



Week 8 Journaling Guide: Sparkling Gem Meditation

1. What kind of gem appeared to carry the light of your vision through your body? What did it look like (color, type)?
2. What did it sound like? What was the fragrance (or taste) if any?
3. What quality did it bring to you from your vision? (Ex: peace, flow, abundance, freedom, intimacy, unconditional love, etc.)
4. How did it feel to receive this quality through the different areas of your body?
5. What did you notice about your capacity to receive beauty and pleasure as the gem passed through the different areas of your body?