

Journal Writing Prompts

Date:

Earth Star Chakra Meditation

- Was it easy for you to imagine the light?
- Did you feel the light as it flowed down your body?
- Did you feel any areas within your body that felt as if they were slowing down the flow of the light?
 - If so, where?
 - What chakra is that associated with?
 - How does that relate to you and your life?
- When the light exited your feet did you feel any sensations?
- What color was your chakra?
- What does that color represent to you?