A picture containing indoor, sitting, food, table

Description automatically generated

My Personal Journey

Write your name here

and the Date

Believe in your Power | Jovi Hoonjan | Love 2 Meditate

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## A picture containing outdoor, person, sun, water 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.

Feel free to listen to any of the meditations or repeat the exercises more than once – the more you do them, the stronger the impact you will have.

## A picture containing animal, standing, grass, green Description automatically generated2 – Power Animal Support

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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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Who was your Power animal?

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*If you feel you didn’t connect with a power animal, listen to the meditation again. Normally you will see parts of the animal.*

What support elements does your power animal bring to 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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## A brown horse standing on top of a dry grass field Description automatically generated3 - Making Powerful Bonds

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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 were your overall thoughts on performing the ritual?

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What insights came up 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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Rituals are amazing exercises to perform, we suggest you experiment and do more. You could create your very own ritual or you could change ours a little to suit you.

You could select different animals that you are personally drawn to and add them.

## A blurry photo of a fire Description automatically generated4 – The Perfect Power

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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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**Before you listen to the Powerful Warrior meditation journey**

How do you feel you are progressing so far?

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Look back at the notes you have made so far. 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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**After listening to the meditation journey**

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 picture containing indoor, sitting, food, table Description automatically generated4 - Dance with Me

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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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Is this a new experience for you? What music did you play?

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How easy was it for you to relax and surrender yourself to the dance? Were you able to get the privacy?

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How did you feel?

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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 persons hand Description automatically generated6 – The Shield

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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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Did you feel anything throughout the meditation journey?

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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 generated7 - The Evaluation

**Your Journey to connect believe in your Power**

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 connected with your Power, 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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