



# Self-Meditation JOURNAL

Path to Inner Peace and Mindfulness

BELYNDER WALIA



This journal belongs to

---

---



*In the quietude of  
self-reflection, you uncover  
the answers that the world  
cannot offer. Yet, you possess  
the ability to reveal them.*



# Breathing Exercise



## How I Use It

I begin my meditation with deep breathing exercises to centre myself, just as I guide my clients. Taking slow, intentional breaths helps me feel grounded, especially when life feels chaotic.

Here's an example of the breathing technique I use:

First, find a comfortable seated position with your spine straight and your feet flat on the floor. If you prefer, sit cross-legged on a cushion. Close your eyes and bring your attention to your breath.

1. Inhale deeply through your nose for a count of four, feeling your lungs expand and your chest rise.
2. Hold your breath for a count of two, allowing the air to settle in your body.
3. Slowly exhale through your mouth for a count of six, feeling your body soften and relax as the air leaves.
4. Repeat this cycle for about five minutes, keeping your focus on the rhythm of your breathing.

As you breathe, notice any sensations in your body. Are your shoulders tight? Is your mind racing, or do you feel more at ease with each breath?

It's okay if thoughts arise; gently guide your attention to breathing.

After the exercise, I like to take a few moments to write down how I felt during the practice. Did I notice any tension in my body? Did my mood shift? How do I feel now compared to before I started? Reflecting like this helps me track my emotional and physical state over time and encourages deeper self-awareness.

This simple practice of mindful breathing can help restore a sense of calm and clarity, especially when life feels overwhelming.



# Body Scan Meditation



## How I Use It

I love the body scan meditation for releasing tension and becoming more mindful of how I hold stress in my body. I often find that some regions of tension, like my shoulders or neck, are linked to what I'm emotionally experiencing. Journalling this has helped me build awareness of those connections, making it easier to address them.

Here's how you can practice a body scan meditation:

1. **Find a quiet, comfortable space to sit or lie down.** Close your eyes and take a few deep breaths to centre yourself, focusing on the rhythm of your breathing.
2. **Start at the top of your head.** Bring your attention to your scalp, forehead, and face. Notice any sensations—tense, relaxed, warm, or calm. There's no need to change anything; observe how you feel.
3. **Move slowly. Shift your attention from your head to your neck and shoulders. These areas often hold much tension.** Are your shoulders hunched or tight? Can you feel any stiffness in your neck? Take a deep breath, and as you exhale, imagine softening any areas of discomfort.
4. **Continue scanning your body this way—bringing awareness to your chest, upper back, arms, and hands.** Then, move down to your abdomen, hips, lower back, legs, and feet. As you reach each part of your body, notice any sensations without judgment. If your mind wanders, gently guide it to the part you're scanning.
5. **Release tension as you go.** If you feel tightness or discomfort in any area, try to relax it with your breath. Inhale deeply, and as you exhale, consciously release the tension in that spot.
6. **End with full-body awareness.** After you've scanned each part individually, take a moment to feel your entire body. Notice how connected everything is—how one tense area might influence another. Allow yourself to rest in this awareness for a few moments.

After finishing the body scan, take a moment to write about your experience in this journal. Please note where you felt tension and explore any emotional connections that came to mind. For example, you often find that tightness in your neck relates to stress or worry, while tension in your chest might signal anxiety. By putting these observations into words, you start to see patterns in how your body responds to different emotions.

This practice allows you to become more mindful of how you carry stress. You realise that identifying these connections helps you better understand and release physical tension. It also encourages emotional insight, empowering you to maintain a stronger sense of balance and well-being.





























*Growth begins where the  
courage to reflect meets the  
wisdom to change.*

