

## Gemini SEASON: 5 DAY CHALLENGE: Meditation

### Gemini /Meditation Challenge

Gemini is the thinking, communicative, dualistic sign that's shadow is the mind that won't turn off. No other sign in the zodiac would benefit more from a meditation practice, to harness the insanely non-stop mental activity, than Gemini. Don't let the mind get the best of you- learn to control it through regular meditation. This challenge will up your mental game with a completely transforming experience of meditating TWICE per day and exploring different techniques: breath work, guided meditation, self-guided meditation, affirmation/mantra, and mindfulness. This schedule reinforces different techniques by practicing each one twice. Journal about your experience each day- paying attention to your feelings/energy and which technique(s) with which you most resonate.

#### Day 1: Breath Work & Guided Meditation

AM: Practice Samana Breathing or Box Breathing with a ratio of: 6s inhale, 6s hold, 6s exhale, 6s hold for 12 rounds. (If this is easy- increase to 8s or 10s.)

PM: Do the 5th Chakra or Expanded Perspective guided meditation

Journal Notes: Feelings & Insights

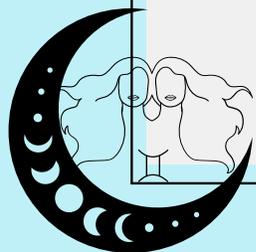
#### Day 2: Guided Meditation (again) & Affirmation/Mantra

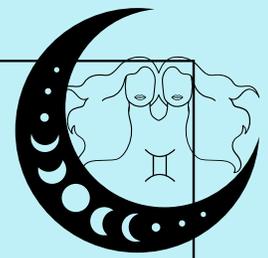
AM: Do the same or the other guided meditation.

PM: Choose one of the following affirmation/mantras and practice repeating out-loud or in your head for 15min.

I am safe. I am inspired. I am powerful. I am loving. I am authentic. I am intuitive. I am connected

Journal Notes: Feelings & Insights





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Day 3: Affirmation/Mantra (again) & Self-Guided Meditation/Visualization

AM: Practice the same or a different affirmation/mantra.

PM: Focus on a candle or visualize (or actually look at)a clear blue sky for 15min.

Journal Notes: Feelings & Insights

Day 4: Self Guided Meditation Visualization/Focus (again) & Mindfulness Meditation

AM: Practice the same or another visualization/focus meditation for 15min.

PM: Practice 15min of observing the breath or all the senses in the moment

Journal Notes: Feelings & Insights

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