

SPIRIT BOMBS INTEGRATION JOURNAL

Companion reflection tool only. Practice gently, stay grounded, and stop if strained or unwell.

Advanced Practice Reflection

Focus theme:

Symbol or image:

Where attention gathered:

Breath quality:

Body state:

Expanded Center Glow Map

Center	Color / Image	Notes
Root		
Sacral		
Solar Plexus		
Dantian		
Heart		
High Heart		

Throat		
Well of Dreams		
Third Eye		
Forehead Zone		
Crown		
Feet / Hands / Merkaba		

Energy bounce notes: toes, feet, ankles, knees, thighs, core, organs, hands, throat, head

Energetic dome/domain notes:

What needs rest?

Grounded action after practice: