support Page.

www.metaphysicalcoding.com/after-care-support

When your energy shifts, everything changes

Daily Energy Reflection



Take a moment to notice what you're feeling, experiencing or becoming aware of.

Date: _____

Did I use my Body Support Code or Support Statement today?

☐ Body Support Code ☐ Support Statement ☐ Affirmations ☐ Not today

How am I feeling today?

Emotionally, physically or energetically. Whatever you notice.

What feels different from before my session?

It might be something obvious, or something quite small.

What have I noticed in how I think or respond?

Maybe something that would normally bother, trigger or affect you feels different now.

Have I noticed anything different around me?

This might be how others respond to you, how situations unfold, or simply something that catches your attention.

Self Check-In

Energy Today: ☐ Low ☐ Balanced ☐ Energised

Emotional State: ☐ Calm ☐ Sensitive ☐ Processing/shifting

Anything else I noticed or became aware of today:

Small shifts in awareness can lead to meaningful change.

Daily Energy Reflection



Take a moment to notice what you're feeling, experiencing or becoming aware of.

Date: _____

Did I use any of my after-session support today?

☐ Body Support Code ☐ Support Statement ☐ Affirmations ☐ Not today

How am I feeling today?

Emotionally, physically or energetically. Whatever you notice.

What feels different from before my session?

It might be something obvious, or something quite small.

What have I noticed in how I think or respond?

Maybe something that would normally bother, trigger or affect you feels different now.

Have I noticed anything different around me?

This might be how others respond to you, how situations unfold, or simply something that catches your attention.

Self Check-In

Energy Today: ☐ Low ☐ Balanced ☐ Energised

Emotional State: ☐ Calm ☐ Sensitive ☐ Processing/shifting

Anything else I noticed or became aware of today:

Daily Energy Reflection



Take a moment to notice what you're feeling, experiencing or becoming aware of.

Date: _____

Did I use any of my after-session support today?

☐ Body Support Code ☐ Support Statement ☐ Affirmations ☐ Not today

How am I feeling today?

Emotionally, physically or energetically. Whatever you notice.

What feels different from before my session?

It might be something obvious, or something quite small.

What have I noticed in how I think or respond?

Maybe something that would normally bother, trigger or affect you feels different now.

Have I noticed anything different around me?

This might be how others respond to you, how situations unfold, or simply something that catches your attention.

Self Check-In

Energy Today: ☐ Low ☐ Balanced ☐ Energised

Emotional State: ☐ Calm ☐ Sensitive ☐ Processing/shifting

Anything else I noticed or became aware of today:

Trust yourself. Everything starts there.

Daily Energy Reflection



Take a moment to notice what you're feeling, experiencing or becoming aware of.

Date: _____

Did I use any of my after-session support today?

☐ Body Support Code ☐ Support Statement ☐ Affirmations ☐ Not today

How am I feeling today?

Emotionally, physically or energetically. Whatever you notice.

What feels different from before my session?

It might be something obvious, or something quite small.

What have I noticed in how I think or respond?

Maybe something that would normally bother, trigger or affect you feels different now.

Have I noticed anything different around me?

This might be how others respond to you, how situations unfold, or simply something that catches your attention.

Self Check-In

Energy Today: ☐ Low ☐ Balanced ☐ Energised

Emotional State: ☐ Calm ☐ Sensitive ☐ Processing/shifting

Anything else I noticed or became aware of today:

Daily Energy Reflection



Take a moment to notice what you're feeling, experiencing or becoming aware of.

Date: _____

Did I use any of my after-session support today?

☐ Body Support Code ☐ Support Statement ☐ Affirmations ☐ Not today

How am I feeling today?

Emotionally, physically or energetically. Whatever you notice.

What feels different from before my session?

It might be something obvious, or something quite small.

What have I noticed in how I think or respond?

Maybe something that would normally bother, trigger or affect you feels different now.

Have I noticed anything different around me?

This might be how others respond to you, how situations unfold, or simply something that catches your attention.

Self Check-In

Energy Today: ☐ Low ☐ Balanced ☐ Energised

Emotional State: ☐ Calm ☐ Sensitive ☐ Processing/shifting

Anything else I noticed or became aware of today:

Daily Energy Reflection



Take a moment to notice what you're feeling, experiencing or becoming aware of.

Date: _____

Did I use any of my after-session support today?

☐ Body Support Code ☐ Support Statement ☐ Affirmations ☐ Not today

How am I feeling today?

Emotionally, physically or energetically. Whatever you notice.

What feels different from before my session?

It might be something obvious, or something quite small.

What have I noticed in how I think or respond?

Maybe something that would normally bother, trigger or affect you feels different now.

Have I noticed anything different around me?

This might be how others respond to you, how situations unfold, or simply something that catches your attention.

Self Check-In

Energy Today: ☐ Low ☐ Balanced ☐ Energised

Emotional State: ☐ Calm ☐ Sensitive ☐ Processing/shifting

Anything else I noticed or became aware of today:

Sometimes the smallest changes tell us the most.

Take a Moment to Look Back



Sometimes it's only when we look back that we realise something has changed.

Thinking back to before my session...

What feels different now?

Have I noticed any changes in how I respond to situations, people or things that previously affected me?

Have I noticed any changes in how other people respond to me, or in how I interact with them?

What small changes might I have overlooked at first?

What has surprised me most?

There doesn't need to be a big change to make it meaningful. Sometimes it's the small differences that show us something has shifted.