

Journal Prompts

Debriefing your meditation practice

Choose the journal prompt that corresponds to the type of meditation you practiced this past week and reflect on your practice. Feel free to journal any epiphanies or feelings that came up during your practice.

Mindfulness

What does observation reveal to you about your thoughts? Did the silence feel uncomfortable? If so, why do you think that is?

Mantra/Transcendental

What mantra did you choose? Why did you choose this mantra? During your meditation, were you able to enter a trance-like state? If so, what thoughts or feelings came up? If not, why do you think that is?

Loving-kindness

Who surrounded you during your practice to send unconditional love? Who are these people to you? Why do you think you decided to allow them to send you love? How did it feel to receive love from these people?

Who did you decide to send light/energy/love to? Who are these people to you? Why do you think you decided to send them love? How did it feel to send love to these people?

Candlelight gazing

Was this practice easy or difficult? Were you able to find an answer to the question you asked at the beginning of your practice? If so, how did the answer present itself?