



# JOURNAL PROMPTS

## Creation in Motion: The Eclipse Meditation Journey

A companion for reflection through all 13 steps of the journey.  
Move at your own pace. Each question is an invitation to listen more deeply.

### ● Step 1 — Release into Unity

- What did silence reveal to me today?
- What sensations or whispers arose in my body?
- Where in my life am I being asked to soften or surrender?

### ● Step 2 — New Beginnings

- How does it feel to give presence a place in my daily rhythm?
- What structure or rhythm supports me most right now?
- What intention am I planting at this stage of the journey?

### ● Step 3 — Ignite Courage

- What gives me energy and vitality right now?
- Where do I feel called to act with courage?
- How does listening help me trust my inner spark?

### ● Step 4 — Find Balance

- Where in my life am I invited to find more balance?
- How does listening shape the way I show up in relationships?
- What does harmony feel like in my body?

### ● Step 5 — Ground into Body

- What sensations in my body feel most alive right now?
- How can I nourish myself more deeply — physically, emotionally, energetically?
- What grounds me when life feels unsteady?

### ● Step 6 — Transform Within

- What old patterns or stories am I ready to release?
- How does stillness help me move through change?
- What new strength is emerging within me?

### ● Step 7 — Open to Curiosity

- What am I most curious about right now?
- How can I bring more playfulness into my listening practice?
- What new perspectives or possibilities are opening for me?

### ● Step 8 — Expand Vision

- What new vision or possibility feels alive in me?
- How does listening expand my sense of what's possible?
- Where am I being invited to look further, dream bigger, or trust more deeply?

### ● Step 9 — Rest in Belonging

- Where do I feel most at home — in myself, in my relationships, in the world?
- What practices help me nurture my own sense of belonging?
- How does listening remind me that I am held and supported?

### ● Step 10 — Connect to Collective

- How does my presence ripple outward to others?
- Where do I feel the strongest sense of community or collective energy?
- How am I being invited to co-create with others right now?

### ● Step 11 — Shine Radiance

- What makes me feel most joyful and alive?
- How do I naturally share my light with others?
- Where am I ready to shine more brightly?

### ● Step 12 — Unify with All

- How has my practice of listening changed me?
- Where do I feel the greatest sense of unity and oneness?
- How can I carry this wholeness into my daily life?

### ● Step 13 — Integrate & Embody

- What have I discovered about myself through this journey?
- How can I honor and celebrate what I've grown?
- In what ways will I carry listening forward into my life from here?