

MY
Meditation
JOURNAL

DEEPER STILL
ADVANCED TEACHER TRAINING



davidji meditation academy

Hello, Dear Teacher!

Welcome! I'm so excited you're taking this advanced teacher training journey with me.

This journal is designed for you to use alongside your Deeper Still Advanced Teacher Training program. Within these pages, I recommend you track your daily meditations, write down your daily experiences in the time you spend in meditation and your hours outside of meditation, and do a weekly recap/assessment. When you record your experiences in this way, you'll notice patterns and gain more clarity. It will help you stay on track and become more aware of the difference meditation is making in your life, and can make in the lives of those you interact with – and eventually teach!

How to Use this Journal:

Use this journal daily during your training. For each day's entry, record how you felt while meditating and any experiences you observe.

Feel free to record any insights – such as how calm, happy, and clear you felt during your day – or any trends you notice.

There's just one rule with this journal and that is: *Don't interrupt your meditation to write things down. Do your meditation first, then make notes in your journal.*

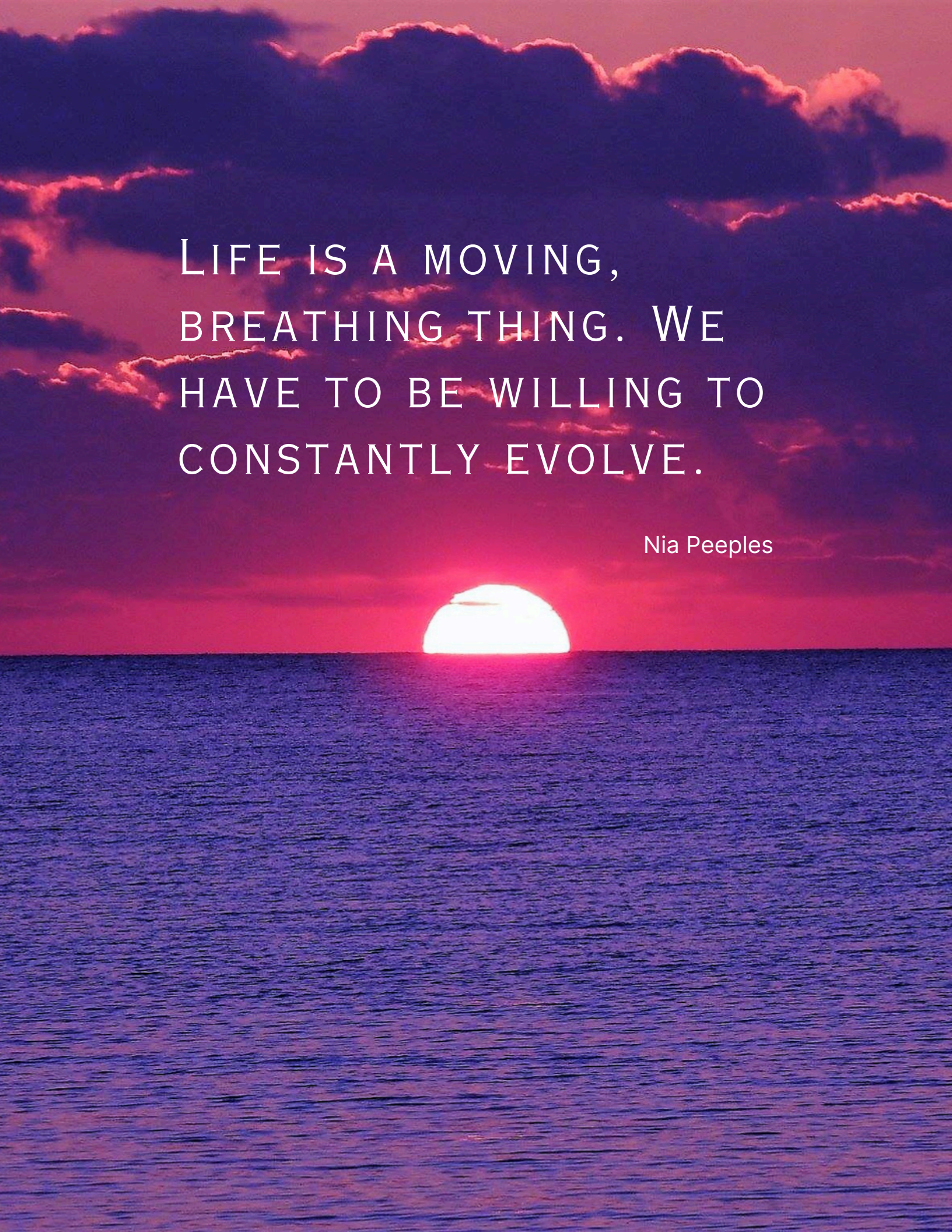
Ultimately, the main “rule” of meditation is to do what works best for YOU. So write down whatever you feel inspired to track. This journal is a tool and it is for you. Use it in whatever way is best for you.

Remember, you're always only one meditation away from your practice.

Peace,

~ davidji





LIFE IS A MOVING,
BREATHING THING. WE
HAVE TO BE WILLING TO
CONSTANTLY EVOLVE.

Nia Peeples

Meditation Reflections

DAY 1

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 2

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 3

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



Meditation Reflections

DAY 4

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 4

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 6

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 7

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

For example: Did I practice every day? Did I practice twice a day? Was my meditation frequency sporadic?

For example: Did I have thoughts? Was I distracted by sounds or physical sensations? Did I lose track of my mantra?

MY MEDITATION PRACTICE

DID ANY ASPECTS OF MY PRACTICE IMPROVE THIS WEEK?

For example: Did my mind wander less? Did I notice fewer distractions? Was I able to be more open to just experiencing the present moment? Was my mantra the loudest vibration more often?

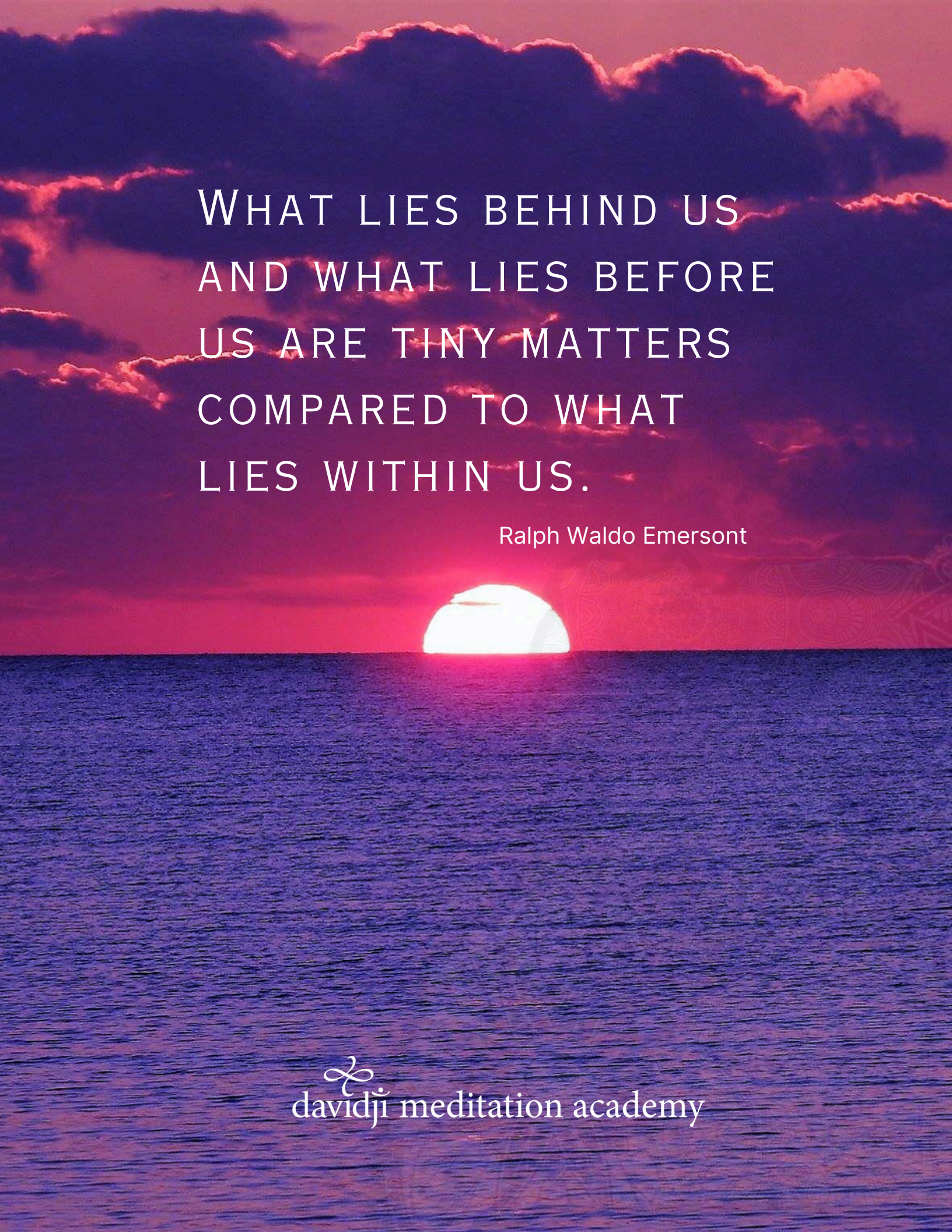
HOW HAS MY LIFE UNFOLDED OVERALL? DID I NOTICE POSITIVE CHANGES IN THE REST OF MY LIFE?

For example: Did I feel less reactive to stress? Or feel less judgmental when something “annoys me”? Did I have an increased awareness of my mind wandering or my concentration?

Other Insights & Reflections



A series of horizontal dotted lines for writing, spanning the width of the page below the title.



WHAT LIES BEHIND US
AND WHAT LIES BEFORE
US ARE TINY MATTERS
COMPARED TO WHAT
LIES WITHIN US.

Ralph Waldo Emerson


davidji meditation academy

Meditation Reflections

DAY 8

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 9

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 10

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 11

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 12

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 13

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 14

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

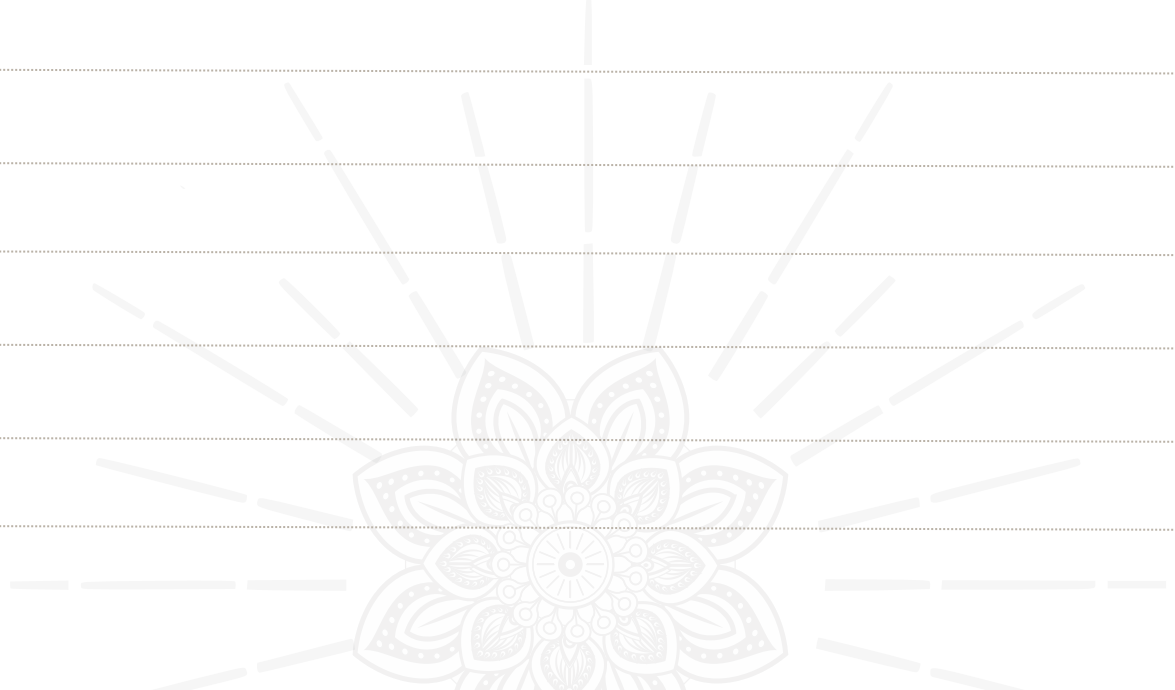
For example: Did I practice every day? Did I practice twice a day? Was my meditation frequency sporadic?

For example: Did I have thoughts? Was I distracted by sounds or physical sensations? Did I lose track of my mantra?

MY MEDITATION PRACTICE

DID ANY ASPECTS OF MY PRACTICE IMPROVE THIS WEEK?

For example: Did my mind wander less? Did I notice fewer distractions? Was I able to be more open to just experiencing the present moment? Was my mantra the loudest vibration more often?



A series of horizontal dotted lines for writing, spanning the width of the page.

HOW HAS MY LIFE UNFOLDED OVERALL? DID I NOTICE POSITIVE CHANGES IN THE REST OF MY LIFE?

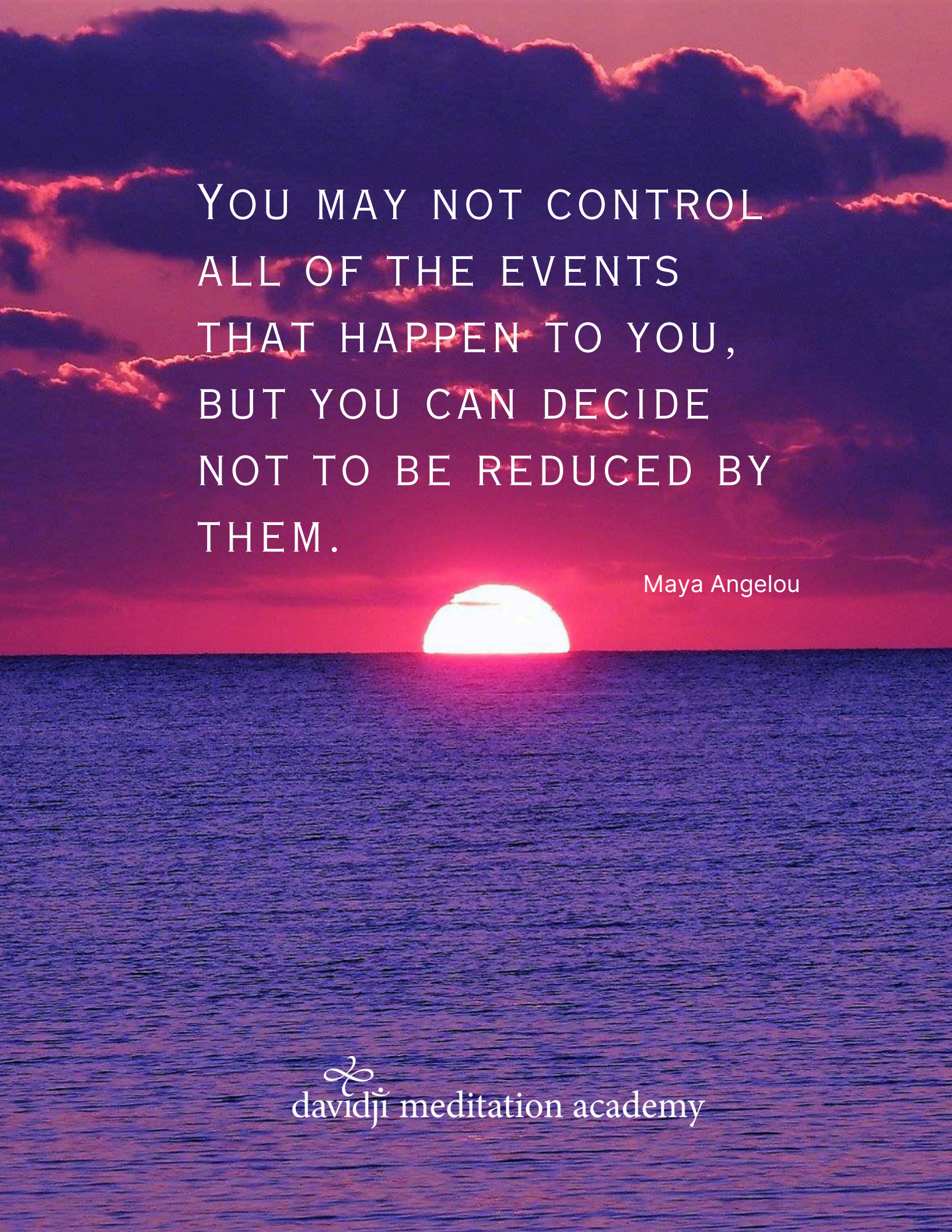
For example: Did I feel less reactive to stress? Or feel less judgmental when something “annoys me”? Did I have an increased awareness of my mind wandering or my concentration?



A series of horizontal dotted lines for writing, spanning the width of the page.

Other Insights & Reflections





YOU MAY NOT CONTROL
ALL OF THE EVENTS
THAT HAPPEN TO YOU,
BUT YOU CAN DECIDE
NOT TO BE REDUCED BY
THEM.

Maya Angelou


davidji meditation academy

Meditation Reflections

DAY 15

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 16

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 17

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 18

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 19

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 20

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 21

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

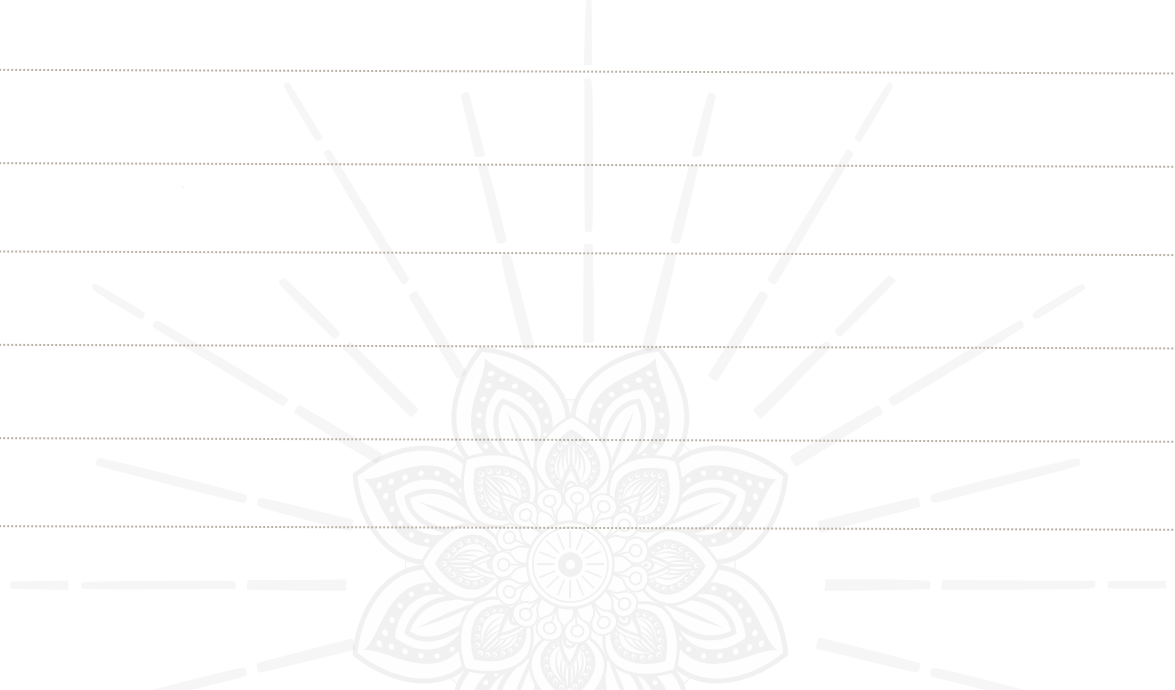
For example: Did I practice every day? Did I practice twice a day? Was my meditation frequency sporadic?

For example: Did I have thoughts? Was I distracted by sounds or physical sensations? Did I lose track of my mantra?

MY MEDITATION PRACTICE

DID ANY ASPECTS OF MY PRACTICE IMPROVE THIS WEEK?

For example: Did my mind wander less? Did I notice fewer distractions? Was I able to be more open to just experiencing the present moment? Was my mantra the loudest vibration more often?



A series of horizontal dotted lines for writing, spanning the width of the page.

HOW HAS MY LIFE UNFOLDED OVERALL? DID I NOTICE POSITIVE CHANGES IN THE REST OF MY LIFE?

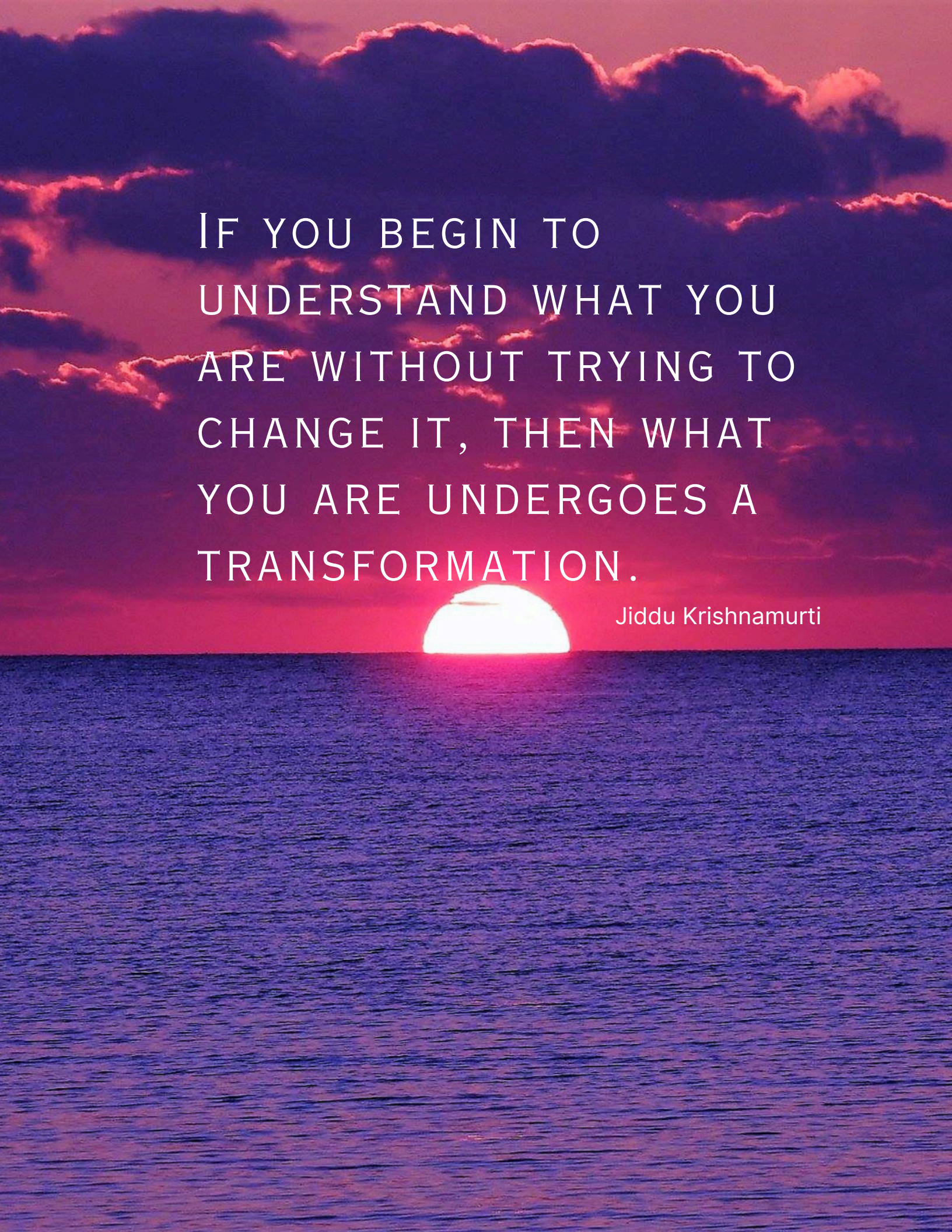
For example: Did I feel less reactive to stress? Or feel less judgmental when something “annoys me”? Did I have an increased awareness of my mind wandering or my concentration?



A series of horizontal dotted lines for writing, spanning the width of the page.

Other Insights & Reflections



A full-page background image of a sunset over the ocean. The sky is filled with dark, dramatic clouds tinged with orange and red from the setting sun. The sun is a bright, glowing semi-circle on the horizon line. The ocean below is a deep blue with visible ripples.

IF YOU BEGIN TO
UNDERSTAND WHAT YOU
ARE WITHOUT TRYING TO
CHANGE IT, THEN WHAT
YOU ARE UNDERGOES A
TRANSFORMATION.

Jiddu Krishnamurti

Meditation Reflections

DAY 22

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 23

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 24

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 25

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 26

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 27

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 28

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

For example: Did I practice every day? Did I practice twice a day? Was my meditation frequency sporadic?

For example: Did I have thoughts? Was I distracted by sounds or physical sensations? Did I lose track of my mantra?

MY MEDITATION PRACTICE

DID ANY ASPECTS OF MY PRACTICE IMPROVE THIS WEEK?

For example: Did my mind wander less? Did I notice fewer distractions? Was I able to be more open to just experiencing the present moment? Was my mantra the loudest vibration more often?

HOW HAS MY LIFE UNFOLDED OVERALL? DID I NOTICE POSITIVE CHANGES IN THE REST OF MY LIFE?

For example: Did I feel less reactive to stress? Or feel less judgmental when something “annoys me”? Did I have an increased awareness of my mind wandering or my concentration?

Other Insights & Reflections





TRANSFORMATION
LITERALLY MEANS GOING
BEYOND YOUR FORM.

Wayne Dyer


davidji meditation academy

Meditation Reflections

DAY 29

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 30

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 31

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 32

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 33

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 34

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 35

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

For example: Did I practice every day? Did I practice twice a day? Was my meditation frequency sporadic?

For example: Did I have thoughts? Was I distracted by sounds or physical sensations? Did I lose track of my mantra?

MY MEDITATION PRACTICE

DID ANY ASPECTS OF MY PRACTICE IMPROVE THIS WEEK?

For example: Did my mind wander less? Did I notice fewer distractions? Was I able to be more open to just experiencing the present moment? Was my mantra the loudest vibration more often?

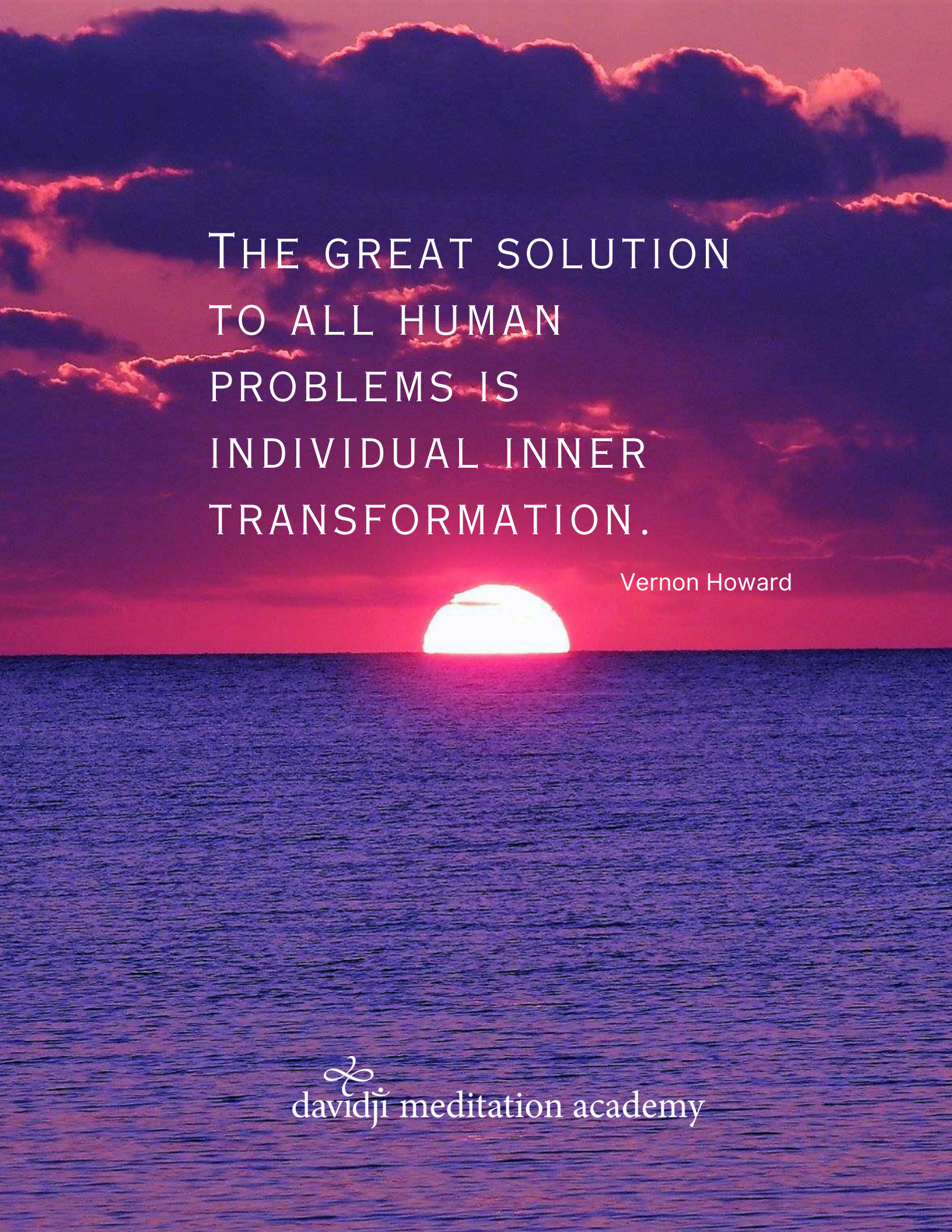
HOW HAS MY LIFE UNFOLDED OVERALL? DID I NOTICE POSITIVE CHANGES IN THE REST OF MY LIFE?

For example: Did I feel less reactive to stress? Or feel less judgmental when something “annoys me”? Did I have an increased awareness of my mind wandering or my concentration?

Other Insights & Reflections



A series of horizontal dotted lines for writing, spanning the width of the page below the title.



THE GREAT SOLUTION
TO ALL HUMAN
PROBLEMS IS
INDIVIDUAL INNER
TRANSFORMATION.

Vernon Howard


davidji meditation academy

Meditation Reflections

DAY 36

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 37

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 38

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 39

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 40

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 41

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 42

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

For example: Did I practice every day? Did I practice twice a day? Was my meditation frequency sporadic?

For example: Did I have thoughts? Was I distracted by sounds or physical sensations? Did I lose track of my mantra?

MY MEDITATION PRACTICE

DID ANY ASPECTS OF MY PRACTICE IMPROVE THIS WEEK?

For example: Did my mind wander less? Did I notice fewer distractions? Was I able to be more open to just experiencing the present moment? Was my mantra the loudest vibration more often?

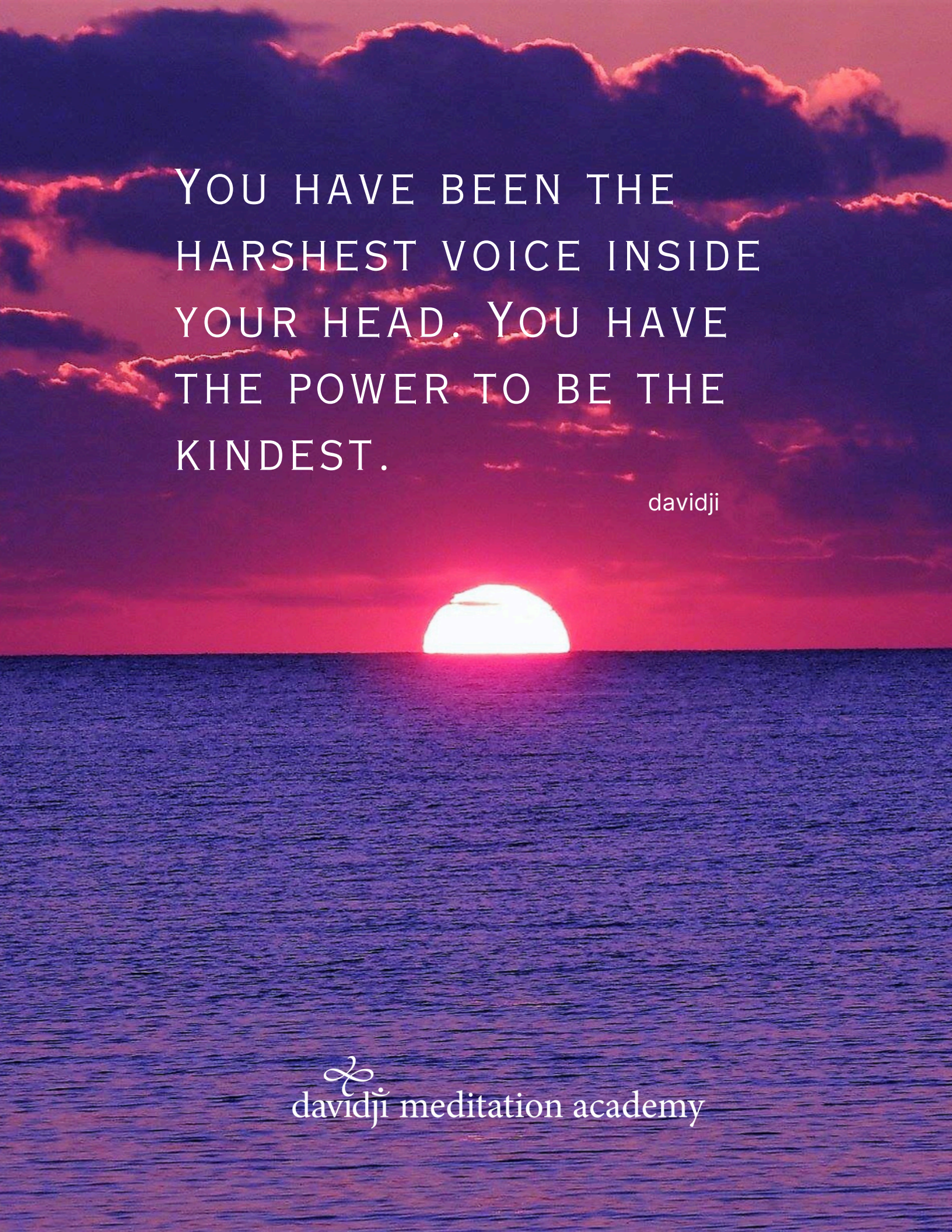
HOW HAS MY LIFE UNFOLDED OVERALL? DID I NOTICE POSITIVE CHANGES IN THE REST OF MY LIFE?

For example: Did I feel less reactive to stress? Or feel less judgmental when something “annoys me”? Did I have an increased awareness of my mind wandering or my concentration?

Other Insights & Reflections



A series of horizontal dotted lines for writing, spanning the width of the page below the title.



YOU HAVE BEEN THE
HARSHEST VOICE INSIDE
YOUR HEAD. YOU HAVE
THE POWER TO BE THE
KINDEST.

davidji


davidji meditation academy

Meditation Reflections

DAY 43

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 44

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 45

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 46

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 47

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 48

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 49

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

For example: Did I practice every day? Did I practice twice a day? Was my meditation frequency sporadic?

For example: Did I have thoughts? Was I distracted by sounds or physical sensations? Did I lose track of my mantra?

MY MEDITATION PRACTICE

DID ANY ASPECTS OF MY PRACTICE IMPROVE THIS WEEK?

For example: Did my mind wander less? Did I notice fewer distractions? Was I able to be more open to just experiencing the present moment? Was my mantra the loudest vibration more often?

HOW HAS MY LIFE UNFOLDED OVERALL? DID I NOTICE POSITIVE CHANGES IN THE REST OF MY LIFE?

For example: Did I feel less reactive to stress? Or feel less judgmental when something “annoys me”? Did I have an increased awareness of my mind wandering or my concentration?

Other Insights & Reflections





WE ALL NEED TO VISIT
THE LAND OF HURTS
AND WOUNDS ONCE IN
A WHILE, BUT NO ONE
NEEDS TO LIVE THERE.

davidji


davidji meditation academy

Meditation Reflections

DAY 50

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 51

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 52

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 53

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 54

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 55

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 56

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

For example: Did I practice every day? Did I practice twice a day? Was my meditation frequency sporadic?

For example: Did I have thoughts? Was I distracted by sounds or physical sensations? Did I lose track of my mantra?

MY MEDITATION PRACTICE

DID ANY ASPECTS OF MY PRACTICE IMPROVE THIS WEEK?

For example: Did my mind wander less? Did I notice fewer distractions? Was I able to be more open to just experiencing the present moment? Was my mantra the loudest vibration more often?

HOW HAS MY LIFE UNFOLDED OVERALL? DID I NOTICE POSITIVE CHANGES IN THE REST OF MY LIFE?

For example: Did I feel less reactive to stress? Or feel less judgmental when something “annoys me”? Did I have an increased awareness of my mind wandering or my concentration?

Other Insights & Reflections





WE ARE THE MASTERS
OF EACH MOMENT.

davidji


davidji meditation academy

Meditation Reflections

DAY 57

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 58

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 59

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 60

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 61

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 62

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 63

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

For example: Did I practice every day? Did I practice twice a day? Was my meditation frequency sporadic?

For example: Did I have thoughts? Was I distracted by sounds or physical sensations? Did I lose track of my mantra?

MY MEDITATION PRACTICE

DID ANY ASPECTS OF MY PRACTICE IMPROVE THIS WEEK?

For example: Did my mind wander less? Did I notice fewer distractions? Was I able to be more open to just experiencing the present moment? Was my mantra the loudest vibration more often?

HOW HAS MY LIFE UNFOLDED OVERALL? DID I NOTICE POSITIVE CHANGES IN THE REST OF MY LIFE?

For example: Did I feel less reactive to stress? Or feel less judgmental when something “annoys me”? Did I have an increased awareness of my mind wandering or my concentration?

Other Insights & Reflections





RESPOND TO EVERY
CALL THAT EXCITES
YOUR SPIRIT.

Rumi


davidji meditation academy

Meditation Reflections

DAY 64

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 65

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 66

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 67

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 68

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 69

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

Meditation Reflections

DAY 70

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



1



2



3



4



5

For example: Did I practice every day? Did I practice twice a day? Was my meditation frequency sporadic?

For example: Did I have thoughts? Was I distracted by sounds or physical sensations? Did I lose track of my mantra?

MY MEDITATION PRACTICE

DID ANY ASPECTS OF MY PRACTICE IMPROVE THIS WEEK?

For example: Did my mind wander less? Did I notice fewer distractions? Was I able to be more open to just experiencing the present moment? Was my mantra the loudest vibration more often?

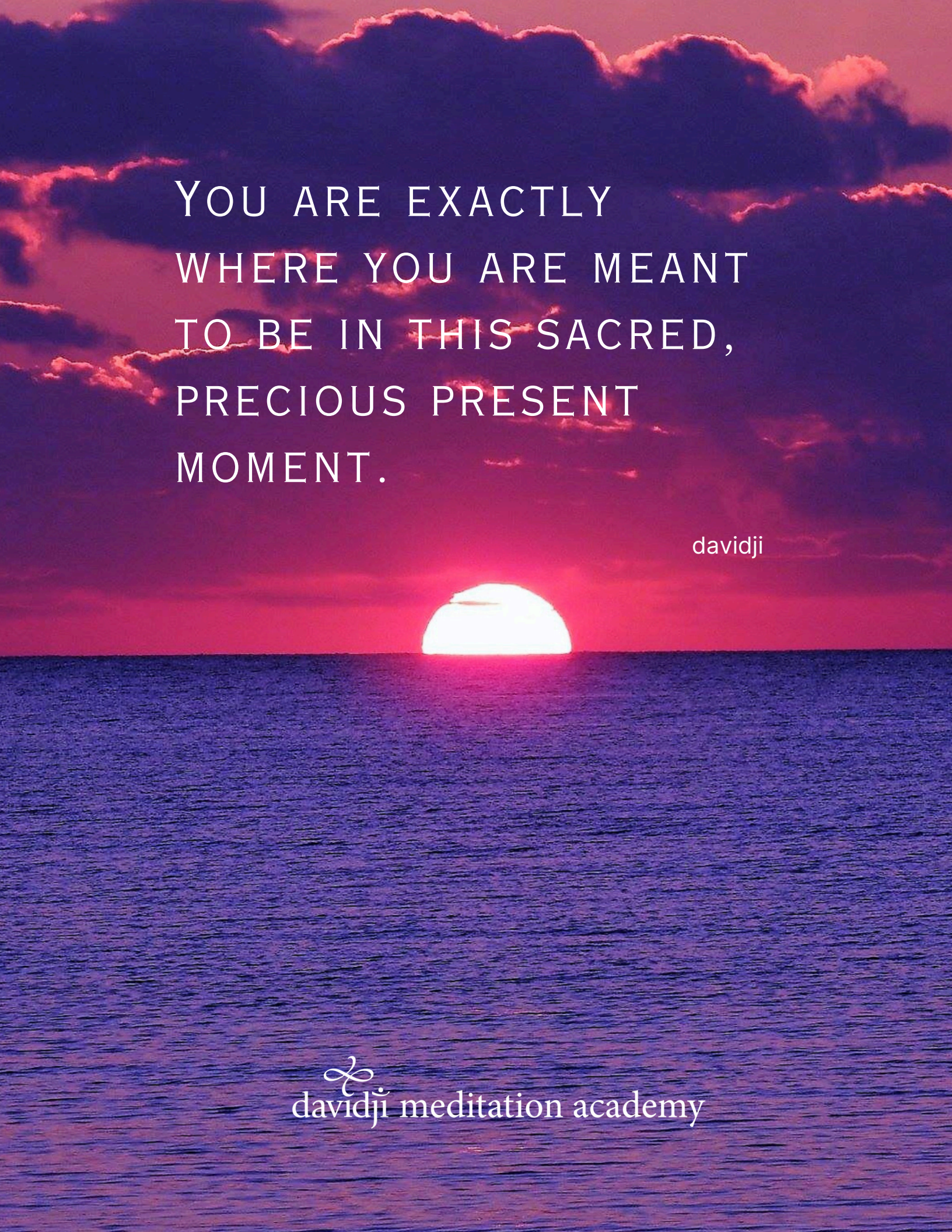
HOW HAS MY LIFE UNFOLDED OVERALL? DID I NOTICE POSITIVE CHANGES IN THE REST OF MY LIFE?

For example: Did I feel less reactive to stress? Or feel less judgmental when something “annoys me”? Did I have an increased awareness of my mind wandering or my concentration?

Other Insights & Reflections



A series of horizontal dotted lines for writing, spanning the width of the page below the title.



YOU ARE EXACTLY
WHERE YOU ARE MEANT
TO BE IN THIS SACRED,
PRECIOUS PRESENT
MOMENT.

davidji


davidji meditation academy