



**MEDITATION**  
*for*  
**SOUL TRANSCENDENCE**  
—  
COURSE JOURNAL



JOURNAL



## Meditation Journal

As you practice meditation, you may want to keep track of not only what meditation you did, but how long you did it and also anything you notice both during and after the meditation that seems different than usual for you, and therefore possibly a result of the meditation.

Writing these things in your journal creates a beautiful record for you of your progress, and is also an inspiration to read when you need a boost.

This journal is designed to support you in putting into practice what you are learning from the course.

### Setting an Intention for this Course

Take a moment to explore and get clear on your intention for doing this course. It will be different things for different people. Your intention maybe to establish a regular meditation practice, it could be to experience greater peace or it could be explore a deeper spiritual connection during your meditation. Whatever is true for you is fine.

### My intention for this program is...

---

---

---





# Meditation Practice - Session 1

Meditation: **Guided Meditation for Spiritual Exercises**

My intention for this meditation is...

---

---

## Record Your Inner Experience Before and After the Meditation

*"1" being extreme agitation and "10" being deep peace and tranquility*

Peace **before** (please mark):

1

2

3

4

5

6

7

8

9

10

Peace **after** (please mark):

1

2

3

4

5

6

7

8

9

10

## Journal your experience

...from the meditation and any specific awarenesses that you have

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



# Meditation Practice - Session 2

Meditation: **Guided Meditation for Spiritual Exercises**

My intention for this meditation is...

---

---

## Record Your Inner Experience Before and After the Meditation

"1" being extreme agitation and "10" being deep peace and tranquility

Peace **before** (please mark):  1  2  3  4  5  6  7  8  9  10

Peace **after** (please mark):  1  2  3  4  5  6  7  8  9  10

## Journal your experience

...from the meditation and any specific awarenesses that you have

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



# Meditation Practice - Session 3

Meditation: **Guided Meditation for Spiritual Exercises**

My intention for this meditation is...

---

---

## Record Your Inner Experience Before and After the Meditation

*"1" being extreme agitation and "10" being deep peace and tranquility*

Peace **before** (please mark):

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Peace **after** (please mark):

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

## Journal your experience

...from the meditation and any specific awarenesses that you have

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---







# Meditation Practice - Session 5

Meditation: **Guided Meditation for Spiritual Exercises**

My intention for this meditation is...

---

---

## Record Your Inner Experience Before and After the Meditation

"1" being extreme agitation and "10" being deep peace and tranquility

Peace **before** (please mark):  1  2  3  4  5  6  7  8  9  10

Peace **after** (please mark):  1  2  3  4  5  6  7  8  9  10

## Journal your experience

...from the meditation and any specific awarenesses that you have

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---





# Meditation Practice - Session 5

Meditation: **Inner Journey Through Spirit Realms**

My intention for this meditation is...

---

---

## Record Your Inner Experience Before and After the Meditation

*"1" being extreme agitation and "10" being deep peace and tranquility*

Peace **before** (please mark):

1

2

3

4

5

6

7

8

9

10

Peace **after** (please mark):

1

2

3

4

5

6

7

8

9

10

## Journal your experience

...from the meditation and any specific awarenesses that you have

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---