

Your Spiritual Blueprint

With Karen Docherty

14th July 2026

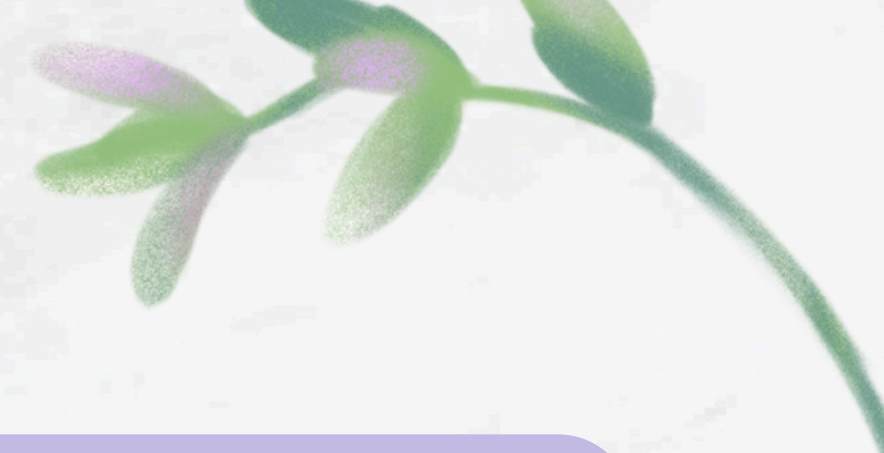


Welcome

This evening is about understanding your unique way of connecting, developing greater trust in yourself, and exploring your own spiritual blueprint.

- How you naturally connect
- Why we all experience Spirit differently
- What supports your development
- What may be holding you back
- How to move forward with greater confidence

A Few Things Before We Begin



- There are no right or wrong answers
- You do not need experience
- You do not need to perform
- Curiosity is more important than certainty
- This is a safe space for exploration

Why this Workshop?



Many people spend years asking:

Am I doing this right?

Why don't I connect like other people?

Why do I doubt myself?

Why does my development feel stuck?

Tonight we explore a different question:

How do I naturally connect?



A Bit About Me





What is a Spiritual Blueprint?

Your Spiritual Blueprint is:

The unique way you experience:

- Yourself
- Intuition
- Energy
- Spirit
- The world around you

No two people are exactly alike.

Think About This...

Have you ever:

Just known something?

Felt something before it happened?

Walked into a room and sensed the
atmosphere?

Thought of someone who then contacted
you?

Most people have.

Reflection Exercise

What first brought you to spiritual development?

In groups, discuss;

- **What first sparked your interest in spirituality and mediumship?**
- **What has kept you on the journey?**
- **What do you hope to gain from tonight?**

Understanding How We Receive Information

Different people naturally experience....

Feelings

Knowing

Seeing

Hearing

Sensing

Reflection Exercise

How Do You Naturally Connect?

In groups, discuss;

- Which way of connecting feels strongest for you?
- Which do you trust least?
- Has this changed throughout your development?

What Gets In The Way?

The biggest challenge is not connection.

It's TRUST....

Common Development Blocks

Comparison
Fear of being wrong
Perfectionism
Self-doubt
Seeking validation
Impatience

Group discussion

What's Holding You Back?

What is the biggest challenge in your development right now?

Working With Your Blueprint

Development Principles

Trust your experience

Stay curious

Be consistent

Let go of comparison

Focus on awareness

A Personal Development Plan

Over the next 30 days:

What will I focus on?

What will I practice?

What will I let go of?

Collective Exercise: Exploring Symbols

Write down in your notebooks what each image means to you personally.

What does this mean to you?



What does this mean to you?



Group Exercise

Practice Reading

Everyone interprets
information through the
lens of their own
experiences.

Key Takeaways

There is no single right way to connect

Everyone's blueprint is unique

Trust develops through experience

Self-awareness strengthens connection

Your journey belongs to you

Your Spiritual Blueprint is not
something you need to find.

It is something you already possess.
The journey is learning to recognise it.

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Group Discussion

**One strength you've recognised tonight.
One thing you'd like to develop further.
One action you'll take over the next month.**