



MY
Meditation
JOURNAL

MASTERS OF WISDOM &
MEDITATION TEACHER TRAINING


davidji meditation academy

Hello Spiritual Warrior!

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

This journal is designed for you to use alongside your Masters of Wisdom and Meditation Teacher Training. 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





**You never change
your life until you
step out of your
comfort zone; change
begins at the end of
your comfort zone.**

Roy T. Bennett


davidji meditation academy

Meditation Reflections

DAY 1

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 2

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



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



Meditation Reflections

DAY 5

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 6

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 7

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Week One Review

HOW OFTEN DID I PRACTICE MEDITATION THIS WEEK?

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



WERE ANY ASPECTS OF MY PRACTICE CHALLENGING?

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

MY MEDITATION PRACTICE

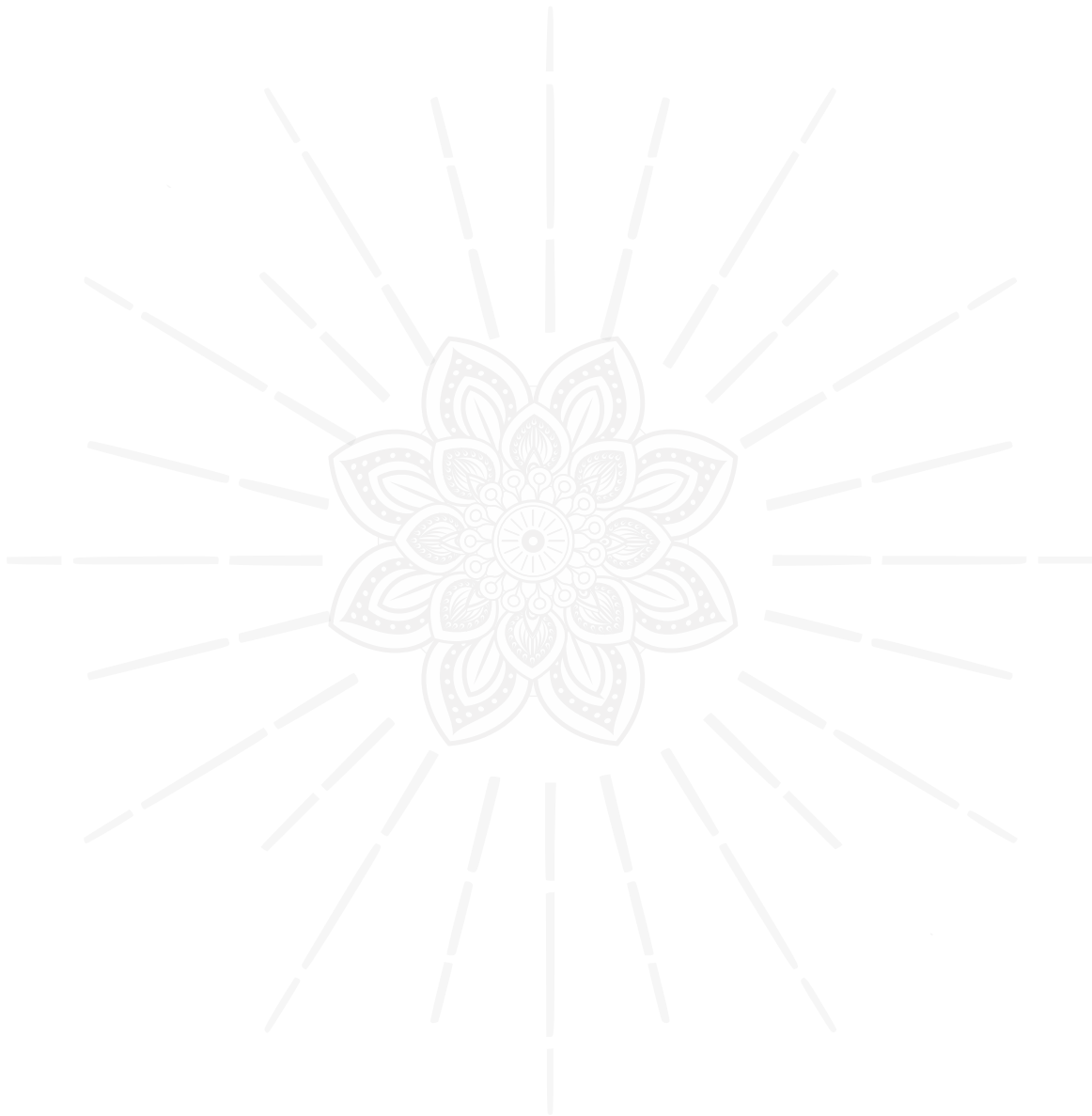
DID ANY ASPECTS OF MY PRACTICE IMPROVE THIS WEEK?

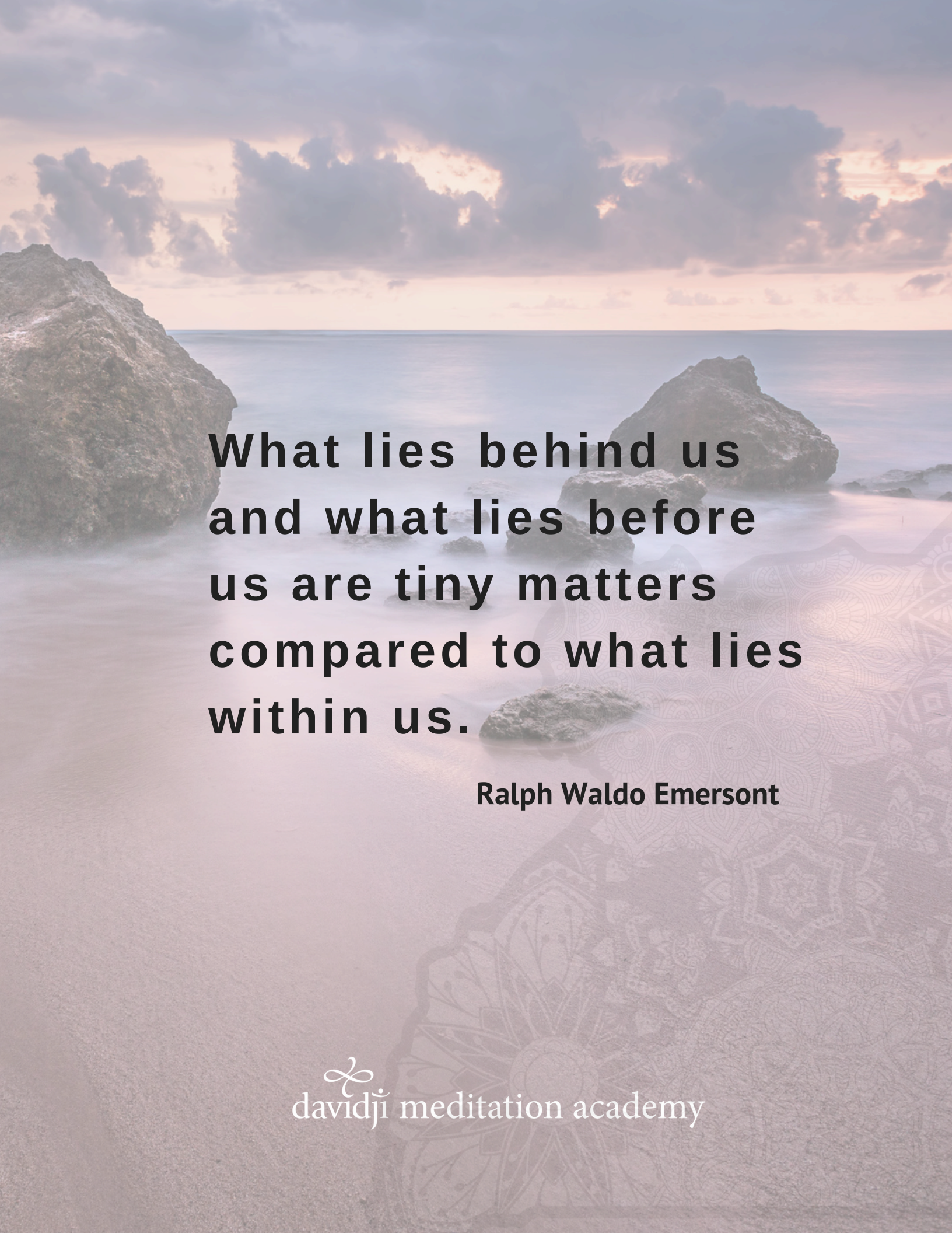
For example: Did my mind wander less? Did I notice fewer distractions? Was I able to be more open to just experiencing the present moment? Was my mantra the loudest vibration more often?

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





**What lies behind us
and what lies before
us are tiny matters
compared to what lies
within us.**

Ralph Waldo Emerson


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Meditation Reflections

DAY 8

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 9

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 10

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 11

Duration & Type of Meditation

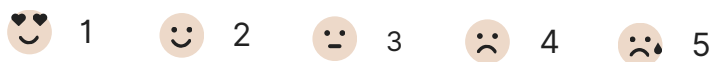
Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 12

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 13

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 14

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Week Two Review

HOW OFTEN DID I PRACTICE MEDITATION THIS WEEK?

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



WERE ANY ASPECTS OF MY PRACTICE CHALLENGING?

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?

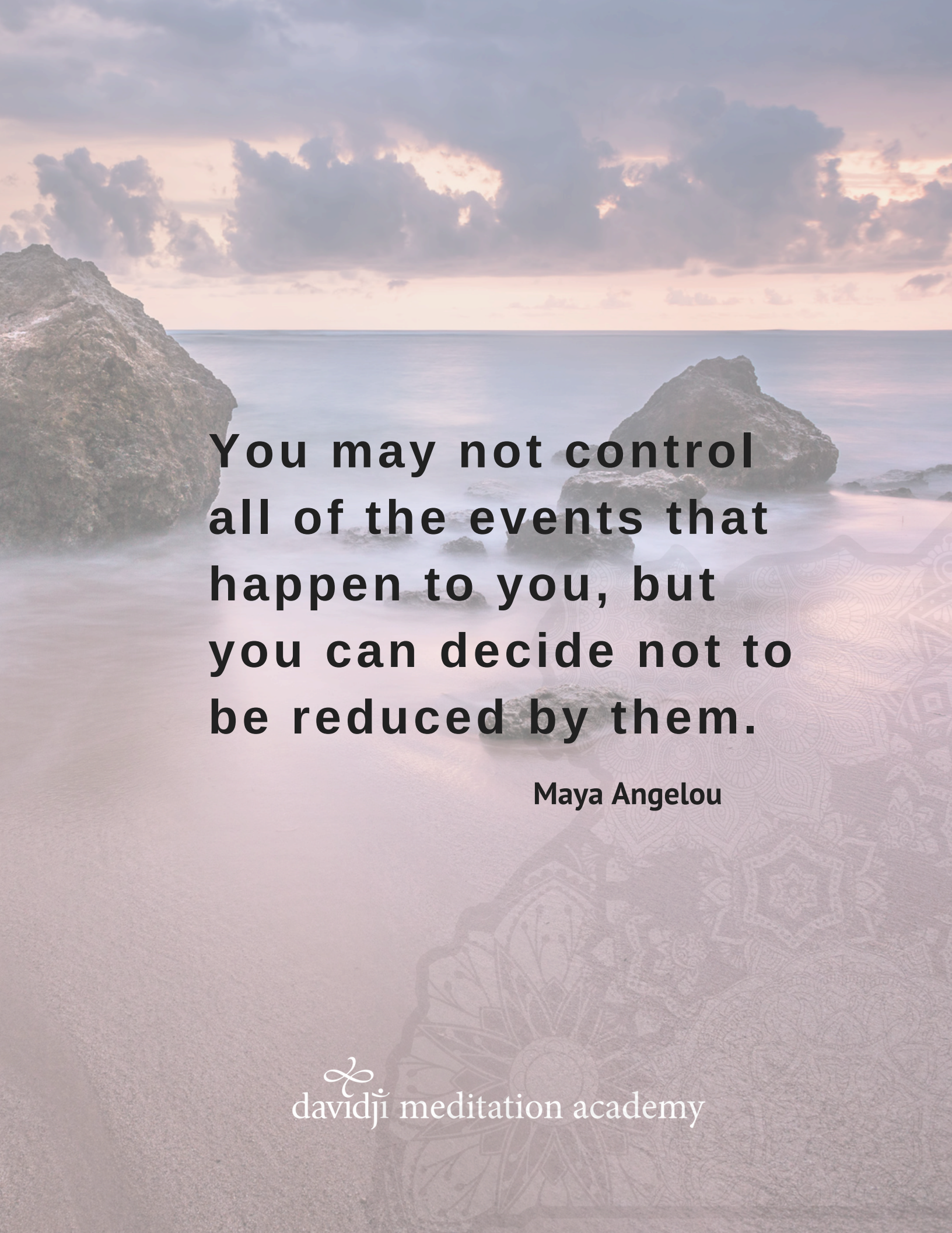
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For example: Did I feel less reactive to stress? Or feel less judgmental when something “annoys me”? Did I have an increased awareness of my mind wandering or my concentration?

Other Insights & Reflections





**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



Meditation Reflections

DAY 16

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other

My Stress Pulse for Today



Meditation Reflections

DAY 17

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 18

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 19

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 20

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 21

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Week Three Review

HOW OFTEN DID I PRACTICE MEDITATION THIS WEEK?

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



WERE ANY ASPECTS OF MY PRACTICE CHALLENGING?

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

MY MEDITATION PRACTICE

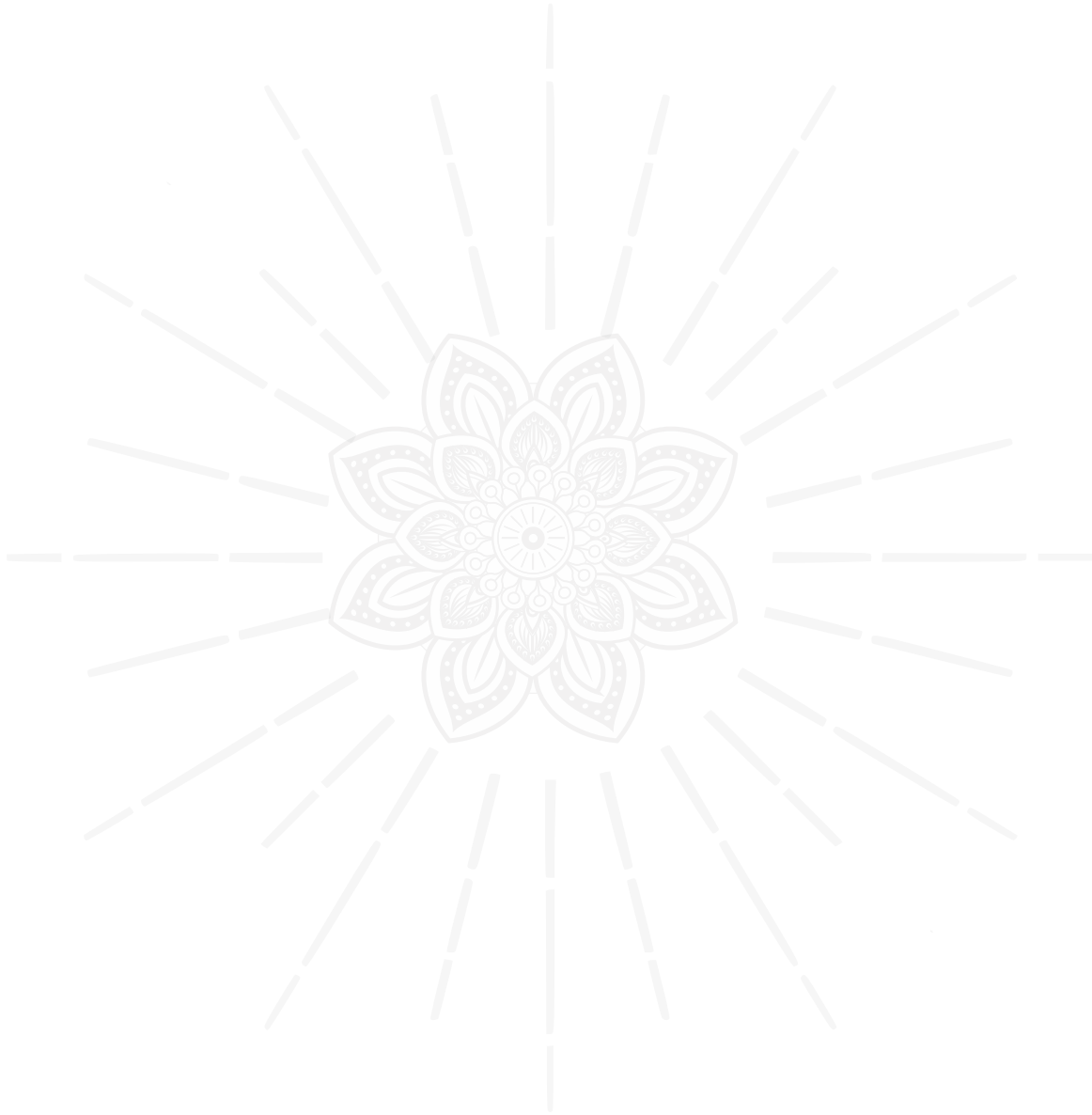
DID ANY ASPECTS OF MY PRACTICE IMPROVE THIS WEEK?

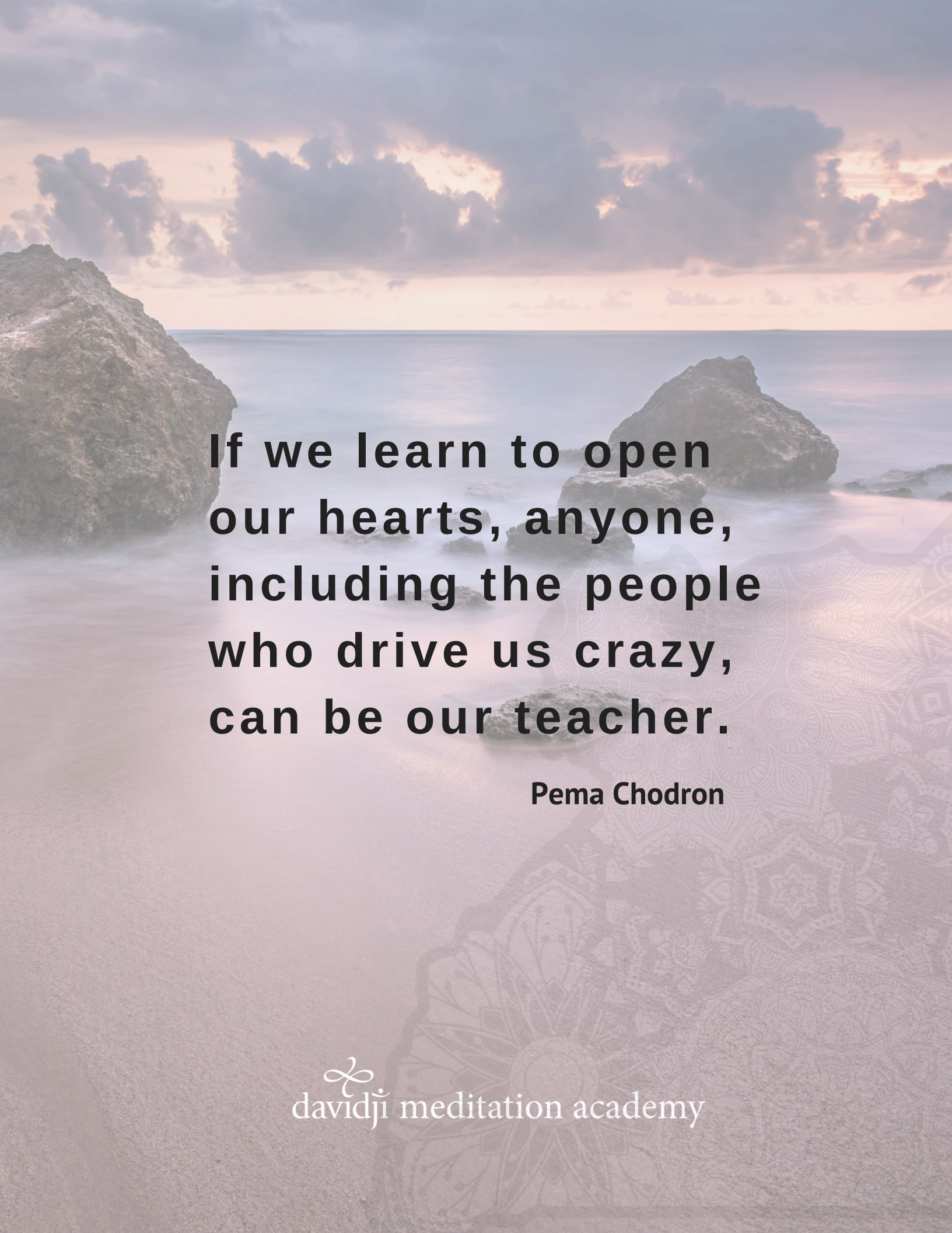
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For example: Did I feel less reactive to stress? Or feel less judgmental when something “annoys me”? Did I have an increased awareness of my mind wandering or my concentration?

Other Insights & Reflections





**If we learn to open
our hearts, anyone,
including the people
who drive us crazy,
can be our teacher.**

Pema Chodron


davidji meditation academy

Meditation Reflections

DAY 22

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 23

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 24

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 25

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 26

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 27

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 28

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



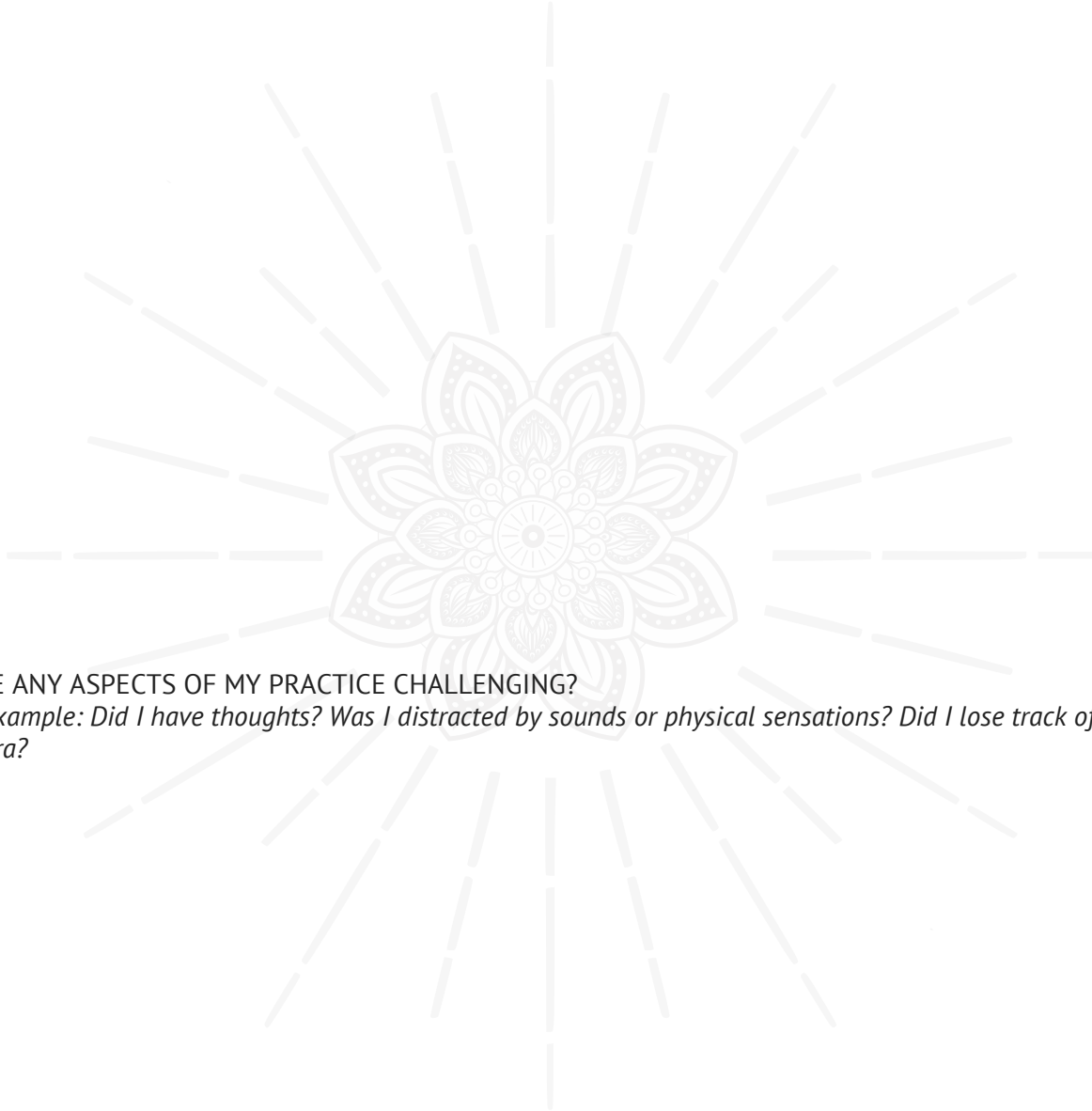
My Stress Pulse for Today



Week Four Review

HOW OFTEN DID I PRACTICE MEDITATION THIS WEEK?

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



WERE ANY ASPECTS OF MY PRACTICE CHALLENGING?

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





**The quieter you
become, the more you
can hear.**

Ram Dass


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Meditation Reflections

DAY 29

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 30

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 31

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 32

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 33

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 34

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 35

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other




My Stress Pulse for Today



Other Insights & Reflections





**A flower does not
think of competing
with the flower next
to it. It just blooms.**

Anonymous


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Meditation Reflections

DAY 36

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 37

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 38

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 39

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 40

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 41

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 42

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Week Six Review

HOW OFTEN DID I PRACTICE MEDITATION THIS WEEK?

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



WERE ANY ASPECTS OF MY PRACTICE CHALLENGING?

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

MY MEDITATION PRACTICE

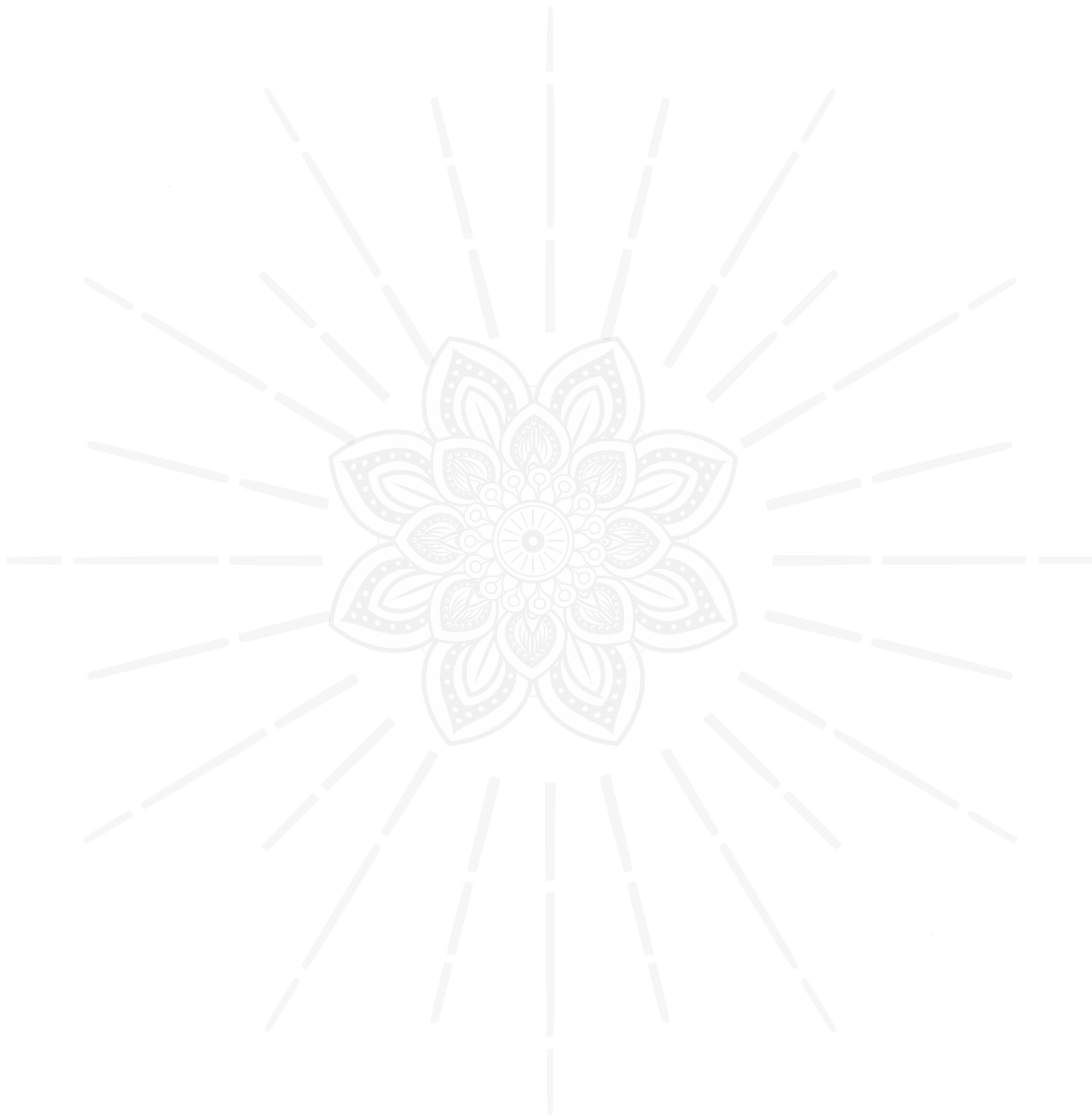
DID ANY ASPECTS OF MY PRACTICE IMPROVE THIS WEEK?

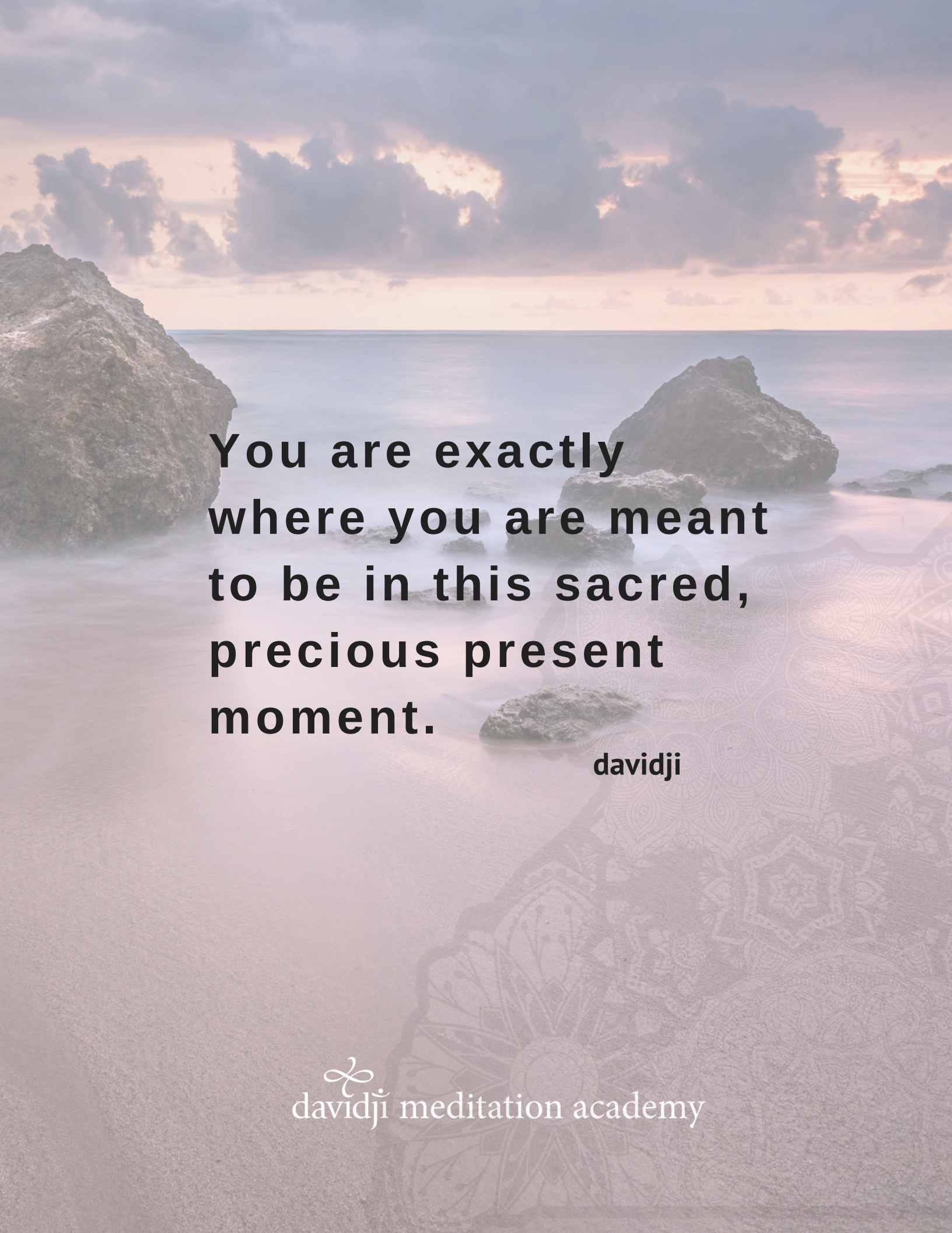
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HOW HAS MY LIFE UNFOLDED OVERALL? DID I NOTICE POSITIVE CHANGES IN THE REST OF MY LIFE?

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





**You are exactly
where you are meant
to be in this sacred,
precious present
moment.**

davidji


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Meditation Reflections

DAY 43

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 44

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 45

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 46

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 47

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 48

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 49

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Week Seven Review

HOW OFTEN DID I PRACTICE MEDITATION THIS WEEK?

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



WERE ANY ASPECTS OF MY PRACTICE CHALLENGING?

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

MY MEDITATION PRACTICE

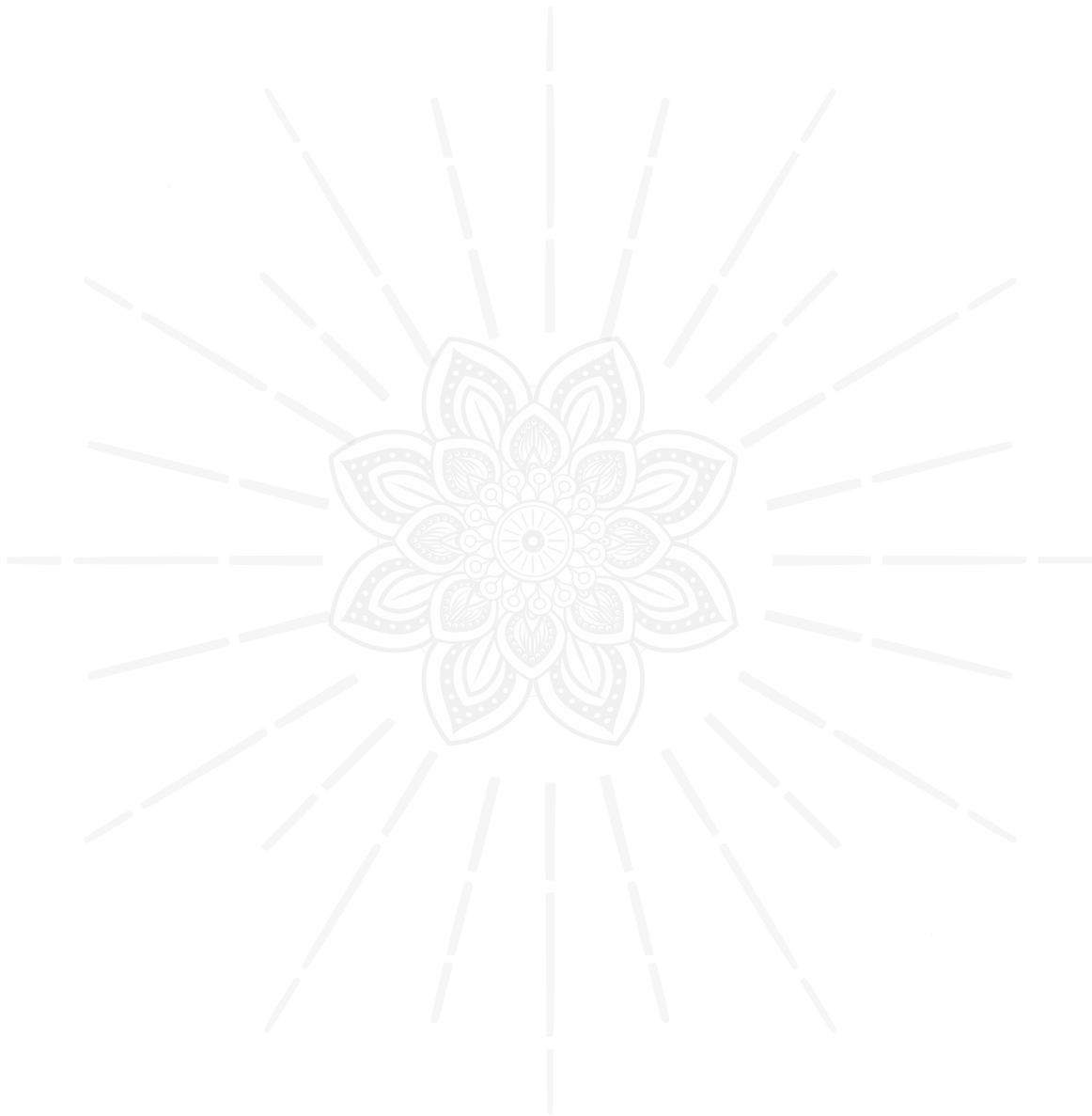
DID ANY ASPECTS OF MY PRACTICE IMPROVE THIS WEEK?

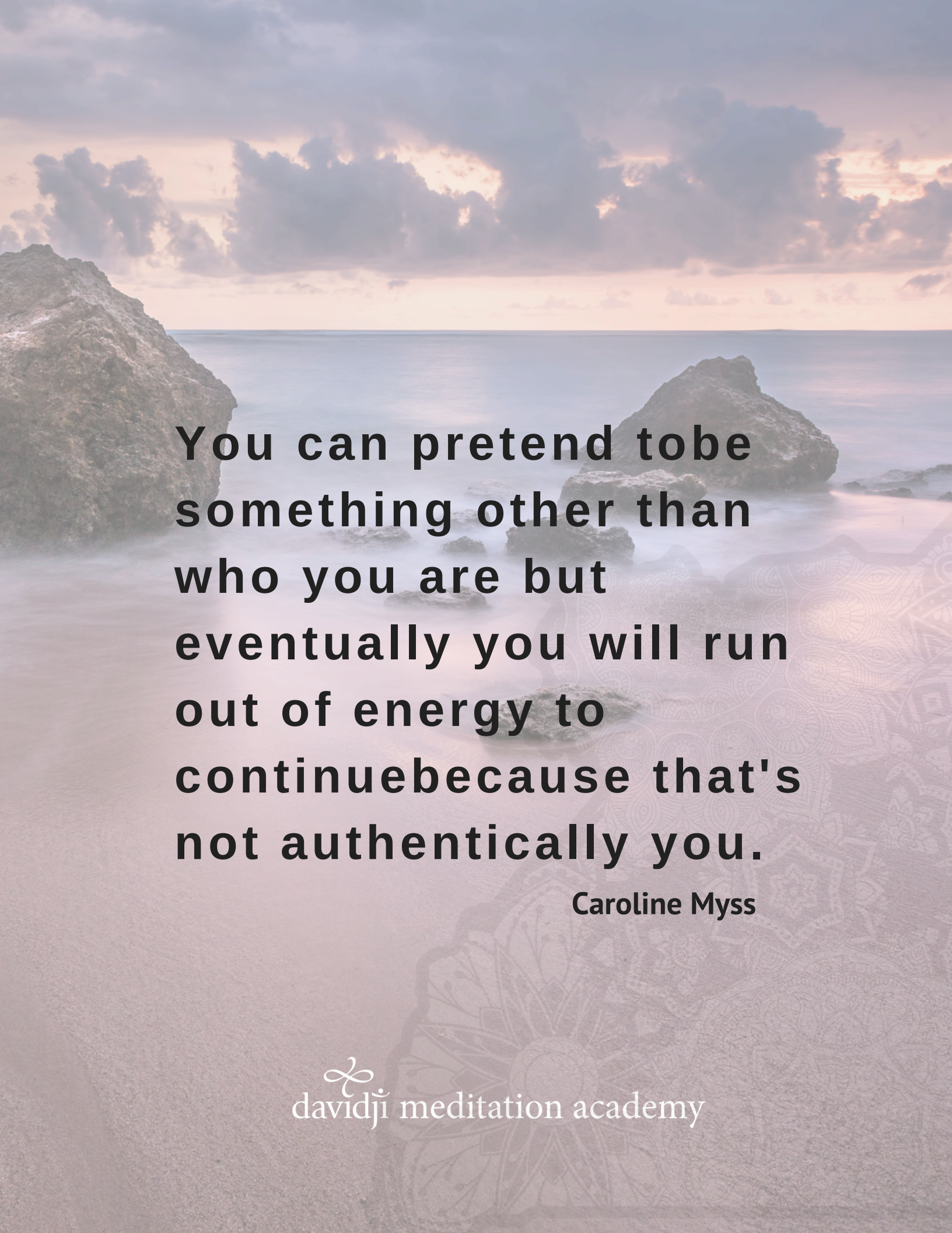
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HOW HAS MY LIFE UNFOLDED OVERALL? DID I NOTICE POSITIVE CHANGES IN THE REST OF MY LIFE?

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





You can pretend to be something other than who you are but eventually you will run out of energy to continue because that's not authentically you.

Caroline Myss


davidji meditation academy

Meditation Reflections

DAY 50

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 51

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 52

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 53

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 54

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 55

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 56

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



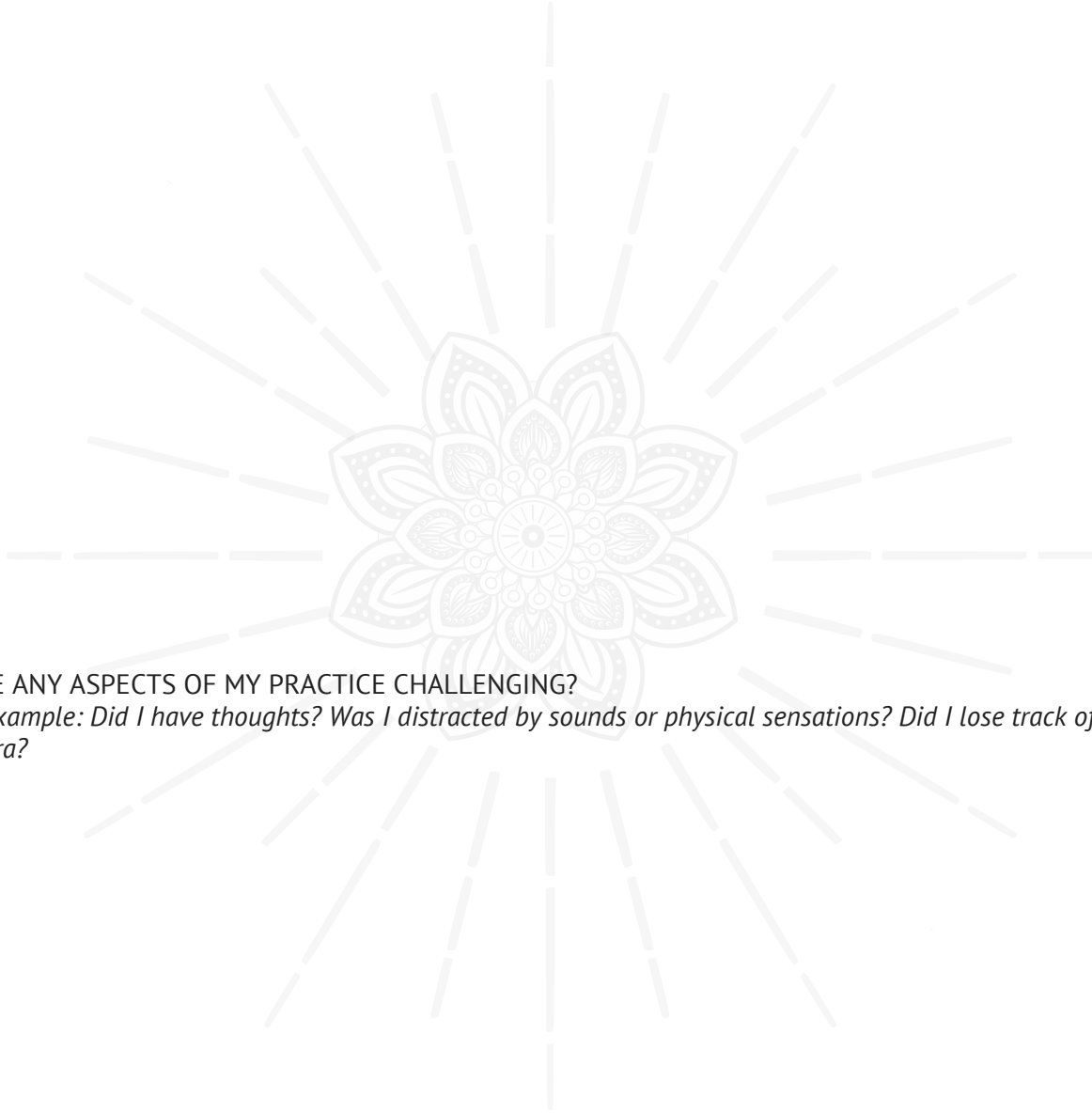
My Stress Pulse for Today



Week Eight Review

HOW OFTEN DID I PRACTICE MEDITATION THIS WEEK?

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



WERE ANY ASPECTS OF MY PRACTICE CHALLENGING?

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

MY MEDITATION PRACTICE

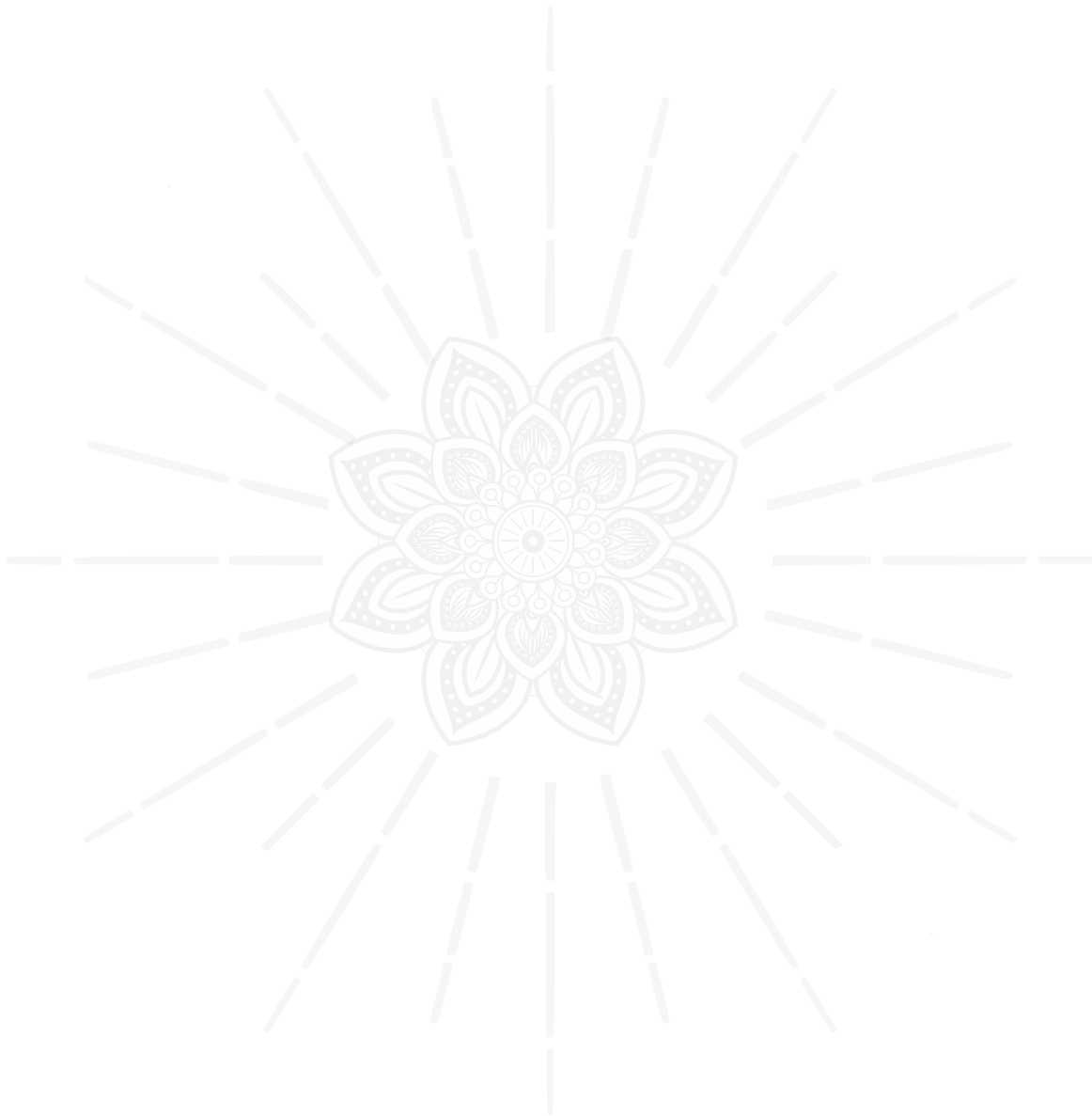
DID ANY ASPECTS OF MY PRACTICE IMPROVE THIS WEEK?


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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





**Don't let the noise
of others' opinions
drown out your own
inner voice.**

Steve Jobs


davidji meditation academy

Meditation Reflections

DAY 57

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 58

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 59

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 60

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 61

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 62

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 63

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



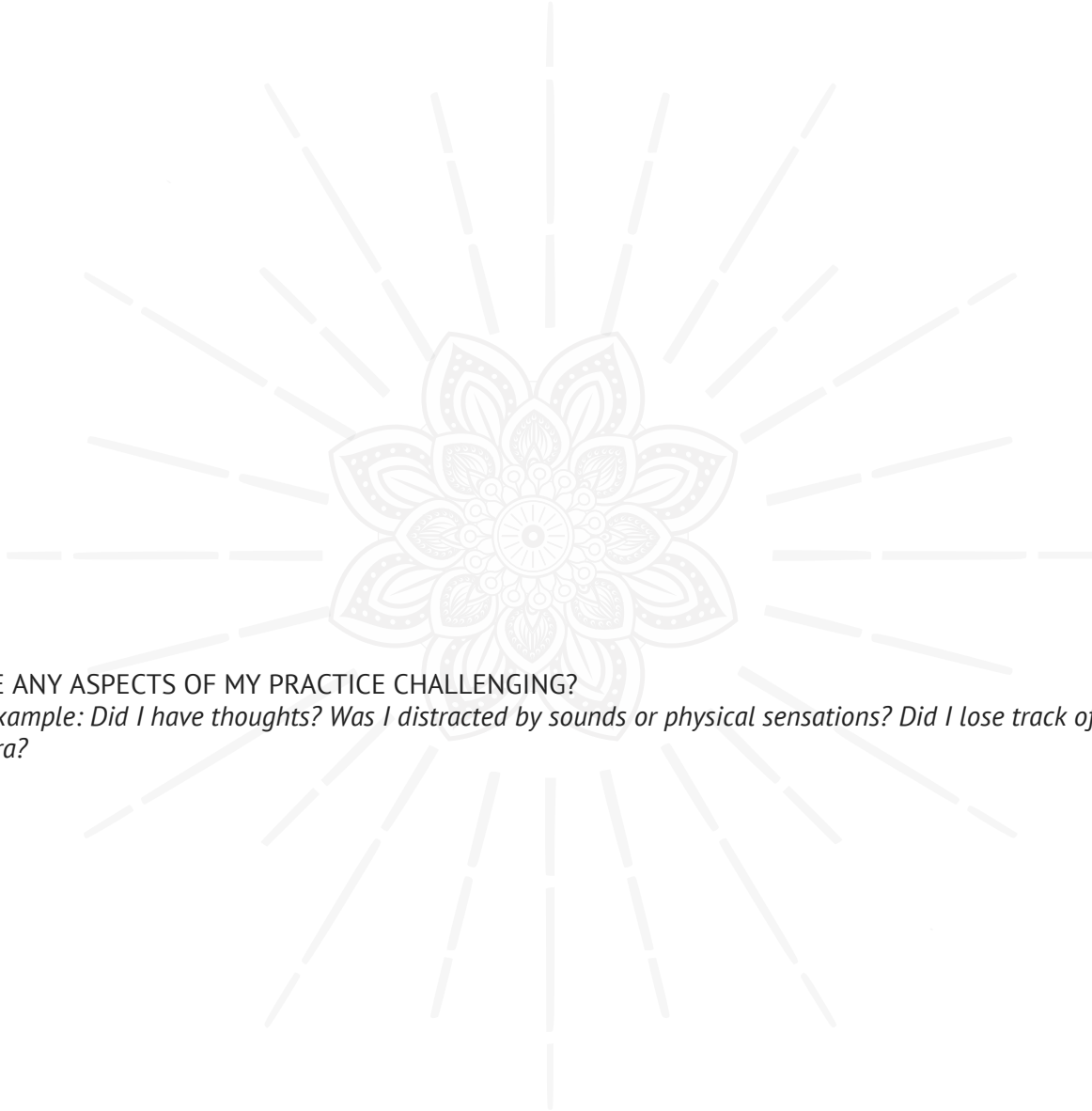
My Stress Pulse for Today



Week Nine Review

HOW OFTEN DID I PRACTICE MEDITATION THIS WEEK?

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



WERE ANY ASPECTS OF MY PRACTICE CHALLENGING?

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?

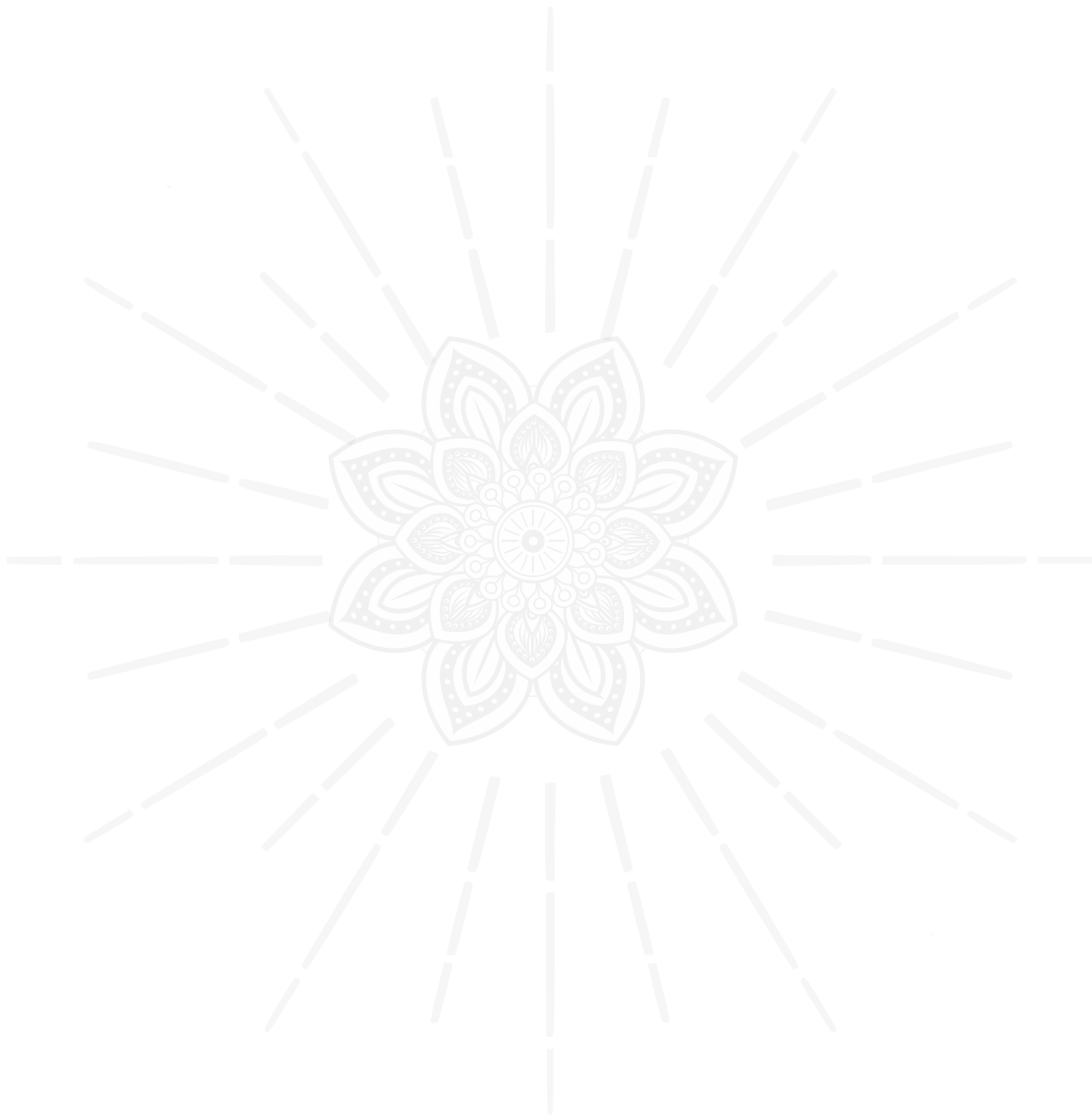
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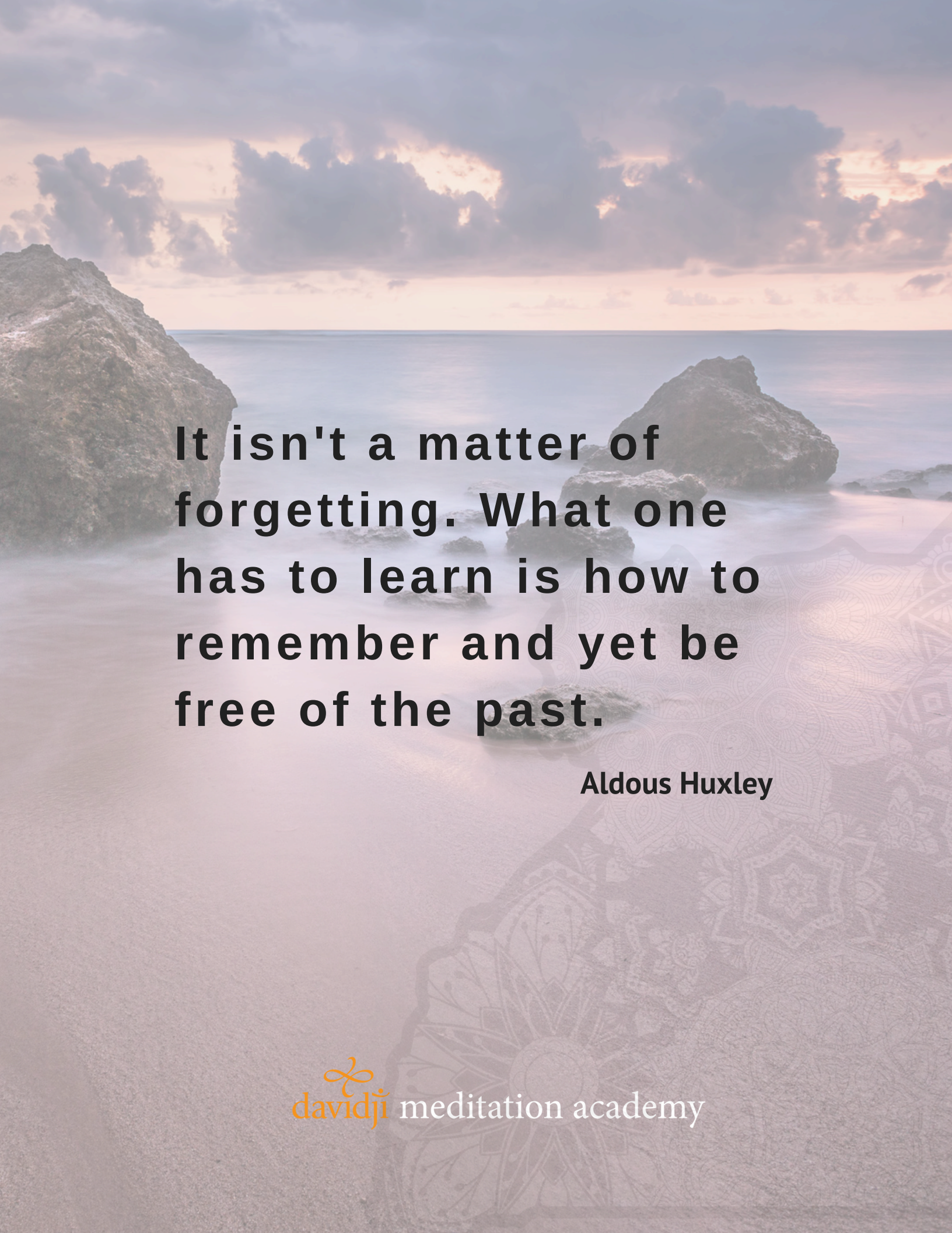


HOW HAS MY LIFE UNFOLDED OVERALL? DID I NOTICE POSITIVE CHANGES IN THE REST OF MY LIFE?

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





**It isn't a matter of
forgetting. What one
has to learn is how to
remember and yet be
free of the past.**

Aldous Huxley

Meditation Reflections

DAY 64

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 65

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 66

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 67

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 68

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 69

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 70

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



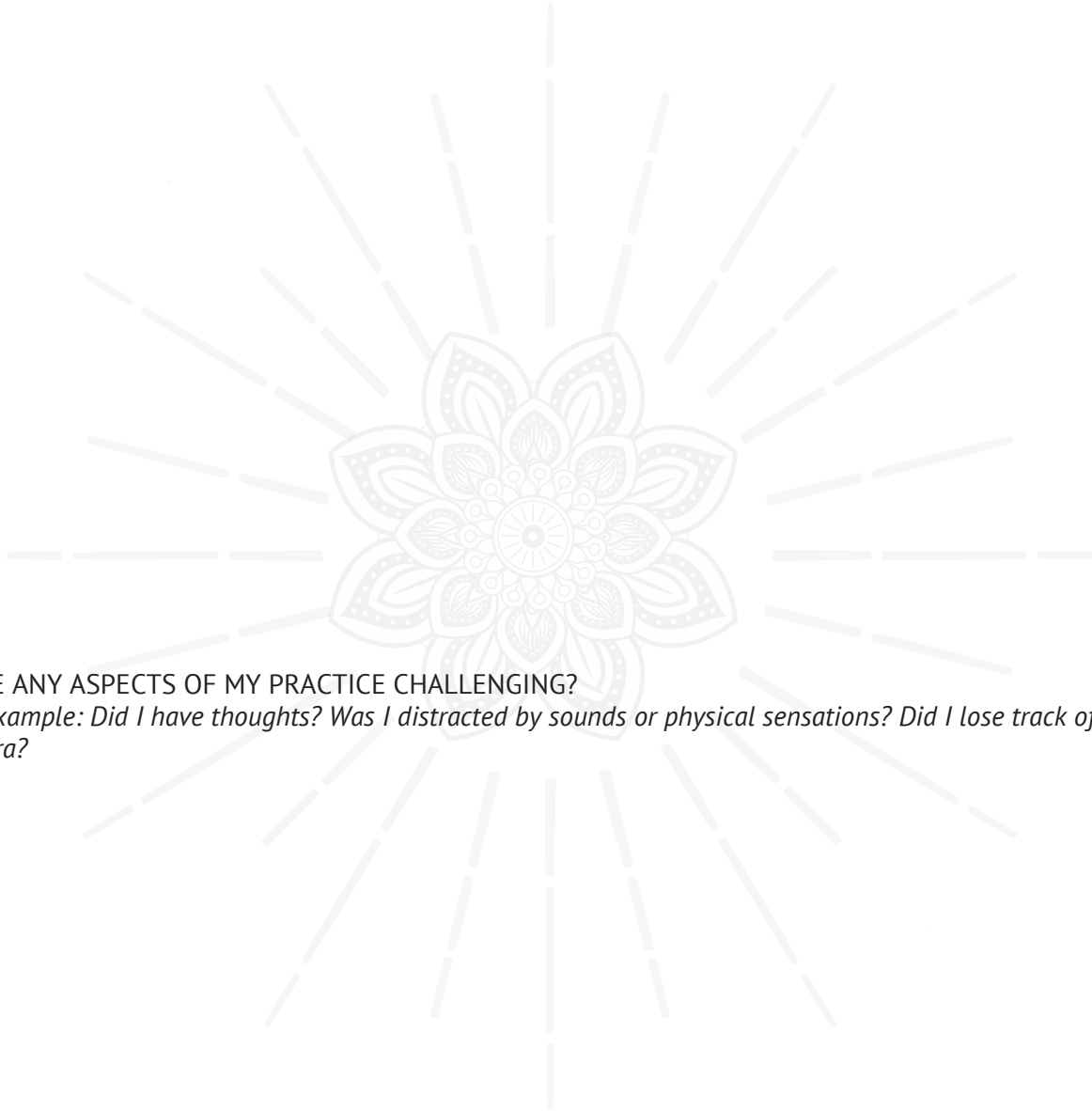
My Stress Pulse for Today



Week Ten Review

HOW OFTEN DID I PRACTICE MEDITATION THIS WEEK?

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



WERE ANY ASPECTS OF MY PRACTICE CHALLENGING?

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

MY MEDITATION PRACTICE

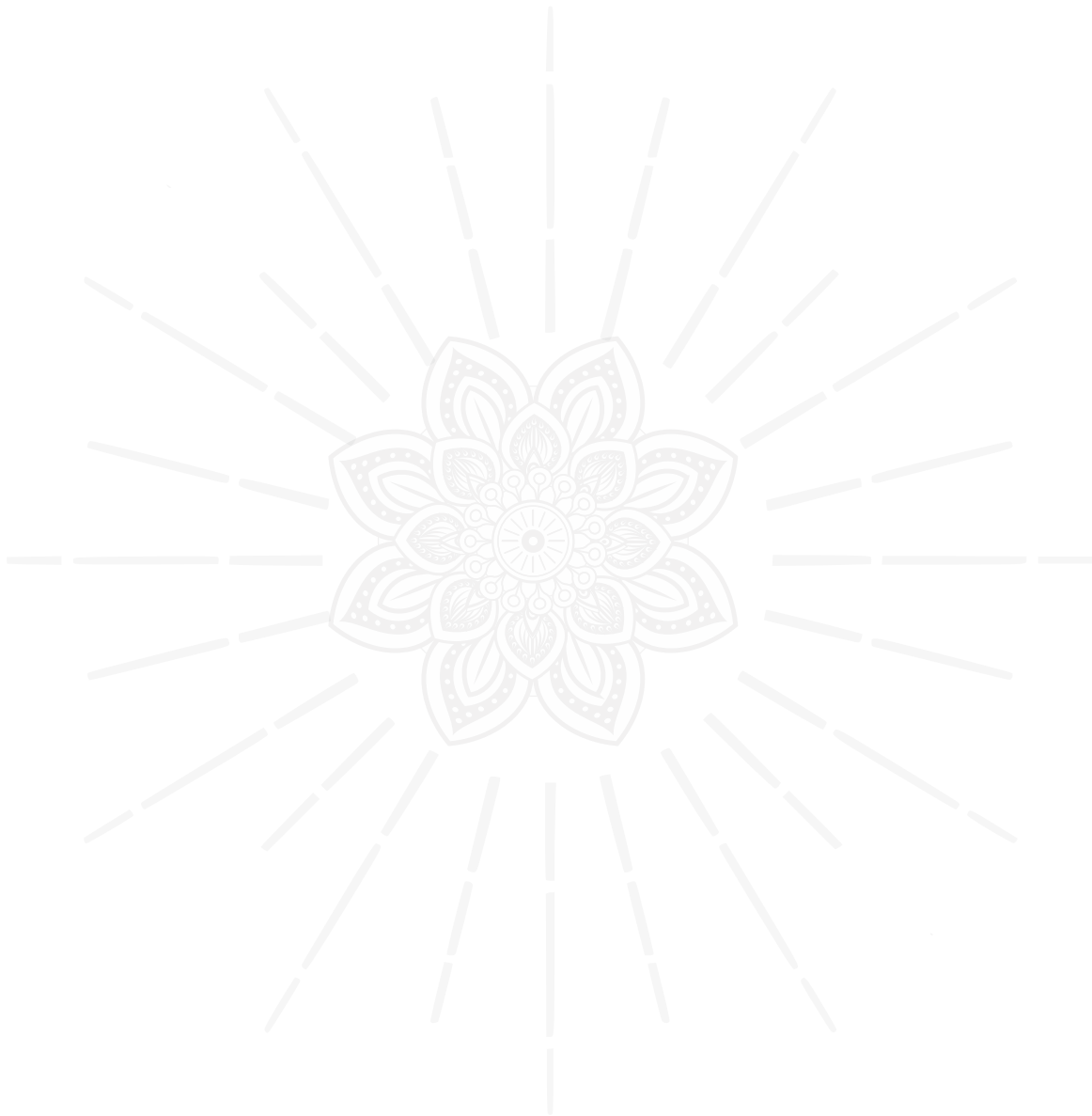
DID ANY ASPECTS OF MY PRACTICE IMPROVE THIS WEEK?

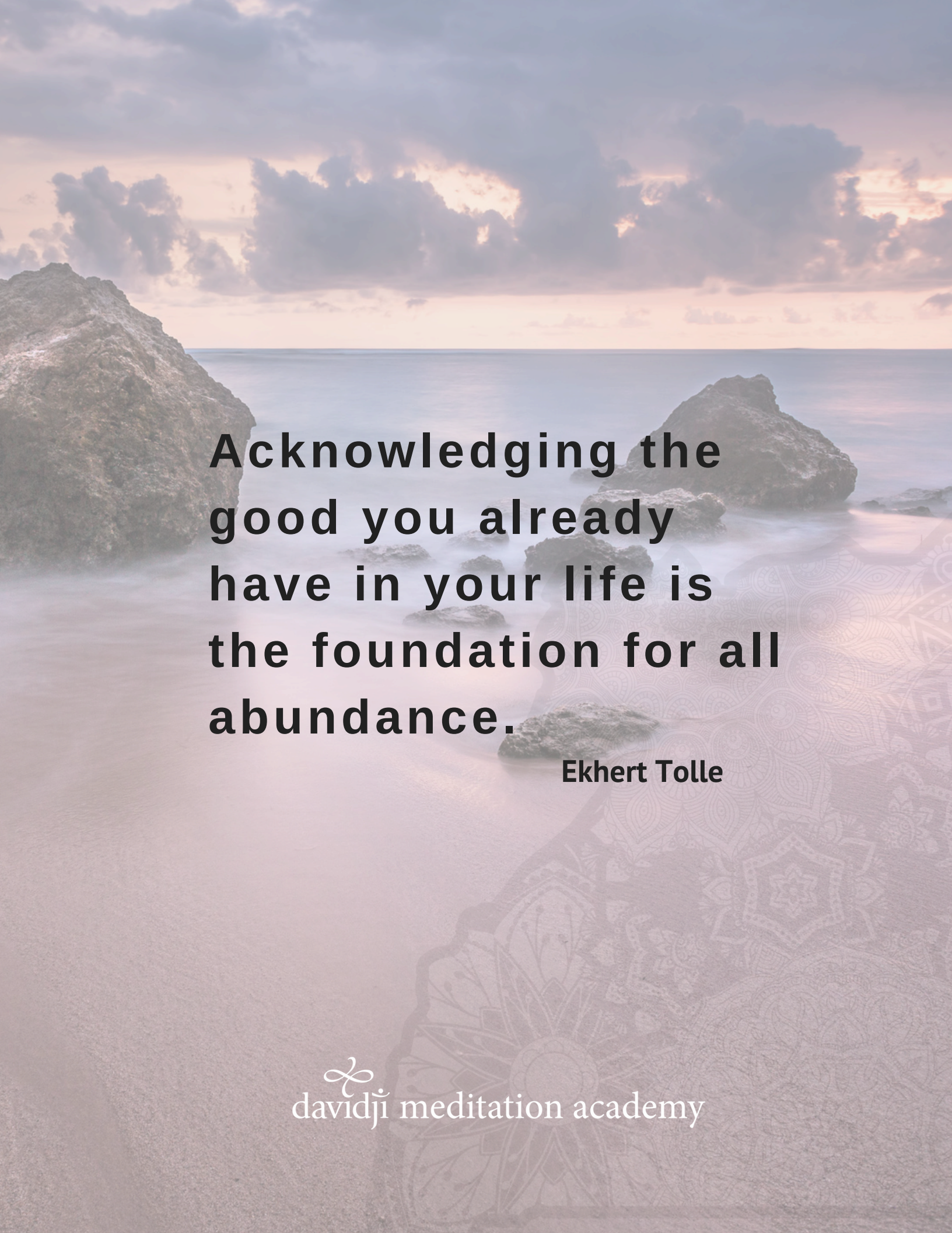
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HOW HAS MY LIFE UNFOLDED OVERALL? DID I NOTICE POSITIVE CHANGES IN THE REST OF MY LIFE?

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





**Acknowledging the
good you already
have in your life is
the foundation for all
abundance.**

Ekhert Tolle


davidji meditation academy

Meditation Reflections

DAY 71

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 72

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 73

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 74

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 75

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 76

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 77

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Week Eleven Review

HOW OFTEN DID I PRACTICE MEDITATION THIS WEEK?

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



WERE ANY ASPECTS OF MY PRACTICE CHALLENGING?

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

MY MEDITATION PRACTICE

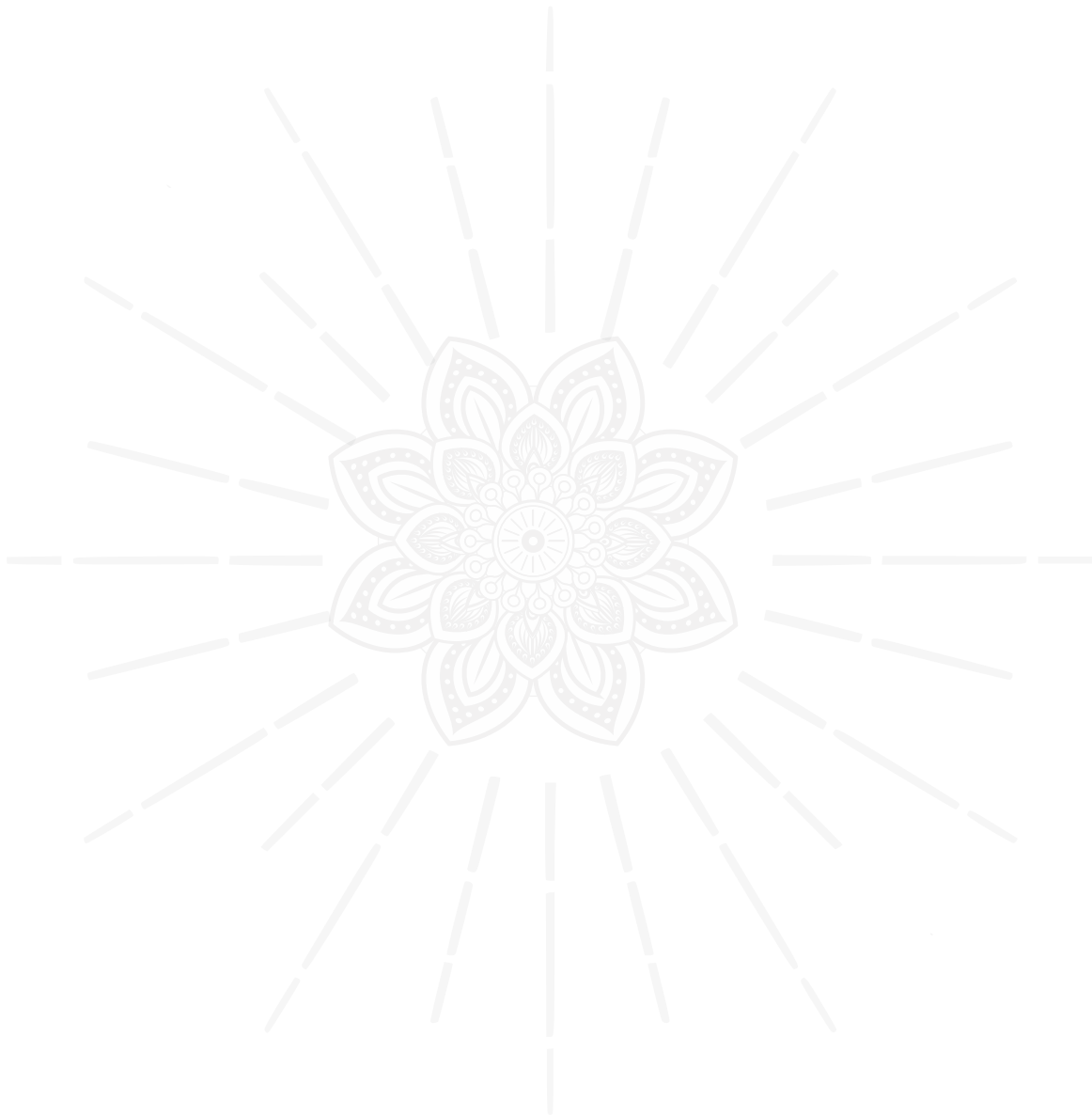
DID ANY ASPECTS OF MY PRACTICE IMPROVE THIS WEEK?


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





**When I let go of
who I am, I become
who I might be.**

Lao Tzu


davidji meditation academy

Meditation Reflections

DAY 78

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 79

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 80

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 81

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 82

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 83

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 84

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Week Twelve Review

HOW OFTEN DID I PRACTICE MEDITATION THIS WEEK?

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



WERE ANY ASPECTS OF MY PRACTICE CHALLENGING?

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

MY MEDITATION PRACTICE

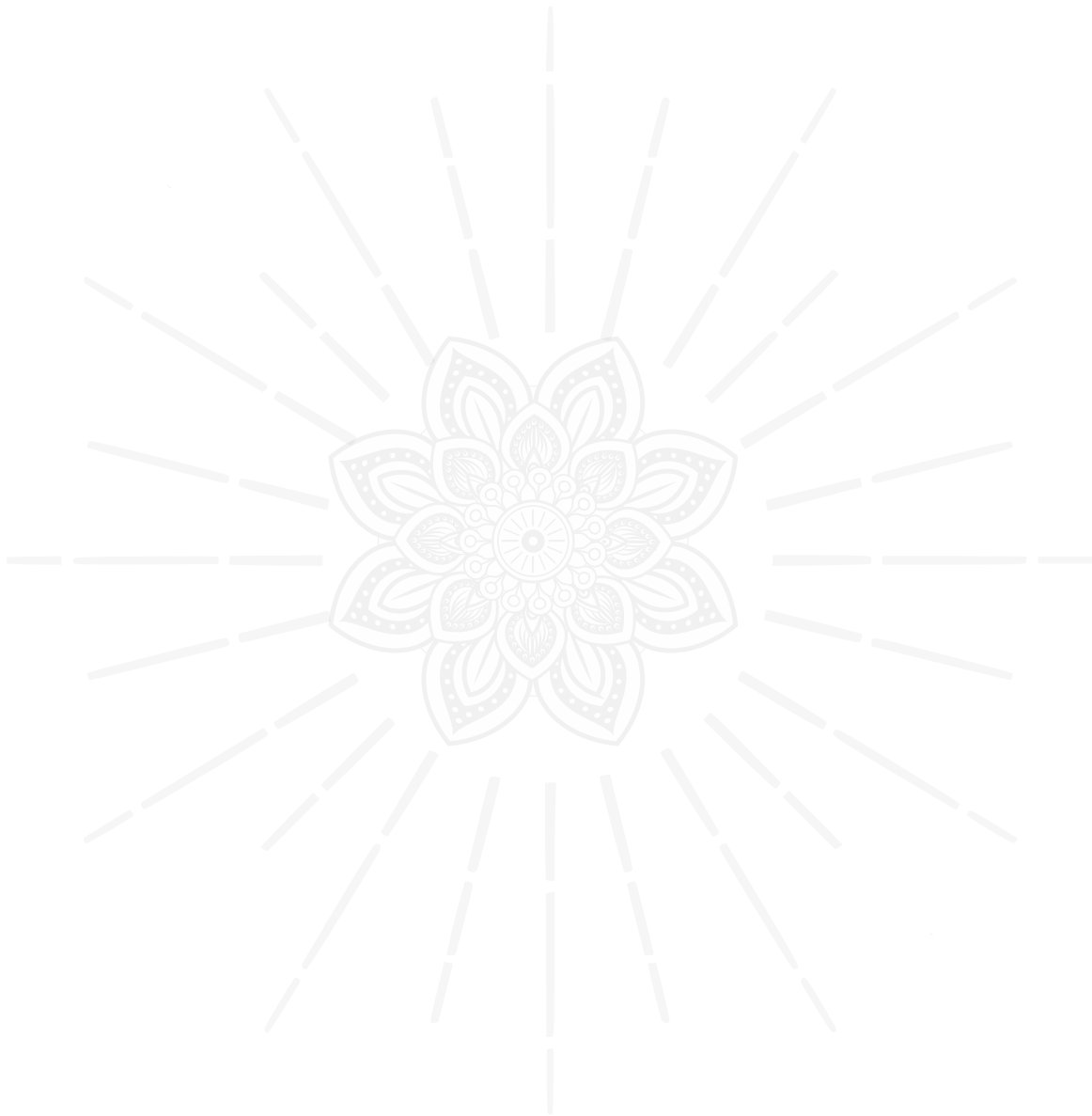
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HOW HAS MY LIFE UNFOLDED OVERALL? DID I NOTICE POSITIVE CHANGES IN THE REST OF MY LIFE?

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





**The quieter you
become, the more
you can hear.**

Ram Dass


davidji meditation academy

Meditation Reflections

DAY 85

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 86

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 87

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 88

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 89

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 90

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 91

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Week Thirteen Review

HOW OFTEN DID I PRACTICE MEDITATION THIS WEEK?

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



WERE ANY ASPECTS OF MY PRACTICE CHALLENGING?

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

MY MEDITATION PRACTICE

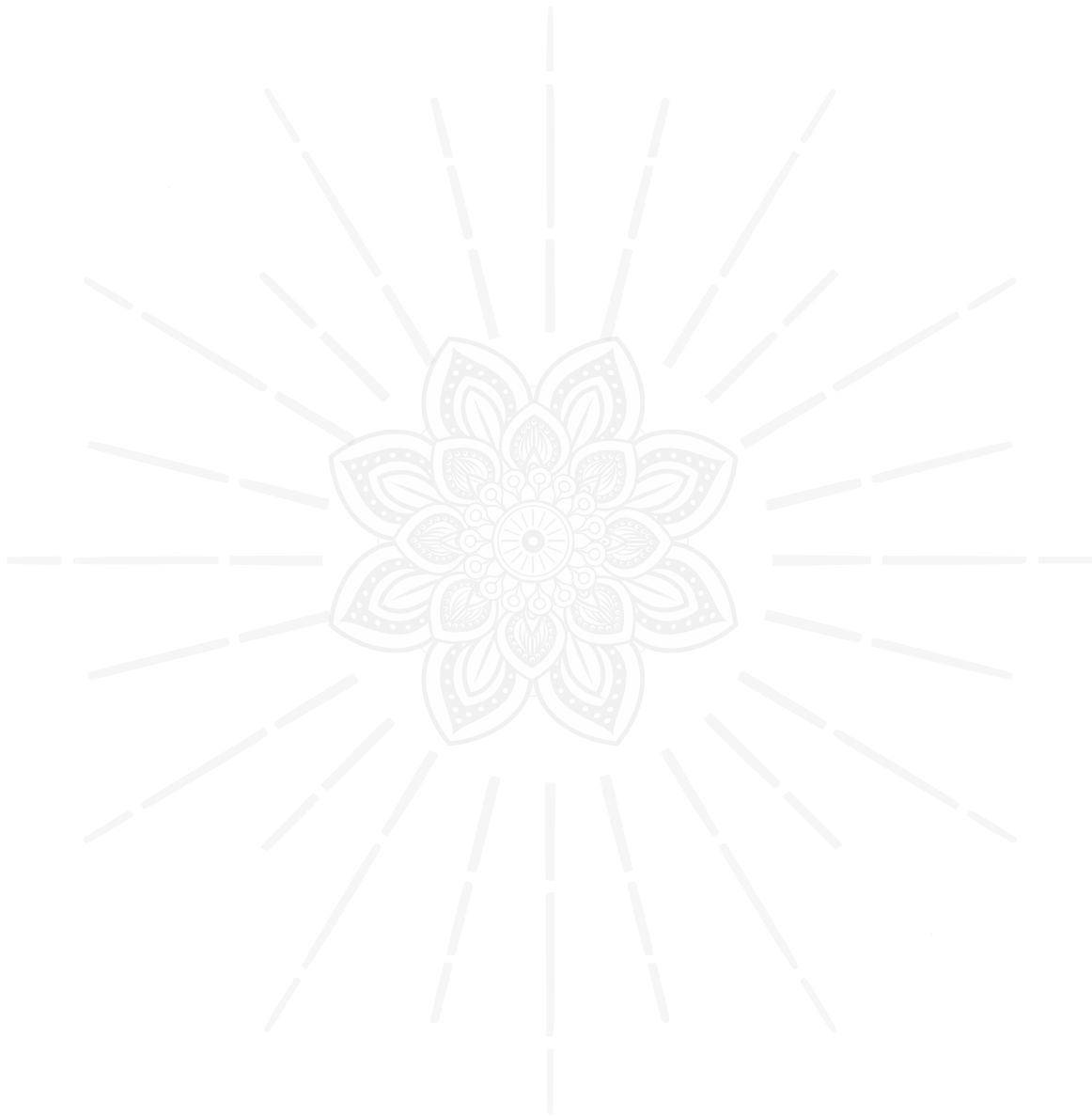
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HOW HAS MY LIFE UNFOLDED OVERALL? DID I NOTICE POSITIVE CHANGES IN THE REST OF MY LIFE?

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





**Whatever life
takes away
from you,
let it go.**

Don Miguel Ruiz


davidji meditation academy

Meditation Reflections

DAY 92

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 93

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 94

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 95

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 96

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 97

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 98

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Week Fourteen Review

MY MEDITATION PRACTICE

HOW OFTEN DID I PRACTICE MEDITATION THIS WEEK?

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

WERE ANY ASPECTS OF MY PRACTICE CHALLENGING?

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?

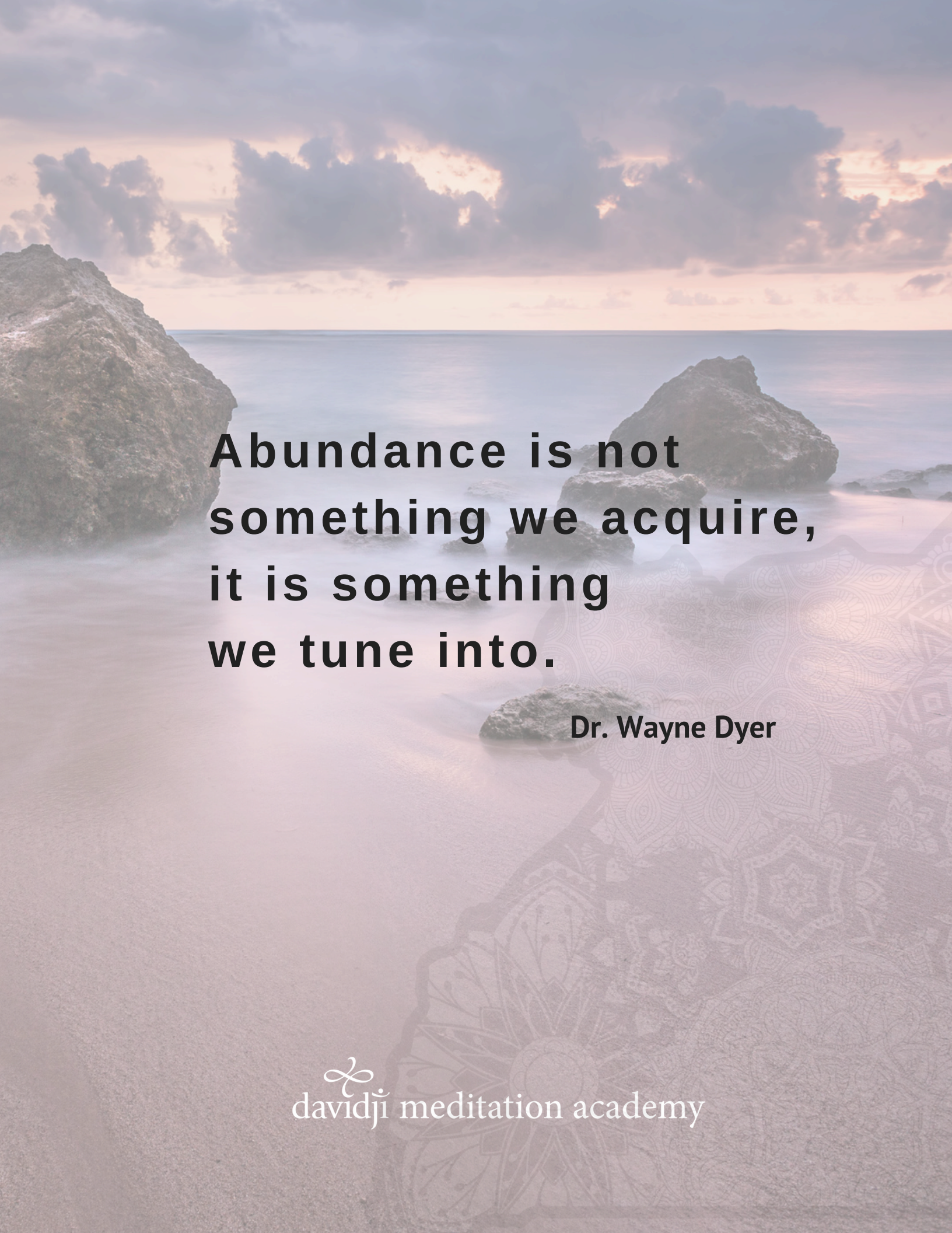


HOW HAS MY LIFE UNFOLDED OVERALL? DID I NOTICE POSITIVE CHANGES IN THE REST OF MY LIFE?

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





**Abundance is not
something we acquire,
it is something
we tune into.**

Dr. Wayne Dyer


davidji meditation academy

Meditation Reflections

DAY 99

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 100

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 101

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 102

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 103

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 104

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 105

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Week Fifteen Review

HOW OFTEN DID I PRACTICE MEDITATION THIS WEEK?

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



WERE ANY ASPECTS OF MY PRACTICE CHALLENGING?

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

MY MEDITATION PRACTICE

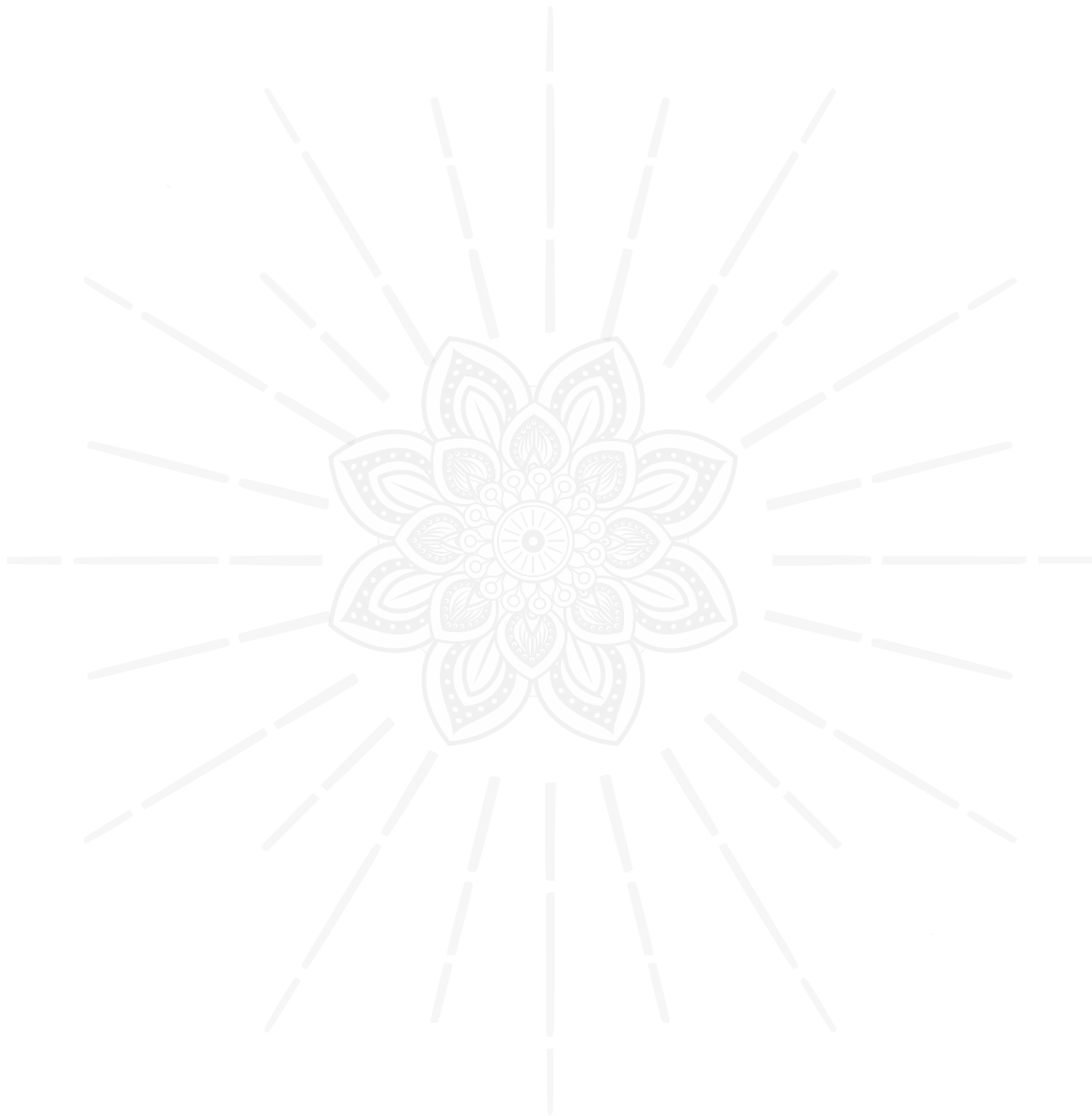
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For example: Did my mind wander less? Did I notice fewer distractions? Was I able to be more open to just experiencing the present moment? Was my mantra the loudest vibration more often?

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





**If your compassion
does not include
yourself, it is
incomplete.**

Jack Kornfield


davidji meditation academy

Meditation Reflections

DAY 106

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 107

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 108

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 109

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 110

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 111

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Meditation Reflections

DAY 112

Duration & Type of Meditation

Experiences In Meditation

Experiences Out Of Meditation

Other



My Stress Pulse for Today



Week Sixteen Review

HOW OFTEN DID I PRACTICE MEDITATION THIS WEEK?

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



WERE ANY ASPECTS OF MY PRACTICE CHALLENGING?

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

MY MEDITATION PRACTICE

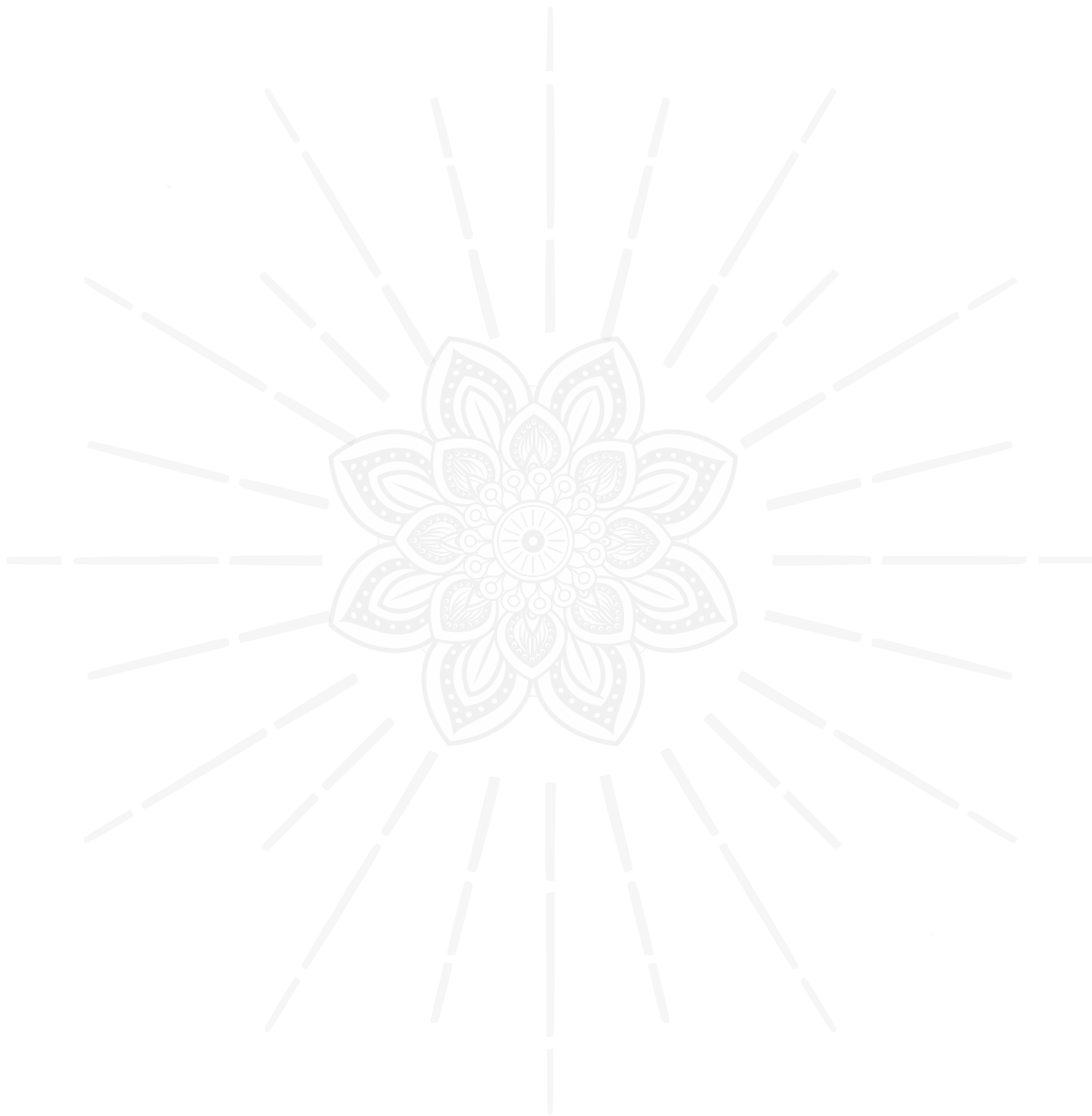
DID ANY ASPECTS OF MY PRACTICE IMPROVE THIS WEEK?

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





**Keep trusting.
The best is truly
yet to come!**

davidji


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