MEDITATION JOURNAL INSTRUCTIONS

Keeping a meditation journal is easy and it can help us deepen our practice. Brief journal entries are a practical and organized way to record our feelings, thoughts before and obstacles to stillness during as we meditate each day and our feelings and thoughts after we have meditated. Journaling can show patterns in our practice bringing increased awareness to our internal process of discovery and healing.

Make copies of the Meditation Journal template as my gift to you for your personal use. An example of what a journal entry might be follows:

**SAMPLE JOURNAL ENTRY**

**BEFORE: THINK/FEEL OBSTACLE(S) DURING AFTER: THINK/FEEL**

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| --- | --- | --- | --- |
| FRIDAY | I’m thinking a lot about  Annie. She’s getting old. Worry she may not be able to take care of herself. I feel sad; shoulders ache. | Sadness. I felt heavy. Thought about Annie. | Held Annie in the light in my mind. Felt her protected. I felt lighter and hopeful, peaceful |
| 2/27 |
| Annie’s Birthday |
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