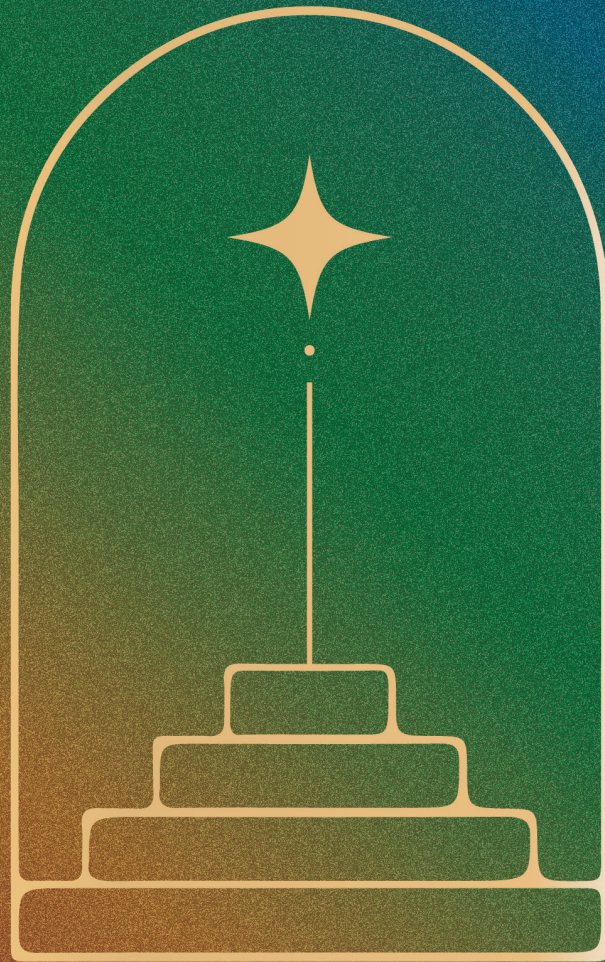


THE SEVEN GATES OF DESCENT & REBIRTH

A Reflection Journal



Kellie Amaliana Walsh
THE DIVINE HIVE

JOURNALING: Introduction

THE DESCENT THROUGH THE SEVEN GATES

The Seven Gates are not simply questions to answer.

They are invitations.

Each gate represents a threshold within the self, a place where old stories, identities, protections, and patterns may gently rise into awareness so they can be witnessed with compassion and released.

As you move through these reflections, allow yourself to slow down.

There is no right way to respond.

Some answers may arrive immediately.

Others may unfold slowly through sensation, memory, emotion, dreams, or quiet inner knowing.

This journal is not about perfection or performance.

It is about presence.

Allow the body to soften.

Allow the breath to guide you.

Allow yourself to listen deeply to what is ready to emerge.

You do not need to force transformation.

The gates simply invite you to remember.

