

# INNERG 12-CENTER BREATH + ENERGY PLANNER

This is educational spiritual-practice content, not medical care. Keep breath awareness gentle. Stop if dizzy, strained, or unwell.

## Daily Grounding

Date:

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Body state:

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Breath quality:

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Mood:

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Energy word:

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Practice intention:

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## Breath Awareness Log

| Minute | Breath Quality | Body Notes | Mind Notes |
|--------|----------------|------------|------------|
| 1      |                |            |            |
| 2      |                |            |            |
| 3      |                |            |            |
| 4      |                |            |            |
| 5      |                |            |            |

## Expanded Center Reflection Map

| Center                    | Prompt  | Notes |
|---------------------------|---|-------|
| Root                      | What helps me feel steady?                                      |       |
| Sacral                    | What feeling or creative current is present?                    |       |
| Solar Plexus              | Where do I need clean focus?                                    |       |
| Dantian                   | Where is qi or life-force gathering?                            |       |
| Heart                     | What can soften without force?                                  |       |
| High Heart                | What bridges compassion and spirit?                             |       |
| Throat                    | What needs honest expression?                                   |       |
| Well of Dreams            | What is the subconscious showing me?                            |       |
| Third Eye                 | What pattern am I noticing?                                     |       |
| Forehead Zone             | Where can cosmic love widen my perception?                      |       |
| Crown                     | What meaning or higher view is available?                       |       |
| Feet / Hands /<br>Merkaba | How is the field grounding, projecting, receiving, and sealing? |       |