

Guided Meditation Questionnaire

**AFTER LISTENING TO EACH NVI GUIDED MEDIATION
PLEASE ANSWER THE FOLLOWING QUESTIONS**

ANAHATA THE 4TH CHAKRA

On a scale from 0-10 with ten being strongly defended.

1. 0-10 _____: How defended is your heart?
2. 0-10 _____: How much does your defended heart limit your happiness?
3. 0-10 _____: How much does your defended heart limit your relationship with friends?
4. 0-10 _____: How much does your defended heart limit your attracting or enjoying an intimate relationship?
5. 0-10 _____: How much does your defended heart limit your stress levels and physical health?
6. 0-10 _____: How much does your defended heart limit your emotional health?
7. 0-10 _____: How much does your defended heart limit your professional success?

**CONTEMPLATE STEPPING INTO THE WORLD WITH A RADIANT, WARM AND LOVING HEART,
ACCEPTING OF YOURSELF AND OTHERS**

What are three actions steps you will take to firmly anchor this receptive and positive state?

1.

2.

3.

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IN THE PRESENCE OF LOVE

AS YOU CONTEMPLATE LOVE FOR ANOTHER.

1. What made expansion into this natural state possible?
2. What were the sensations associated with this natural state?
3. What were the thoughts associated with this natural state?

AS YOU IMAGINE CONSISTENTLY EXTENDING LOVE TO OTHERS

4. Is there any resistance? Y/N If yes, describe that resistance?
5. What meaning do you give this loving state of consistently extending love?
6. Is there fear? Y/N If yes, describe that fear.

AS YOU CONTEMPLATE BEING CRITICAL AND JUDGMENTAL OF YOURSELF AND OTHERS.

7. What negative pleasure do you experience in maintaining self-judgment and judgment of others?
8. What does it cost you to maintain self-judgment and judgment of others?

MOVING TOWARD MONEY

1. What are your most prevalent thoughts about money?
2. What is your most consistent emotional state as you contemplate money?
3. From 0-100% what percentage of time are you moving toward abundance with positive thoughts and feelings?
4. From 0-100% what percentage of the time are you moving away from abundance with fear based thoughts and feelings?

CONTEMPLATE YOUR FUTURE ENJOYING FINANCIAL ABUNDANCE

What are 3 action steps you are taking to manifest financial abundance?

1.

2.

3.