

Earth to Heart to Hand

Click here to access your
free meditation



Earth to Heart to Hand

Meditation Reflection Journal

A gentle place to explore
what's stirring within



With love,
Becki

This is your space.

A place to return to
your own breath,
your own hands,
your own rhythm.

Trust what comes.

Honour the quiet.

Create freely.

Journal Prompts

What images, memories, or emotions surfaced during the meditation?

What part of my body felt most activated or soothed?

What does grounding mean to me in this season?

Journal Prompts

If I could channel what I feel right now into creative expression, what might it look like?

A message from my heart to my hands:

Creative Space

Create here... a sketch, a collage, a pattern, a
mind map- follow what's true for you

Walk with us

You're not alone in this.

This is just the beginning.

It's an honour to have you here for the evolving journey of Holistic Humanity.

Arohanui,
Becki



Instagram:
[@_holistichumanity](https://www.instagram.com/_holistichumanity)

Subscribe here:
[holistichumanitynz.com](https://www.holistichumanitynz.com)