

Meditation Journal

Day 21

Describe your state before you started.

What challenges arose for you?

What bodily sensations were you aware of?

Describe your state after the session(s).

How did you bring your meditation practice into your life today?

Anything else you want to say about your meditation today?

Day 22

Describe your state before you started.

What challenges arose for you?

What bodily sensations were you aware of?

Describe your state after the session(s).

How did you bring your meditation practice into your life today?

Anything else you want to say about your meditation today?

Day 23

Describe your state before you started.

What challenges arose for you?

What bodily sensations were you aware of?

Describe your state after the session(s).

How did you bring your meditation practice into your life today?

Anything else you want to say about your meditation today?

Day 24

Describe your state before you started.

What challenges arose for you?

What bodily sensations were you aware of?

Describe your state after the session(s).

How did you bring your meditation practice into your life today?

Anything else you want to say about your meditation today?

Please continue your journal throughout the feast using this format.