



CHAKRA MEDITATION

Write about any insights that came to you during the meditation. Go through each chakra center one by one and recall any symbols, pictures, motions, "movies", sounds, music or people that came up. Try to be as detailed as possible. You can also go through the experience again by closing your eyes and taking yourself through the mediation again.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

