

Just Breathe... Just Be

Meditation Journal

With today's heavy workloads and busy lifestyles, it's no wonder our minds are cluttered. Stress, anxiety and depression are just a few of the many issues caused by this overload. One of the easiest and least harmful ways to reduce, or eliminate this clutter is through meditation.

For thousands of years, people have been practicing meditation. Long before there was a need to "unplug from the world" as you frequently see mentioned today. While meditation is often thought of as a spiritual practice, it's also very much a practical practice.

Regular meditation aids in self-development and personal growth. Because it involves focus and self-discipline, it has been reported to enhance performance for athletes and top business executives. It reduces stress, promotes healing, improves sleep, encourages mindfulness, reduces pain and eliminates anxiety. With inner peace and more self-awareness, you become calmer, grounded and more level headed. You become more conscious and present in life. You become more connected with your surroundings; the people, the things and the world around you.

If done correctly, meditation can help clear a path for you to achieve your life goals. Meditation taps into the subconscious; the same source you get your intelligence and inspiration from. The more you practice, the easier it will become to access your subconscious mind, finding more insight and new and better ideas.

One great thing about meditation is it can be done anywhere, any time and at no cost. You can do it at home, at work, in a waiting room, while taking a taxi, subway or bus. You can do it in the morning, evening or on your lunch break. It can be done for 10 minutes, 30 minutes or even longer... but it doesn't have to. Start with meditating just a couple minutes each day and slowly work your way up to what feels comfortable to you.

Keeping a meditation journal will help you be more aware of what is going on with you. It will help you be present or "in the moment". It can help you understand where you've been and where you are going. A meditation journal will help you clarify your thoughts. It allows you to look back as you progress into more consciousness. It will help you recognize things about yourself that you may not have known previously.

Journaling can help you set goals, find solutions to problems and develop a stronger sense of where you want to go and how you're going to get there. While you may want to journal every day before or after you meditate, if you only have time to write one or two times a week, that's okay.

Journaling can be done in a variety of ways, from casual writing to structured styles with categories, checklists and more. To get you started, let's focus on the casual journal style. This style allows you to write as much or as little as you want. If you're pressed for time, not feeling well or just don't have a lot of thoughts one day, just jot down a few sentences. If one day, you feel like writing more, go for it. Be sure to include a date and title with each entry.

Remember, the journal is to help you gain more perspective on yourself, your thoughts, feelings and your practice. It's not meant to be a bestselling novel so don't worry about being meticulous.

The following pages can be printed as your first meditation journal. It contains 10 prompts to get you started along with some quotes to keep you motivated. Keep in mind, it doesn't matter how you journal, the power comes from practicing meditation daily and journaling regularly.

Meditation is not a means to an end. It is both the means and the end. — Jiddu Krishnamurti

After Meditating Today, I Felt...



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Perceptions, Feelings & Judgments That Came to Me...



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My Meditation Seemed Deeper/Shallower Today As I was (un)Able to Connect With...



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My Intention for Meditating Today Was...



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My Focus, Energy and Breathing Seemed (better, worse)



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If I Had To Describe Today's Practice in One Word, It Would Be... (and why)



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Next Time, I Plan to Concentrate More On...



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My Challenges & Successes for Today Were...



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I Had an Easier/Harder Time Staying Focused Today Because...



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Journaling Helps Me...



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“One hour’s meditation on the work of the Creator is better than seventy years of prayer.” – Muhammad



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“The more man meditates upon good thoughts, the better his world will be.” – Confucius



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“To conquer the anxiety of life, live in the moment, live in the breath.”

– Amit Ray



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“Inner stillness is the key to outer strength.” – Jared Brock



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“Meditation is not a way of making your mind quiet. It is a way of entering into the quiet that is buried there.” – Deepak Chopra



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*“The secret of change is to focus all of your energy, not on fighting the old,
but on building the new.” – Socrates*



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“Your task is not to seek love, but merely seek and find all the barriers within yourself that you have built against it.” – Rumi



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“Meditation can help us embrace our worries, fears, and anger. We let our own natural capacity of healing do the work.” – Nhat Hanh



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“Keeping a journal or writing as a meditation is the same thing. Having a relationship with your mind is important.” – Natalie Goldberg



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“When anyone offends me, I try to raise my soul so high that the offense cannot reach it.” – Rene Descartes



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“Mindful meditation fosters the ability to inhibit those very quick emotional impulses.” – Daniel Goleman



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“Meditation is the acceptance of life within us, without us, and all around us. Acceptance of life is the beginning of satisfaction.” – Sri Chinmoy



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“Meditation is warm-up exercise for the mind, so you can jog through the rest of the day without spraining your patience.” – Eknath Easwaran



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*“When you meditate, the silence of the senses illumines the presence of
God within.” – Gurumayi Chidvilasananda*



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*“He who lives in harmony with himself lives in harmony with the universe.”
– Marcus Aurelius*



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“Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.” – Nhat Hanh



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“Meditation is a quieting of the mind. It sharpens everything, especially your appreciation of your surroundings.” – Hugh Jackman



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