

# Meditation<sup>TM</sup> JOURNAL





# ✧ Meditation ✧ JOURNAL

## HOW TO USE THESE PAGES.

- TAKE A MOMENT TO GET YOUR AREA SORTED...
- FIND SOMEWHERE PEACEFUL WHERE YOU WON'T BE DISTURBED
- LIGHT A CANDLE, INCENSE STICK, ETC.,
- PLAY GENTLE MUSIC
- BUILD THE ATMOSPHERE TO SOMETHING YOU FEEL SAFE AND RELAXED WITH.
- SIT IN A COMFORTABLE POSITION
- PLACE YOUR HANDS ON YOUR HEART AND TAKE A FEW DEEP BREATHS.
- MAKE SURE YOU BREATHE IN THROUGH YOUR NOSE AND OUT THROUGH YOUR MOUTH (FILLING YOUR BELLY NOT CHEST)
- WHEN YOU FEEL READY, BEGIN TO THINK ABOUT YOUR DAY, WEEK OR MONTH OR SOMETHING YOU NEED CLARITY ON. BE CAREFUL NOT TO OVER THINK.
- YOU CAN EVEN SAY IN YOUR MIND OR OUT LOUD... "GREAT DIVINE, I CONNECT TO YOU WITH UNCONDITIONAL LIGHT AND LOVE. PLEASE GUIDE ME.
- WHEN YOU ARE DONE, RELAX IN THE MOMENT, FOCUS ON YOUR BREATH
- THEN WHEN YOU ARE READY. GO AHEAD AND WRITE IN THE BOXES

NAMASTE





# Meditation

## JOURNAL



DATE -----

MY MEDITATION GOALS

01

02

03

DATE

FOCUS

TIME

JKCWELLNESS.COM





# Meditation

## JOURNAL



DATE	LOCATION	TIME	DURATION
------	----------	------	----------

--	--	--	--

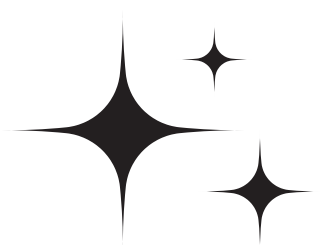
METHOD

MEDITATION FOCUS

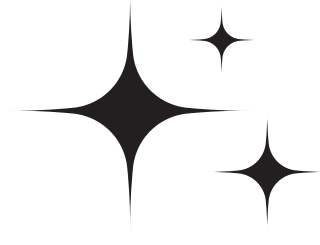
THOUGHTS & INSIGHTS

GRATEFUL FOR	ACCOMPLISHMENT	WORK ON





# Meditation JOURNAL



DATE \_\_\_\_\_

CHAKRA	MANTRAS
<div></div> <div>CROWN CHAKRA</div>	
<div></div> <div>THIRD-EYE CHAKRA</div>	
<div></div> <div>THROAT CHAKRA</div>	
<div></div> <div>HEART CHAKRA</div>	
<div></div> <div>NAVEL CHAKRA</div>	
<div></div> <div>SACRAL CHAKRA</div>	
<div></div> <div>ROOT CHAKRA</div>	

JKCWELLNESS.COM





✦ ✦

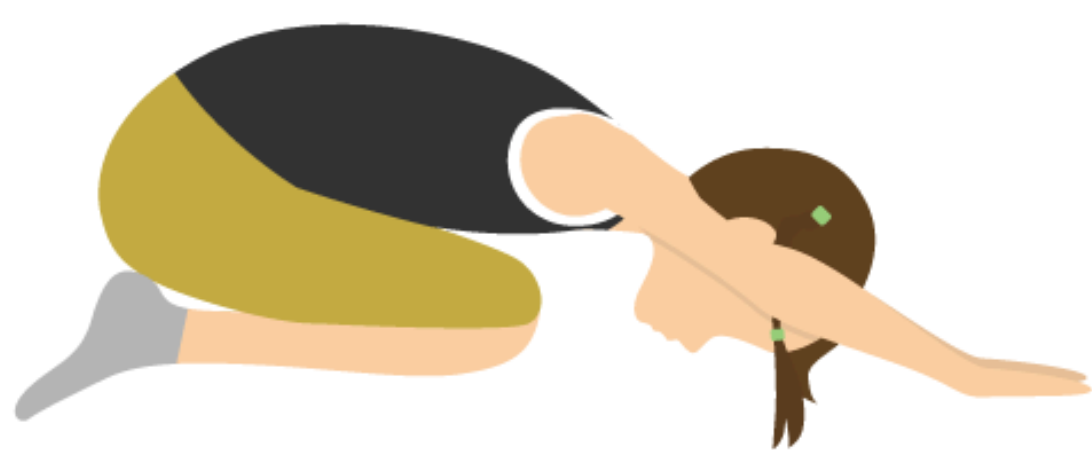
# Meditation

## JOURNAL

✦ ✦

## UNBLOCK ROOT CHAKRA

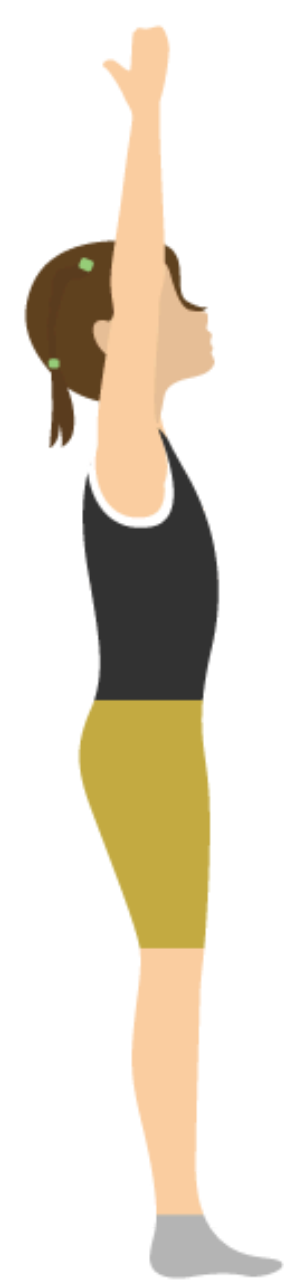
### POSES



BALASANA



SUKHASANA



URDHVA HASTASANA

### AFFIRMATIONS & MANTRAS

---

---

---

### VISUALIZATION

---

---

---

### NOTES

---

---

---





✦ ✦

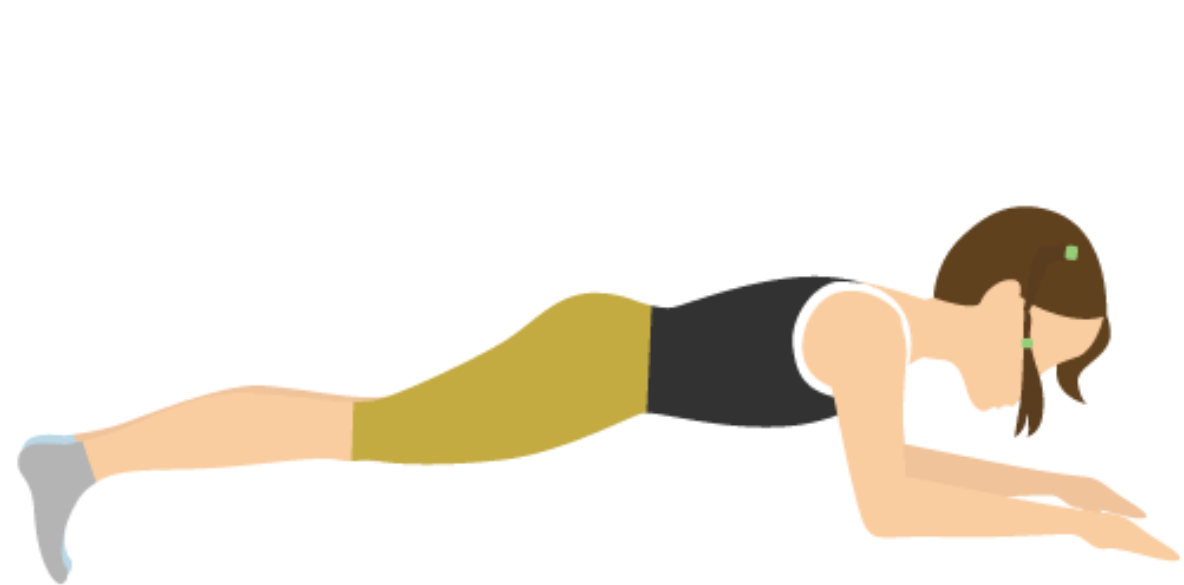
# Meditation

## JOURNAL

✦ ✦

### UNBLOCK SACRAL CHAKRA

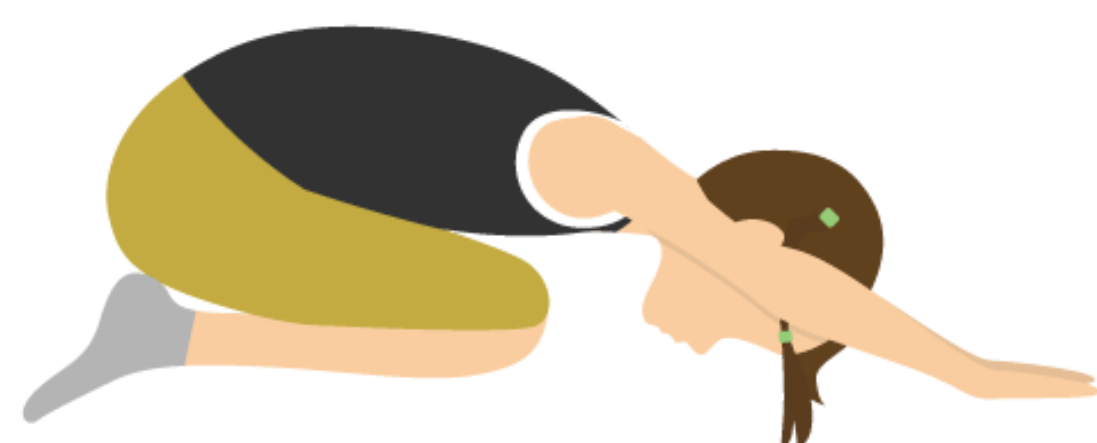
POSES



PHALAKASANA



BITILASANA



BALASANA

AFFIRMATIONS & MANTRAS

VISUALIZATION

NOTES





✦ ✦ ✦

# Meditation

## JOURNAL

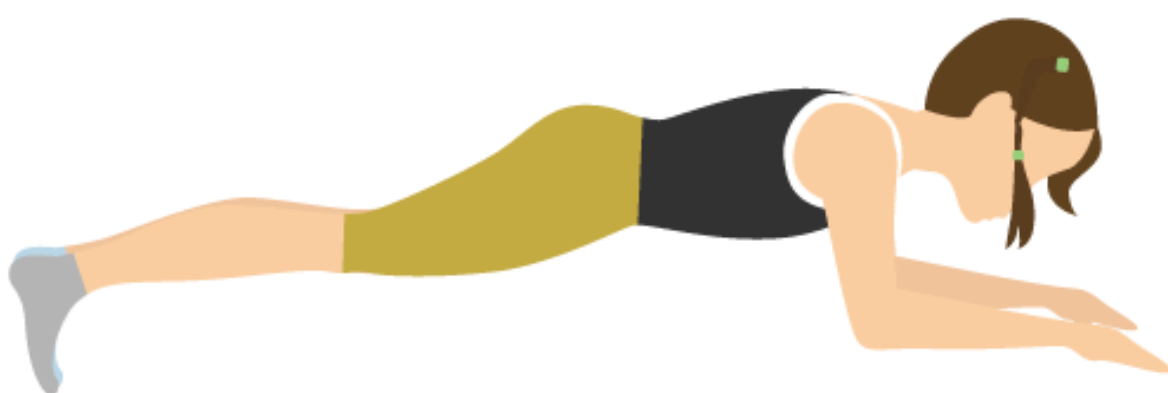
✦ ✦ ✦

## UNBLOCK SOLAR PLEXUS CHAKRA

POSES



ADHO MUKHA  
SVANASANA



PHALAKASANA



VIRABHADRASANA 3

AFFIRMATIONS &  
MANTRAS

VISUALIZATION

NOTES





# Meditation JOURNAL

## UNBLOCK HEART CHAKRA

### POSES



BITILASANA MARJARYASANA



COW FACE POSE

### AFFIRMATIONS & MANTRAS

---

---

---

### VISUALIZATION

---

---

---

### NOTES

---

---

---

JKCWELLNESS.COM





✦ ✦

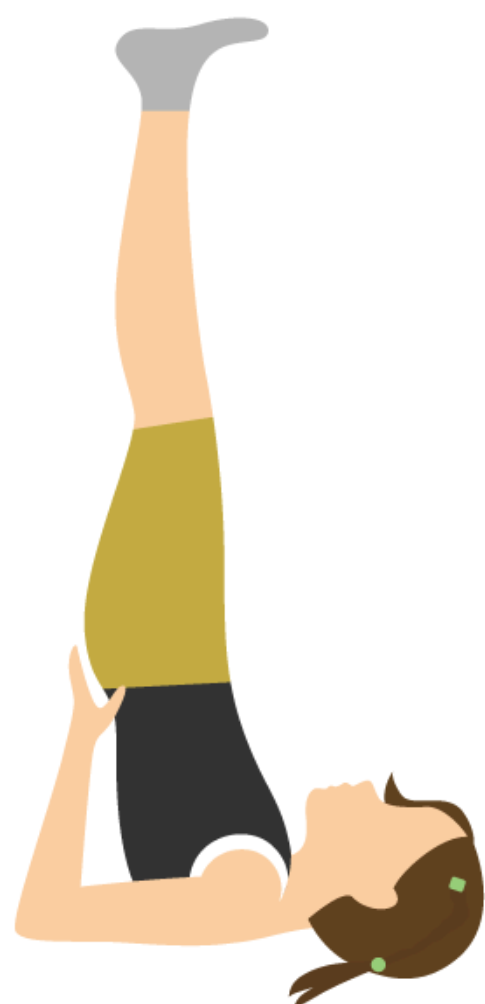
# Meditation

## JOURNAL

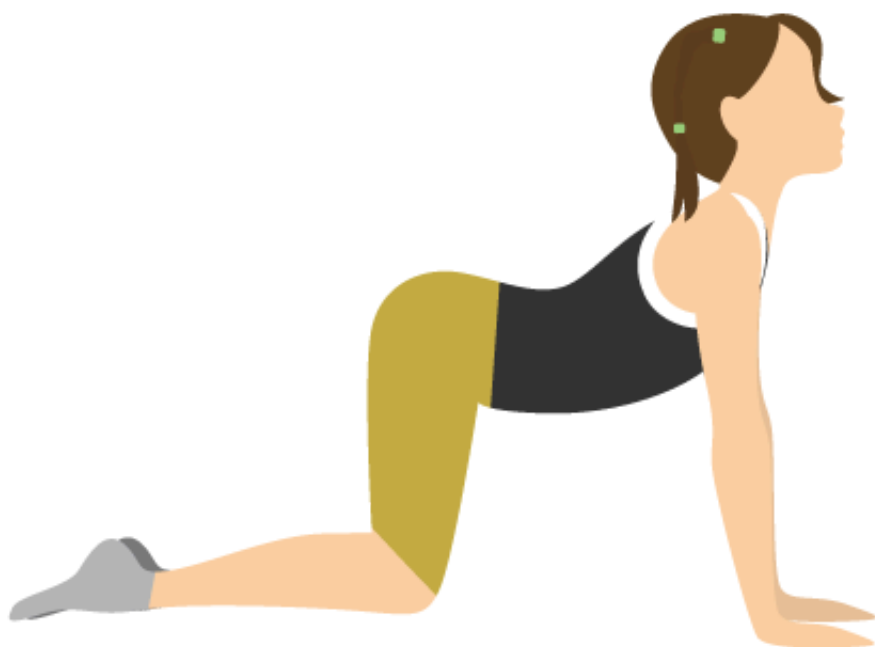
✦ ✦

## UNBLOCK THROAT CHAKRA

POSES



VIPARITA KARANI



BITILASANA MARJARYASANA

AFFIRMATIONS & MANTRAS

VISUALIZATION

NOTES



✦ ✦ ✦

# Meditation

✦ ✦ ✦

## JOURNAL

### UNBLOCK THIRD-EYE CHAKRA

POSES



UTTANASANA



ADHO MUKHA  
SVANASANA



COW FACE POSE

AFFIRMATIONS & MANTRAS

VISUALIZATION

NOTES



✦ ✦ ✦

# Meditation

## JOURNAL

✦ ✦ ✦

### UNBLOCK CROWN CHAKRA

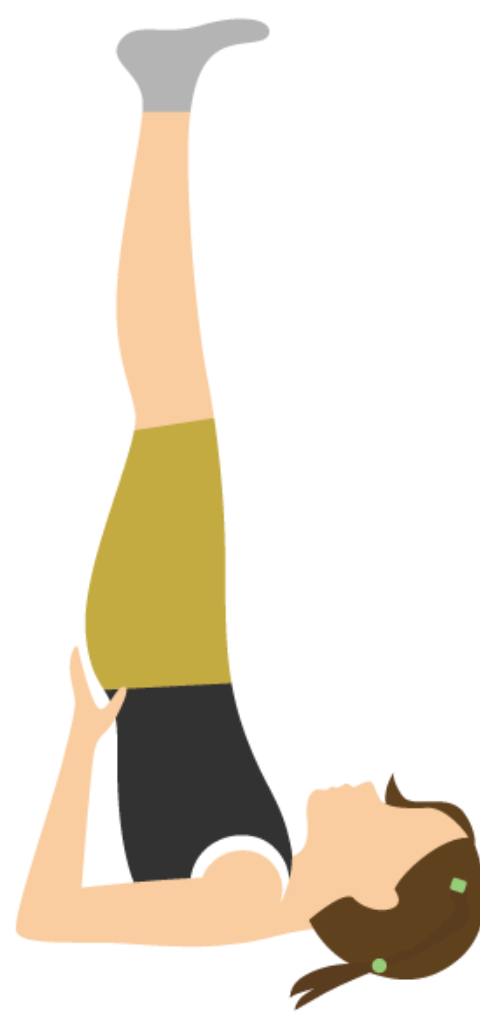
POSES



BITILASANA



SUKHASANA



VIPARITA KARANI

AFFIRMATIONS & MANTRAS

VISUALIZATION

NOTES