A picture containing table

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My Personal Journey

Write your name here

and the Date

Finding your Inner Light | Jovi Hoonjan | Love 2 Meditate

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## A close up of a person looking at the camera Description automatically generated 1 - Introduction

Please use this Journal to record all your insights and discoveries. Type in the boxes, they will automatically expand.

If you prefer to work with a printed copy, you will first need to expand the text boxes or remove them completely, creating space for you to write underneath the questions.

At lesson 6 – A Journey with Eagle, you have an opportunity to raise any questions for support and at the end of the course, you send the complete Journal to us so we can provide you with further guidance.

## 2 – Meet your Guide

Listen to this meditation every day.

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| Date | What time of day was the meditation done? | What happened and what messages did you receive (feelings, sensations, relaxed, energized, sounds, images, inner knowing, sensations, warm, cold, tingling…) |
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What questions have arisen for you?

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What dreams did you have? Come back tomorrow to add your dreams here, did you sleep well?

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Any further comments or insights?

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With this meditation we explore chakra energy centres, if you felt any of your chakras did not feel balanced then we suggest working with colours, affirmations and essential oils to help.

With the affirmations, we are providing a guideline of what you can say, feel free to change the wording so that the sentence resonates with you. Keep the affirmations in the present form. If you use future tense, i.e. “I want to be relaxed” - you are forever asking for relaxation but never quite bringing it into your life. So by changing it to ”I choose to be relaxed” will work better.

Say the affirmations over and over again throughout your day. You can say them out loudly if you are on your own, or mentally if you are surrounded by people.

Affirmations are great in many ways, they help to remove old belief systems, rewire old thinking patterns, prevent any unhelpful mind chatter and help to change your life. A win win situation!

The colours are great and easy to work with, an article of clothing, a bag, shoes, a crystal, a book, pens…

If you decide to use the essential oils, then diffuse them in a water diffuser around your home.

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| Chakra | Colour | Purpose | Essential oils | Affirmation |
| Base | Red | Survival, Security, Stability | Basil, Cedarwood, Myrrh, Patchouli | I choose to be at peace, protected and secure. |
| Sacral | Orange | Creativity, nurturing | Orange, Black Pepper, Cinnamon | I am creative and feel relaxed. |
| Solar Plexus | Yellow | Self worth, self-confidence, self-esteem | Bergamot, Fennel, Ginger, Clove | I accept myself unconditionally. |
| Heart | Green | Love, Joy, Forgiveness | Ylang Ylang, Rose, Geranium, Lime | I receive and give love without effort. |
| Throat | Blue | Communication, Truth | Lavender, Oregano, Birch | I choose to speak the truth with love. |
| Third Eye | Indigo | Intuition, inner knowing | Lemongrass, Clary Sage | I surrender to the Divine for guidance. |
| Crown | Violet | Higher spiritual connection | Frankincense, Lemon, Sandalwood | Divine and my higher self are always connected. |

## A close up of a person Description automatically generated3 - Silence is Golden

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What questions have arisen for you?

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What dreams did you have? Come back tomorrow to add your dreams here.

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Any further comments or insights?

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## A close up of an animal Description automatically generated4 – Empower and Forgive

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| Date | What time of day was the meditation done? | What happened and what messages did you receive (feelings, sensations, relaxed, energized, sounds, images, inner knowing, sensations, warm, cold, tingling…) |
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What questions have arisen for you?

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What dreams did you have? Come back tomorrow to add your dreams here.

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Any further comments or insights?

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## 4 - Walking

What was the intention you set?

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| Date | What time of day was the meditation done? | What happened and what messages did you receive (feelings, sensations, relaxed, energized, sounds, images, inner knowing, sensations, warm, cold, tingling…) |
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What questions have arisen for you?

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What dreams did you have? Come back tomorrow to add your dreams here.

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Any further comments or insights?

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## A bird flying in the sky Description automatically generated6 – Fly with Eagle

Which Archangel did you invite? How did he appear?

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| Date | What time of day was the meditation done? | What happened and what messages did you receive (feelings, sensations, relaxed, energized, sounds, images, inner knowing, sensations, warm, cold, tingling…) |
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What questions have arisen for you?

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What dreams did you have? Come back tomorrow to add your dreams here.

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Any further comments or insights?

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At this stage of your work, send an email to us [jovi@love2meditate.com](mailto:jovi@love2meditate.com), if you have any questions or need some extra guidance.

## A person standing next to a tree Description automatically generated7 – Ritual – Ground and Be Present

Look back at your notes. Do you see any repetitions in your comments? Do you feel you have made lots of similar discoveries? See if you are able to analyze them yourself. The more you can independently and confidently trust in your own interpretation, the stronger your intuition will be.

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| Date | What time of day was the meditation done? | What happened and what messages did you receive (feelings, sensations, relaxed, energized, sounds, images, inner knowing, sensations, warm, cold, tingling…) |
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What questions have arisen for you?

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What dreams did you have? Come back tomorrow to add your dreams here.

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Any further comments or insights?

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## A close up of a tree Description automatically generated8 - Rebirth

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| Date | What time of day was the meditation done? | What happened and what messages did you receive (feelings, sensations, relaxed, energized, sounds, images, inner knowing, sensations, warm, cold, tingling…) |
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What questions have arisen for you?

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What dreams did you have? Come back tomorrow to add your dreams here.

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Any further comments or insights?

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## A person wearing a costume Description automatically generated9 - The Evaluation

**Your Journey to connect with your inner light**

In the box, write a summary of all that you have been through and send it to jovi@love2meditate.com. We will provide you with our observations, support and offer ideas for further development.

Remember, you have opened up the spiritual doors and things will continue to unfold in the future. Enjoy and respect the person you are and please welcome in the changes.

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