

Breathworks

m i r a c l e s

7 Chakra Healing

Workbook

3 WEEK MEDITATION SYSTEM

by Julie King

WEEK ONE

REST
PEACEFUL MIND
SHARPEN SENSES
RESET PHYSICAL BODY
CLEAR CHAKRA ENERGY CENTERS

MEDITATION SCHEDULE

Chakra	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Root Chakra	heee						
Sacral Chakra		heee					
Solar Plexus			heee				
Heart Chakra				heee			
Throat Chakra					heee		
Brow Chakra						heee	
Crown Chakra							heee

WEEK ONE: DAY 1

Before Meditation

SHORT ANSWER QUESTIONS

How is your stress level in the present moment?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

How does your physical body feel?

How did you sleep last night?

What is your intention for today's meditation for the Base Chakra?

Check In After Meditation

How are you feeling now?

How does your physical body feel?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

Did you experience any visuals? If yes, please describe bellow:

How did you sleep last night?

WEEK ONE: DAY 2

Before Meditation

SHORT ANSWER QUESTIONS

How is your stress level in the present moment?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

How does your physical body feel?

How did you sleep last night?

What is your intention for today's meditation for the Sacral Chakra?

Check In After Meditation

How are you feeling now?

How does your physical body feel?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

Did you experience any visuals? If yes, please describe bellow:

Did you feel any shift with in you today? If yes, please describe bellow:

WEEK ONE: DAY 3

Before Meditation

SHORT ANSWER QUESTIONS

How is your stress level in the present moment?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

How does your physical body feel?

How did you sleep last night?

What is your intention for today's meditation for the Solar Plexus Chakra?

Check In After Meditation

How are you feeling now?

How does your physical body feel?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

Did you experience any visuals? If yes, please describe bellow:

Did you feel any shift with in you today? If yes, please describe bellow:

WEEK ONE: DAY 4

Before Meditation

SHORT ANSWER QUESTIONS

How is your stress level in the present moment?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

How does your physical body feel?

How did you sleep last night?

What is your intention for today's meditation for the Heart Chakra?

Check In After Meditation

How are you feeling now?

How does your physical body feel?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

Did you experience any visuals? If yes, please describe bellow:

Did you feel any shift with in you today? If yes, please describe bellow:

WEEK ONE: DAY 5

Before Meditation

SHORT ANSWER QUESTIONS

How is your stress level in the present moment?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

How does your physical body feel?

How did you sleep last night?

What is your intention for today's meditation for the Throat Chakra?

Check In After Meditation

How are you feeling now?

How does your physical body feel?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

Did you experience any visuals? If yes, please describe bellow:

Did you feel any shift with in you today? If yes, please describe bellow:

WEEK ONE: DAY 6

Before Meditation

SHORT ANSWER QUESTIONS

How is your stress level in the present moment?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

How does your physical body feel?

How did you sleep last night?

What is your intention for today's meditation for the Brow Chakra (Third Eye)?

Check In After Meditation

How are you feeling now?

How does your physical body feel?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

Did you experience any visuals? If yes, please describe bellow:

Did you feel any shift with in you today? If yes, please describe bellow:

WEEK ONE: DAY 7

Before Meditation

SHORT ANSWER QUESTIONS

How is your stress level in the present moment?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

How does your physical body feel?

How did you sleep last night?

What is your intention for today's meditation for the Crown Chakra?

Check In After Meditation

How are you feeling now?

How does your physical body feel?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

Did you experience any visuals? If yes, please describe bellow:

Did you feel any shift with in you today? If yes, please describe bellow:

WEEK ONE SELF EVALUATION

COMPARE AND ANSWER THE FOLLOWING QUESTIONS

Look over your notes from the first day till the last.

Compare how you are feeling now. Do you feel any difference?

Compare how your physical body feels now. Has your energy levels increased?

Compare your mental state to when you started to the present moment.
Do you experience more or less stress? Please describe bellow:

Compare your emotional state to when you started to the present moment.

Compare your spiritual state to when you started to the present moment.
Do you feel more aligned?

Compare your spiritual state to when you started to the present moment?
Have your senses sharpened?

Has your sleep improved? If yes, please describe bellow:

Do you see and feel the progress? If yes, please describe bellow:

Lined writing area with 25 horizontal lines.

Tip: Take a walk. Light candles, incense, or use aromatherapy oils and take a nice bubble bath with epsom salt. Play relaxin music.

WEEK TWO

HEART LIVER KIDNEYS STOMACH SPLEEN ENERGY CLEARING

MEDITATION SCHEDULE

Chakra	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Root Chakra							
Sacral Chakra					sh	choou	heee long
Solar Plexus				ssssss			
Heart Chakra	heee	how	hoo				
Throat Chakra							
Brow Chakra							
Crown Chakra							

WEEK TWO: DAY 1

Before Meditation

SHORT ANSWER QUESTIONS

How did you sleep last night?

How is your stress level in the present moment?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

How does your physical body feel?

What is your intention for today's meditation for the Heart Chakra (physical body, the muscle itself)?

Tip: if at any point you feel discomfort in your chest area or you feel a point in your heart. Imagine a green light in that area and breath into it, with each exhale releasing the pain.

Check In After Meditation

How are you feeling now?

How does your physical body feel?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

Did you experience any pain or discomfort in your chest area? If yes, please describe below:

Did you experience any visuals? If yes, please describe below:

Did you feel any shift with in you today? If yes, please describe below:

WEEK ONE: DAY 2

Before Meditation

SHORT ANSWER QUESTIONS

How did you sleep last night?

How is your stress level in the present moment?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

How does your physical body feel?

What is your intention for today's meditation for the Heart Chakra (emotional body)?

Tip: if at any point you feel discomfort in your chest area or you feel a point in your heart. Imagine a pink light in that area and breath into it, with each exhale releasing the pain.

Check In After Meditation

How are you feeling now?

How does your physical body feel?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

Did you experience any pain or discomfort in your chest area? If yes, please describe below:

Did you experience any visuals? If yes, please describe below:

Did you feel any shift with in you today? If yes, please describe below:

WEEK ONE: DAY 3

Before Meditation

SHORT ANSWER QUESTIONS

How did you sleep last night?

How is your stress level in the present moment?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

How does your physical body feel?

What is your intention for today's meditation for the Heart Chakra (spiritual body)?

Tip: if at any point you feel discomfort in your chest area or you feel a point in your heart. Imagine both green and pink light in that area and breath into it, with each exhale releasing the pain.

Check In After Meditation

How are you feeling now?

How does your physical body feel?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

Did you experience any pain or discomfort in your chest area? If yes, please describe below:

Did you experience any visuals? If yes, please describe below:

Did you feel any shift with in you today? If yes, please describe below:

WEEK ONE: DAY 4

Before Meditation

SHORT ANSWER QUESTIONS

How did you sleep last night?

How is your stress level in the present moment?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

How does your physical body feel?

What is your intention for today's meditation for the Solar Plexus?

Tip: if you want you can exhale with voiced sound "ssss", continue the circular breathing, with out holding on to your exhale on inhale. Try it out first, if you feel discomfort go back to the breath. You can also repeat three times in your minds eye "All that is mine come back to me now. All that is not mine go back to its rightful owner."

Check In After Meditation

How are you feeling now?

How does your physical body feel? Did you feel any of your strength come back to you?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

Did you experience any pain or discomfort in your solar plexus area? If yes, have you been giving your power away consciously or unconsciously? Please describe bellow:

Did you experience any visuals? If yes, please describe bellow:

Did you feel any shift with in you today? If yes, please describe bellow:

WEEK ONE: DAY 5

Before Meditation

SHORT ANSWER QUESTIONS

How did you sleep last night?

How is your stress level in the present moment?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

How does your physical body feel?

What is your intention for today's meditation for the Sacral Chakra (liver healing)?

Tip: if you want you can exhale with voiced sound "sh", continue the circular breathing, with out holding on to your exhale on inhale. Try it out first, if you feel discomfort go back to the breath. Imagine a pine green color around your liver, and breath into that space.

Check In After Meditation

How are you feeling now?

How does your physical body feel?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

Did you experience any pain or discomfort around your liver area? If yes, have you been drinking alcohol? If no, have you been eating fatty foods? If no, is there someone you still need to forgive? Please describe bellow:

Did you experience any visuals? If yes, please describe bellow:

Did you feel any shift with in you today? If yes, please describe bellow:

WEEK ONE: DAY 6

Before Meditation

SHORT ANSWER QUESTIONS

How did you sleep last night?

How is your stress level in the present moment?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

How does your physical body feel?

What is your intention for today's meditation for the Sacral Chakra (kidney and spleen organs)?

Tip: if at any point you feel discomfort in your spine below your ribcage or in the area of your spleen imagine an orange yellow light expanding between your mid back and your diaphragm area and breath into it. With each exhale letting go of the pain. Your spleen is located in the upper left region of your abdomen, under your diaphragm and behind your stomach.

Check In After Meditation

How are you feeling now?

How does your physical body feel?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

Did you experience any pain or discomfort in your mid back or your upper left side behind your diaphragm area? If yes, please describe bellow:

Did you experience any visuals? If yes, please describe bellow:

Did you feel any shift with in you today? If yes, please describe bellow:

WEEK ONE: DAY 7

Before Meditation

SHORT ANSWER QUESTIONS

How did you sleep last night?

How is your stress level in the present moment?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

How does your physical body feel?

What is your intention for today's meditation for the Sacral Chakra (sexual healing)?

Tip: if you haven't done any chakra clearing with your past sexual partners, this would be a good time to do so, to clear space for a new loving relationship. If you wish for more creative flow, set an intention for that. I (your name) clear space for more creative juices to flow through me.

If you have been trying to get pregnant, this is a good time to set an intention for that.

Make sure it's clear, to get pregnant and to carry full term in order to give birth/life (use your own words).

Check In After Meditation

How are you feeling now?

How does your physical body feel?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

Did you experience any pain or discomfort in your lower belly? Do you feel more expansion in your lower belly? If yes, please describe bellow:

Did you experience any visuals? If yes, please describe bellow:

Did you feel any shift with in you today? If yes, please describe bellow:

WEEK ONE SELF EVALUATION

COMPARE AND ANSWER THE FOLLOWING QUESTIONS

Look over your notes from week one day 1 till to today.

Compare how you are feeling now. Do you feel any difference?

Compare how your physical body feels now. Has your energy levels increased?

Compare your mental state to when you started to the present moment.
Do you experience more or less stress? Please describe bellow:

Compare your emotional state to when you started to the present moment.

Compare your spiritual state to when you started to the present moment.
Do you feel more aligned?

Compare your spiritual state to when you started to the present moment?
Have your senses sharpened?

Has your sleep improved? If yes, please describe bellow:

WEEK THREE

Chakra	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Root Chakra	heee						
Sacral Chakra		heee					
Solar Plexus			heee				
Heart Chakra				heee			
Throat Chakra					heee		
Brow Chakra						heee	
Crown Chakra							heee

WEEK THREE: DAY 1

Before Meditation

SHORT ANSWER QUESTIONS

How did you sleep last night?

How is your stress level in the present moment?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

How does your physical body feel?

What is your intention for today's meditation for the Base Chakra?

Tip: if you may set an intention to clear any financial fears, or insecurity. During the meditation you can (if you are ready to do so) forgive those who are in debt to you. Forgive yourself for the debts. You did what you did at the time. It is okay for you to let go. Security-if you are in the comfort of your living space, and you know you are safe to be here. Repeat "I am safe, it is safe for me to be here."

Check In After Meditation

How are you feeling now?

How does your physical body feel?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

Did you experience any pain or discomfort at the base of your spine? If yes, please describe bellow:

Did you experience any visuals? If yes, please describe bellow:

Did you feel any shift with in you today? If yes, please describe bellow:

WEEK ONE: DAY 2

Before Meditation

SHORT ANSWER QUESTIONS

How did you sleep last night?

How is your stress level in the present moment?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

How does your physical body feel?

What is your intention for today's meditation for the Sacral Chakra?

Tip: you can choose any of the tips from second week that you haven't done yet, or set your own intention.

Check In After Meditation

How are you feeling now?

How does your physical body feel?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

Did you experience any pain or discomfort in lower belly? If yes, please describe below:

Did you experience any visuals? If yes, please describe below:

Did you feel any shift with in you today? If yes, please describe below:

WEEK ONE: DAY 3

Before Meditation

SHORT ANSWER QUESTIONS

How did you sleep last night?

How is your stress level in the present moment?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

How does your physical body feel?

What is your intention for today's meditation for the Solar Plexus?

Tip: if you wish you can set an intention for all of your energy to come back to you.

I (your name) ask for all of my energy from all lives that I gave away, willingly or unwillingly, consciously or unconsciously, to come back to me now.

Check In After Meditation

How are you feeling now?

How does your physical body feel?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

Did you experience any pain or discomfort in your solar plexus area? Do you feel more power flowing through you now? If yes, please describe bellow:

Did you experience any visuals? If yes, please describe bellow:

Did you feel any shift with in you today? If yes, please describe bellow:

WEEK ONE: DAY 4

Before Meditation

SHORT ANSWER QUESTIONS

How did you sleep last night?

How is your stress level in the present moment?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

How does your physical body feel?

What is your intention for today's meditation for the Heart Chakra?

Tip: you may want to invite more self-love into your life.

Check In After Meditation

How are you feeling now?

How does your physical body feel? Did you feel any of your strength come back to you?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

Did you experience any pain or discomfort in your heart space? Are you experiencing any grief, or loss of a loved one? If no, please describe bellow your state of being now:

Did you experience any visuals? If yes, please describe bellow:

Did you feel any shift with in you today? If yes, please describe bellow:

WEEK ONE: DAY 5

Before Meditation

SHORT ANSWER QUESTIONS

How did you sleep last night?

How is your stress level in the present moment?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

How does your physical body feel?

What is your intention for today's meditation for the Throat Chakra?

Tip: you may want to ask for your authentic voice to be heard. Ask for a better alignment of your thoughts and the words that you choose to speak. Asking for a clear word expression of your feelings from a compassionate, loving place of your heart. You may voice some sighs throughout your meditation. If you feel a knot in your throat or tightness you can imagine a blue light in your throat area circling around and breathe into that.

Check In After Meditation

How are you feeling now?

How does your physical body feel?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

Did you experience any tightness in your throat? Do you feel any release? Please describe bellow:

Did you experience any visuals? If yes, please describe bellow:

Did you feel any shift with in you today? If yes, please describe bellow:

WEEK ONE: DAY 6

Before Meditation

SHORT ANSWER QUESTIONS

How did you sleep last night?

How is your stress level in the present moment?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

How does your physical body feel?

What is your intention for today's meditation for the Brow Chakra (third eye)?

Tip: you may want to set an intention for more clarity, positive thinking, and clear message channeling.

Check In After Meditation

How are you feeling now?

How does your physical body feel?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

Did you feel more clarity? Has your clairvoyance sharpened? Do you experience less negative thoughts? If yes, please describe bellow:

Did you experience any visuals? If yes, please describe bellow:

Did you feel any shift with in you today? If yes, please describe bellow:

WEEK THREE: DAY 7

Before Meditation

SHORT ANSWER QUESTIONS

How did you sleep last night?

How is your stress level in the present moment?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

How does your physical body feel?

What is your intention for today's meditation for the Crown Chakra?

Tip: you may want to ask for more alignment with your higher-self, your guides, and the Divine Source, more love, more channeling

Check In After Meditation

How are you feeling now?

How does your physical body feel?

How is your mental state in the present moment?

How is your emotional state in the present moment?

How is your spiritual state in the present moment?

Did you experience any pain or discomfort? Do you feel more expansion? Do you feel more connected to the Divine Source? If yes, please describe bellow:

Did you experience any visuals? If yes, please describe bellow:

Did you feel any shift with in you today? If yes, please describe bellow:

WEEK THREE SELF EVALUATION

COMPARE AND ANSWER THE FOLLOWING QUESTIONS

Look over your notes from week one day 1 till today.

Compare how you are feeling now. Do you feel any difference?

Compare how your physical body feels now. Has your energy levels increased?

Compare your mental state to when you started to the present moment.
Do you experience more or less stress? Please describe bellow:

Compare your emotional state to when you started to the present moment.

Compare your spiritual state to when you started to the present moment.
Do you feel more aligned?

Compare your spiritual state to when you started to the present moment?
Have your senses sharpened?

Has your sleep improved? If yes, please describe bellow:

Do you see and feel the progress? If yes, please describe bellow:

Lined writing area for describing progress.

Tip: Take a walk. Light candles, incense, or use aromatherapy oils and take a nice bubble bath with epsom salt. Play relaxin music.