



21 Day Meditation Challenge

Looking Within

1



2

Breath
Exercise

3



4

Breath
Exercise

5



6

Breath
Exercise

7



8

Breath
Exercise

9



10

Breath
Exercise

11



12

Breath
Exercise

13



14

Breath
Exercise

15



16

Breath
Exercise

17



18

Breath
Exercise

19



20

Breath
Exercise

21



**Breath
Exercise**

Do additional to Meditation

Your choice of Meditation



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Looking Within

HOW TO USE THIS PLANNER!



Day 1 - 7 Meditate 5 min's

Day 8 - 20 Meditate 10 min's

Day 21 10 min Guided Meditation

Guided Meditation

Breath Exercise

Choose a Breath to do before Meditation

**Try changing your
Meditation & Breath each week!**



Heal with me ... Toni-Lee_FB



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Meditation's

Good posture - for Meditation & Breath Work is very important!

- *Seated crossed legged on the floor , cushion or mat*

Root your sit bones & feel your spine, grow as long as you lightly extend from the crown of your head. Soften your heart & your shoulders, or you can do this sitting in a chair or lying down.

Soften your gaze or close your eyes.

Set a timer if you'd like for 5 or 10min's for Meditation or play some soft music

A. Mind Clearing Meditation

1. *Take 3 deep Breaths IN through your nose & OUT through your mouth. Relax & bring your attention to your breath & notice what is happening to your body.*
2. *INHALE belly & chest rises - EXHALE - belly deflates*
3. *Don't worry if your mind begins to wander, just notice & allow it. Don't judge it, just let it float by like clouds in the sky.*
4. *Begin to notice your Breath again - IN & OUT*
5. *When time has passed, gently open your eyes, taking a moment to notice how you feel.....
(record this in your journal)*

B. Body Scan

1. *Take 3 deep Breaths IN through your nose & OUT through your nose. Relax & become aware of your Breath.*
2. *Begin by bringing your awareness to the top of your head, continue to be aware of each part of your body, working you way down to the ground - your face, your neck, shoulders, arms & hands, working now down your spine, chest , tummy, hips, legs , feet & toes. Feel the energy. Continue back up your body to the top of your head and out to the universe.*
3. *Begin to notice your Breath again - IN & OUT*
4. *When time has passed, gently open your eyes, taking a moment to notice how you feel.....
(record this in your journal)*

C. White Light Visualisation

1. *Take 3 deep Breaths IN through your nose & OUT through your nose. Relax. Relax Relax.*
2. *Visualise a White or Golden radiating light, shining right above your crown.*
3. *See this radiating light fow from the tip of your head, down, down through your feet, down deep grounding you to the earths core.*
4. *Breathe & feel this energy pumping all the way back up throught your soles, up your spine, through your heart, slowly up to your neck shoulders, face- smile here, & out the top of your head, but this time out & around your whole body, an energy protection field.*
5. *Just stay here & breathe until your timer goes off. Safe & protected, full of Love.*
6. *When time has passed, gently open your eyes, taking a moment to notice how you feel.....
(record this in your journal)*



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Breath's

A. A beginner's journey to - 3 part breath

1. Place your hand over your navel & take a slow deep breath into your belly. Feel the belly inflate like a balloon as you INHALE & deflate as you EXHALE. Practice this for 5 Breaths.
2. Move your hand 2 -3 inches above your navel, to your rib cage. Feel the ribs expand as you INHALE & retract as you EXHALE. Practice this for 5 Breaths.
3. Place your hand below your collarbone, at the centre of your chest & INHALE. Feel the chest spread as you breathe IN & withdraw on your EXHALE. Practice this for 5 Breaths.
4. Begin your chosen Meditation

B. Sighing Breath

1. Place one hand on your chest & one hand on your abdomen.
2. Breath IN through your nose, expanding your abdomen with enough air to stretch the lungs.
3. EXHALE through your mouth with an audible sigh.. You will feel an emotional release as your stress evaporates into thin air.
4. Repeat this at least 3 times - more is better- try 6 - 8 or 12 times.
5. Begin your chosen Meditation

C. Boxed Breath

Place hands on lap, palms facing upwards (if lying ,place beside body)

1. INHALE 4 Seconds
2. HOLD 4 Seconds
3. EXHALE 4 Seconds ----- **1 Round (change to 3 seconds if needed)**
4. HOLD 4 Seconds

INHALE tummy expands - EXHALE tummy deflates

Repeat round 10 -12 times until you feel grounded.

