



# MEDITATION

## *Self reflection*



RESTORING ENERGY BALANCE

DATE

TAKE A MOMENT TO CHECK IN WITH YOURSELF  
BEFORE BEGINNING

How does my body feel  
right now?

What emotions are  
present for me?

On a scale of 1–10, how  
balanced do I feel?  
(1 = completely out of  
balance, 10 = deeply  
balanced)



# MEDITATION

## *Self reflection*



### RESTORING ENERGY BALANCE

DATE

DURING MEDITATION NOTICE WHAT YOU EXPERIENCE AS YOU MOVE THROUGH THE STEPS.

#### *Grounding*

What did I feel when connecting with the earth?

#### *Balancing Energy*

Did I notice any sensations when moving energy between belly and chest?

#### *Feminine & Masculine Harmony*

What images, feelings, or insights arose when I visualised the silver and golden light?



# MEDITATION

## *Self reflection*



RESTORING ENERGY BALANCE

DATE

AFTER MEDITATION  
REFLECT ON THE CHANGES WITHIN YOU.

How does my body feel  
now?

What emotions are  
present now?

On a scale of 1-10, how  
balanced do I feel now?



# MEDITATION

## *Self reflection*



RESTORING ENERGY BALANCE

DATE

INTEGRATION  
ANCHOR YOUR EXPERIENCE:

What is one small action I can take today to protect or restore my energy?

What part of my life is asking for more balance right now?

Write an affirmation you want to carry with you: