

Intro to Breath & Energy Healing
Sacred Reflections
Journal



ANCESTRAL
BREATH
ENERGY

Athena Blue



Welcome Dear Soul

This journal is a sacred space for you to honor your breathwork journey.

Here, you can gently reflect, release, and reclaim the wisdom awakened within you.

There is no right or wrong way to use these pages—only your truth, unfolding with each breath and each word.

Take your time. Be tender with yourself. Trust the process.



What part of me am I ready to love more deeply?

Lined writing area with 20 horizontal lines.



Closing Blessing

With each conscious breath, I return to my sacred center.

I honor my journey, my ancestors, and the power within me to heal.

May I carry this peace with me as I rise into the next moment, and the next.

Ancestral Breath Energy
Ancient Wisdom, Empowered Breath