



# Mantra Meditation Journal Workbook

## Journal Your Journey into Meditation

### Lesson 1: Mantra + Meditation

♥ Why would you like to learn to meditate?

♥ What do you hope to gain from this class?

### Lesson 2: Body & Mind + Meditation

♥ What benefits appeal most to you about meditation?

♥ What are some of the qualities you would like to bring forth into your life?



### Lesson 3: Stress + Meditation

♥ What warning signs does your body give you when you are experiencing stress?

♥ Are there typical or recurring time when you think, “I need to meditate!”?

### Lesson 4: Freedom + Meditation

♥ What old, conditioned habits and memories do you want to break free from?

♥ What would freedom of the mind be like for you? How do you *want* to feel? e.g., I am patient/worthy/creative.



## Lesson 5: Getting Ready + Meditation

♥ When will you practice meditation? Be specific about time of days.

♥ Where in your home can you create a quiet, peaceful space to practice? e.g. Corner of my bedroom. My office. The guest room. My closet.

## Lesson 6: So Hum + Meditation

♥ My experience during meditation was...

## Lesson 7: Me + Meditation

♥ Reflect on your experiences related to thoughts, sleep, and silence.



## Lesson 8: Consistency + Meditation

♥ By the end of the first week or two of regularly meditating, spend some time thinking and journaling about each question:

- Is my life getting better?
- Has my outlook on life improved?
- Am I less emotionally reactive?
- Am I more clear minded?
- Do I feel more creative?
- Do I feel calmer?
- Do I feel healthier and more balanced?
- Do I feel a greater sense of harmony?
- Am I happier and more joyful?

### Bonus: Creating a Meditation Space

♥ What items of meaning would you want around you in a meditation space? (a candle, plants, pictures, crystals)