

"You must be the change
you wish to see in the world."
Mahatma Gandhi

For you P.Y.

Tread Lightly, Love Deeply

Second Edition

Copyright © 2006 by Eric Vance Walton.

Library of Congress Number: See back cover.

ISBN: 1-4116-2329-0

Book designed by the author.

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the copyright owner.

To order additional copies of this book, please visit:

www.EricVanceWalton.com

the edge of understanding

this lonely road unfolds you,
quells the guilt that scolds you
and dulls the fear that holds you
in the place you stand today

then the veil is slowly lifted,
and wicked lies are sifted
once muddled thoughts seem gifted
what is there left to find?

once precious ties are severed true
an epiphany, you forever knew
you no longer worry what you'd do....if
the moment's come and gone

so beautiful, this existence
when pure truth spans the distance
a call that makes maya whence
rings out from heart to mind

until now you've failed to see
that you're everything you need to be
won't you close your eyes
and walk with me out to the very edge.

A Note from the Author

Many of you are probably wondering exactly what I'm referring to on the previous page by the phrase *Tread Lightly, Love Deeply*. These four simple words carry much meaning. For humanity to navigate the many pitfalls that are now before us, as a people, we desperately need to incorporate this simple healing philosophy into our daily lives.

Tread Lightly means leaving a smaller footprint on our planet and learning to live more in harmony with nature and being more mindful of the very ecosystem that gives us life.

Love Deeply means to be compassionate. To be more kind to our fellow man and have more empathy for those around us. Remember that despite appearances, this life is easy for no one.

My meditation teacher, taught that the best way to change the world is to change ourselves and then lead by example. In that I'm a firm believer. I challenge you to begin a journey that will allow you to discover why sages of many different religions and cultures throughout history have considered the act of simple meditation to be the key to the next phase of human evolution.

Introduction

Minds much brighter than my own have pondered the ills and misdeeds of humanity and have wondered what could possibly be done to better our circumstances. In my heart I believe the key is right before us, echoing down through the ages in the wisdom of the sages. I'm thoroughly convinced that the key to a more peaceful and harmonious world lies in what I call the perfect pause, the practice of meditation.

What at first seems so difficult in these modern times, quieting your mind, retiring into yourself, eventually becomes as natural as breathing. If you've never experienced the benefits of a regular routine of meditation you have no idea the wonderful journey of self-discovery that lies before you.

Just like meditation itself, the following chapters are deceptively simple. If put into practice, the lessons will lay the groundwork and introduce you to the many benefits of meditation. After you read through the chapters and practice the meditation exercises there is three-month journal included in this book for you to track your progress. This is where the transformation will begin. After you're done with this journal it will be very helpful to keep it and revisit it periodically. There is also a section containing inspirational quotes and a suggested reading list for those who wish to deepen their meditation practice.

For those among you who are ready, it is my hope that this book will provide the spark for an unbelievably fulfilling lifelong spiritual journey. The ultimate key to living the life of your dreams is within you, just waiting to be discovered! In these pages I hope you find what you are seeking.

Contents

Chapter One - What Exactly Is Meditation?.....	1
Chapter Two – Focus on the Positive.....	7
Change	
Happiness	
Regain Control	
Chapter Three – Simplify.....	11
Chapter Four – Turn Me Into We.....	13
Chapter Five – You Are What You Eat.....	15
Chapter Six – Let’s Get Started.....	19
Your Space	
Posture	
Preparing Your Body	
Your Practice	
Exercise One – Physical/Calming	
Exercise Two – Psychological/Cleansing	
Exercise Three – Spiritual/Connecting	
Chapter Seven – Using What You’ve Learned.....	25
Chapter Eight – Mantra.....	29
Meditation Journal Pages	35
Inspirational Quotes	134
Suggested Reading List	136

Chapter One

What Exactly is Meditation?

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be?"

Nelson Mandela {South African Leader}

You may have been drawn to meditation for several different reasons; to grow spiritually, to reduce stress, to heal from anxiety or depression, even to help free yourself from addiction. Meditation can

help with all of these conditions and so much more. You may begin to practice meditation for a specific reason but if you make it a part of your daily routine you will start to experience untold benefits in all areas of your life. Areas that you may not have even been aware that you needed help with! I know this first-hand.

I was lead to meditation twelve years ago. I had been depressed and had the general feeling that my life was going nowhere. It was as though I had entered a void and could seem to find no way out. So the search began, I spent countless hours reading self-help books, some of which were slightly beneficial but they were only a temporary fix. After about a year of searching I came across a small book on meditation and it changed my life.

Meditation doesn't belong to any one sect or religion, it is for everyone. Simply put, meditation is liberation of the mind. What would you attempt in life if you knew, in your heart, that you could accomplish anything? How would you live each day of the rest of your life if you had no fear of failure? Down through the ages, we as humans, have forgotten how awesomely powerful we really are. Through the gift of imagination and the intelligence to bring our ideas to fruition, there is literally nothing in this world that we can't accomplish.

The problem is that there have been many roadblocks put in our path to relearning. Belief systems and patterns of thought have been put in place down through the ages as a means of limiting the masses. Some roadblocks to living the life of our dreams are even self-imposed. These roadblocks continually loop in our heads day after day as self-limiting thoughts. By continually thinking negative internal thoughts and comparing ourselves to others, many of us become our own worst enemies. “I’m not smart enough”, “I’m not as good looking or successful as they are”, “This certain person doesn’t like me”. We can really get quite creative with our negative thoughts!

Most of us have heard of the word “institutionalized” and know its meaning but few of us realize that we have in a way become institutionalized ourselves. As unbelievable as it seems it is common for prisoners who have been incarcerated for decades, upon their release, to find themselves unable to deal with freedom. Freedom terrifies them. Some even end up breaking the law to get back into prison. These people, who at first grieve because their freedom has been taken from them, strangely begin to find security and comfort behind bars.

The same phenomena occurs everyday in the “working world”. When we’re young, most of us have lofty dreams and aspirations but if we’re not mindful, as the ocean erodes the sand, the

routines of life slowly wear our dreams away. After a few years the dreams, if remembered at all, are pushed back into the farthest corners of our minds. As our daily routines become etched onto our brains, even though we may be miserably unhappy, we lose our ability to even imagine a different way of living. We become so dependant upon the routine itself that we forget that other options that would make us far happier exist and are just a decision away!

As you will experience, meditation is many wonderful things but first and foremost it is a process of relearning who we really are and unleashing the awesome power that each and every one of us possesses. In many ways it is very sad, we are like sleeping giants that merely have to be awakened.

This modern life is like a double-edged sword. Although the average person enjoys a reasonable amount of leisure time and we have more information at our fingertips than any other generation in history, we also have countless distractions. Our senses are assaulted from the time our alarm clocks wake us in the morning to the time we lie down to go to sleep at night. Almost continually television, radio, cell phones, and numerous others things are competing for our attention.

This makes the first step of meditation probably the most work. The first step is what I refer to as the “physical step” and

requires us to do nothing more than quiet our minds. In a way, meditation can be viewed as connecting to our inner-soul in much the same way that a computer connects to the internet. For you to make this “connection” you must first be able to attain a certain level of peace within yourself.

Once the mind is still, the second step or “psychological step” begins. This is a chance to release the baggage that we’ve acquired throughout the years. We begin to gradually break free from all of the misconceptions and self-limiting thoughts and behaviors that we’ve taken on in our lives. The third and final step is the “spiritual step”. This is deep meditation.

The important thing to remember is that the practice of meditation itself will speed up a three-fold healing process: physical, psychological and spiritual. It’s never a bad time or too late to start your practice. Whatever challenges you’re struggling with, meditation will help get you on the road to recovery.

Chapter Two

Focus on the Positive

Change

In this life change is the only constant. Change, on some level, happens all around us in every moment of every day. In this rapidly evolving world, those who are the most successful in life are those who manage change well. Our ability to deal positively with change greatly affects the quality of our lives.

Imagine a terrible thunderstorm with driving rain, lightning and terrible winds. It is the trees that are flexible and bend in the wind that have the best chances of survival. The trees that stand rigid are usually damaged or destroyed. The same holds true for life, we must learn to keep a somewhat open mind and not always fight change. Change is scary for almost everyone but it is sometimes necessary to better our circumstances.

Happiness

Happiness is our soul's guidepost. Our level of happiness best tells us if we're evolving or slipping backwards. If you are unhappy, your soul is merely trying to tell you that there is something in your internal or external environment that isn't right and needs to change. Fortunately you are the person who is best suited for the job of creating this change for the better!

A regular routine of meditation gives you the tools necessary to make clear-headed decisions and deal positively with change. Not unlike a lot of things in life if you keep up your practice you will see real, tangible results. Keep in mind that meditation isn't always easy but is a very honest practice, you receive out of it exactly what you put into it. Don't expect miracles right away but one thing is for sure, with continued and dedicated practice unbelievable gifts will begin to materialize.

Our view of life in this world is ninety-eight percent perception. Some people look at a beautiful garden and can only imagine how much of a burden it would be to weed and maintain or the bees that may sting us. While others see the garden as a miracle of nature that recharges the soul and adds to the life of everyone who

views it. If unhappy, the first step towards happiness is to smile. However difficult it may seem, try it, it works!

Regain Control

"Man is free at the moment he wishes to be." Voltaire

How many of us have found ourselves in situations that feel like they're careening out of control? Our emotions can easily send us careening into a downward spiral of rage, jealousy or fear. In this physical world we don't always have control over the things that happen to us but we can have control over our reactions to these external influences. Most of us have been conditioned to react subconsciously to certain situations that arise in our environment. These "automatic reactions" can result in anger, jealousy, hurt feelings, and embarrassment.

How would you like to not only take steps to better your external circumstances but also have the freedom to react to those inevitable unpleasant external conditions with clear-headed confidence and poise? Among the countless benefits of regular meditation is the freedom from those seemingly uncontrollable emotional reactions of anger, jealousy and fear that we usually end up regretting.

A common trait of those who regularly meditate is their ability to control the most important instrument in the world, their own minds. Just as a virtuoso perfects the playing of an instrument, a person who meditates learns to be the master of his or her own mind. What could you could accomplish in this world if you controlled your thoughts instead of your thoughts controlling you?

Chapter Three

Simplify

"A man is rich in proportion to the number of things he can let alone."

Henry David Thoreau

Life in today's world is complicated enough, don't add to the stress! Keep life simple. It's all a matter of balance. We need a certain level of material possessions to survive and you shouldn't deny yourself pleasures in life but too many material possessions have a way of becoming a burden and crowding in on you like a house of cards. I'm not saying that everyone must live an austere monastic life to be happy spiritually but use your common sense as a guide to tell you how much is TOO MUCH.

The sages have been saying for thousands of years that material happiness is fleeting. Think about when you were young at Christmas. Every year there was always that one toy that you just had to have. Two months later it was totally forgotten about! We as adults are in many ways the same as children. You see that SUV that

you just have to have! You mull it over until you begin to convince yourself of reasons why you must have this SUV imagining how good you'll look behind the wheel. When you finally get that vehicle your life seems fulfilled. I call this the honeymoon phase. This feeling may last for a few weeks or months but inevitably reality sets in.

Astronomical payments, more money for gas, increased insurance costs. This SUV becomes nothing but a burden and you have less money at the end of the month and less freedom to do the things you like to do. Before you know it you have plenty of time to stare at this piece of machinery in your driveway because you don't have the money to do the things you enjoy. You have become a prisoner. This vehicle's newness quickly wears off and you must go on to the next material "fix" to make you happy. So begins the never-ending cycle.

What happens when people behave this way? One material desire is perpetually replaced another and so on and so on. This, like overindulgence in food is sparked by nothing more than a void in our souls. Through meditation, as you begin to get glimpses of true happiness, you'll realize that material things can in no way compare to the real thing.

Chapter Four

Turn Me into We

"Only a life lived for others is a life worthwhile." Albert Einstein

How many of us know that person who always has to be the center of attention? A person who always steers the conversation in their direction and dominates it. The one who seems a million miles away when you're talking to them. The fact is they're probably not listening at all because they're too busy formulating what they're going to say next! The simple fact is we, as humans, connect and are attracted to those who are good listeners and have a natural tendency to abhor those who are self-centered.

Let's try a little exercise. Most of us write several e-mails a day. Pay close attention and become conscious of how many times you use the words "I" and "me" in your daily correspondence. The same goes for your conversations. Become mindful of how many times you speak the word "I" throughout the course of the day. This is the world's best "self absorption indicator" and is a little trick that

will give you a glimpse of how the rest of the world sees you. Try to consciously reduce the frequency of using the words “me” or “I” in writing or speaking, this simple step will change your life.

You get what you give. When you’re feeling down help someone else out, you’ll be surprised at how quickly this can change your mood! Also, surround yourself with people who are already like the type of person you’re trying to become. Read the biographies of those people who have the traits that you’d like to acquire. Practice being a good listener and you’ll be surprised at how much you’re missing!

The best way to “take a vacation” from yourself and whatever worries you may have is to shift your focus away from “I”. Give of yourself, volunteer for the less fortunate. Or take care of something, buy a houseplant or adopt a pet. This simple act will pay you back great dividends of less stress, peace of mind and higher self-esteem.

Chapter Five

You Are What You Eat.

"Gluttony is an emotional escape, a sign that something is eating us."

Peter De Vries

Obesity is at epidemic proportions and is now the second leading premature cause of death behind heart disease. We all know someone who's been on the "diet roller-coaster." They seem to jump on one bandwagon right after another and become obsessed with their weight. What a way to live! Modern science has proven that losing and gaining vast amounts of weight throughout your life can be even more dangerous than being a little overweight. Believe it or not, your diet affects more than just your waistline. A healthier diet is good for the mind as well as the body. Simply put, what we put into our bodies is what we become. Literally and definitely figuratively!

Listen to the cues your body is giving you. Let's face it, at some time we've all experienced that heavy, bloated feeling of

indigestion. This is our body telling us that we're either overindulging or we're feeding it the wrong foods. Not everyone is ready to become strict vegetarians and you don't have to be. A good and simple rule regarding food is the less processed the better.

Educate yourself about the food you eat. Where does it come from? How is it processed? Try to buy food close to the source and eat organic fruits and vegetables whenever possible. The same holds true if you eat meat, the less processed the better. Free range, antibiotic/hormone/preservative free is best. Steer clear or reduce your intake of hydrogenated oils or trans fats, saturated fats, artificial sweeteners of any kind and most processed or convenience foods. Find out more about alternative sweeteners such as agave nectar or stevia. Explore the benefits of drinking black, green or white tea.

In the short term a healthy diet is a little more expensive but in the long term it will greatly add to the quality your life and save you money in time off work and healthcare costs, plus you'll feel better! You'll have more energy and a clearer head. To reduce food costs, check into becoming a member of a food co-op in your area.

The secret to losing weight is all a matter of simple mathematics. To lose, burn more calories than you consume. For exercise, try anything that you might enjoy enough to make a regular routine. This is the key, you must enjoy it enough so that it doesn't

seem like work or a chore to you. Low impact exercises like walking, yoga, or tai chi are preferable.

If more people followed these simple steps, they wouldn't have to subject themselves to the psychological and physical stresses of the diet roller coaster. Also, those who perpetuate and get rich off of this unhealthy mindset of gorging ourselves and "purging" would be looking for employment.

Chapter Six

Let's get Started!

Your Space.

First and foremost it helps to have a small area dedicated to meditation practice. This can be a spare bedroom or even a small corner separated with a screen but it should be space that is quiet, with dim light. You should expect your meditation space to be clean, comfortable and free from any unnecessary interruptions or distractions. Many people like to light a candle or burn mild incense but this is not necessary.

Posture

Find a comfortable chair and sit with back straight, feet flat on the ground. Rest the backs of your hands on your thighs with palms facing up.

Preparing Your Body

Just as an athlete stretches before a game before each meditation session, it's best to limber yourself up so the energy can flow throughout your body. The following exercises will help you achieve a more fruitful meditation experience:

1. Seated in a chair with your arms straight up in the air reach for the ceiling and elongate your spine. Stretch for as long as you need to.
2. Roll your head slowly and fluidly clockwise five times and then counterclockwise five times.

Your Practice

There are many styles and types of meditation. The purpose of this book is merely to usher you to the path, to introduce you to the basics. It should be just that, practice. These exercises can be done at any time of the day but ideally your meditation routine should be for a few minutes just upon waking and a few minutes just before bedtime. Ultimately the important part is to do it so it is for you to decide how to integrate it into your life. Start with an amount of time that you can devote every day, even if it's five minutes. After

you begin to experience how much value this adds to your life you'll want to gradually lengthen your practice.

Exercise One - Physical/ *Calming*

This first exercise can be performed seated in a comfortable chair. You should try to keep the spine as straight as possible.

1. With eyes closed, inhale slowly and deeply. As you breathe in feel your stomach expand and contract.

Concentrate fully on the quality of each breath. Repeat this as many times as you'd like. This exercise trains the mind to stay in the present moment but it's not always as easy as it seems. Your mind will inevitably try to wander but each time usher your attention back to the breath. Not keeping our minds in the "here and now" is the source of much of the stress in our lives. Living in regret of past mistakes or fear of the future keeps us from experiencing the joy that is happening in our lives right now!

Exercise Two – Psychological/ *Cleansing*

This exercise is best practiced in the seated meditation posture directly after Exercise One.

1. With eyes closed, imagine your head surrounded by warmth and light. Hold this thought in your imagination for a few moments.
2. Envision this healing light slowly surrounding your whole body.
3. As you inhale, in your mind's eye, envision the light entering your lungs and gradually permeating every cell your whole body.
4. Finally imagine your whole body glowing. Linger with eyes closed, concentrating on the breath, as long as you'd like.

During this exercise make a mental effort to address any stresses or problems in your life. Feel as though the light is burning them away. If you have any aches or pains concentrate on the specific body part that needs healing. With several repetitions, mental stress will begin to melt and you will feel more at ease.

Exercise Three – Spiritual/ *Connecting*

Close your eyes and gently focus your eyes to the point between your eyebrows. This will feel a little unnatural at first but after a while will seem more natural. Inevitably your mind will race in rebellion for the mere fact that it's used to being constantly bombarded by stimuli. This flood of thoughts is perfectly normal and is your first hurdle on your way to deep meditation. When thoughts come into your mind

don't fight them but acknowledge their presence and simply release them, let them go.

1. Inhale through the mouth for a count of five.
2. Hold the breath for a count of five.
3. Exhale through the nose for a count of five.

Repeat these as many times as you'd like throughout the day.

Chapter Seven

Using What You Have Learned

After some practice, you will instinctively think of various ways to integrate the lessons learned in these meditation exercises into your daily life. The conscious breathing technique which is taught in Exercise One can be especially useful in this day and age when multi-tasking is so glorified!

I remember once while driving through Chicago in bumper-to-bumper traffic I saw a man behind the wheel of an expensive German sedan reading the newspaper while driving. Not only was he risking his life and the lives of those around him but his brain was probably only comprehending one fourth of what he was reading! By recklessly scattering our attention and trying to do too much at once the quality and efficiency of each thing we do suffers.

More than anything, Exercise One will teach you to live more in the here and now and begin to focus your attention on one thing

at a time. When enjoying a nice meal think of how good it tastes but also be thankful for all the many people who made the meal possible. Be grateful for the person who prepared the meal, the people who grew the food and finally think of how lucky you are to have access to food while so many in this world do not.

Most times we grumble when it comes time to do mundane tasks like sweeping the floor or washing the windows. We rush through it with a frown on our faces all the while daydreaming about what we should do next! When sweeping, concentrate on only sweeping. Listen to the sound of the broom bristles brushing against the floor. Feel the expansion and contraction of your muscles that give the broom movement. Then be grateful that you are healthy enough to be able to perform this task, many in this world are not. When taking this approach to life's "chores" it's surprising how enjoyable they can become!

Throughout your day, when challenges begin to feel as though they are getting the best of you, bring your attention back to your breath. This will rebalance and recharge you.

As I said before, with faithful meditation practice, you will see your life experience radically transformed. The degree and speed in which it changes you is different for everyone. Some will become more compassionate. Others will begin notice and appreciate the

beauty of nature or focus on the positive rather than the negatives in life. Still others will start to appreciate life's little subtleties and the people around them.

Another common side effect of regular meditation is deeper sleep and the increased frequency of dreams. Believe it or not, these dreams can be a great tool in your healing and spiritual evolution. Many times dreams are so steeped in symbolism that only the dreamer can decipher their meaning. It is important if you have a particularly vivid dream to write it down right after waking. If we don't do this many times we forget the dream and lose the opportunity to benefit from the dream's message.

As you begin to integrate meditation into your life it's important to be able to chart our progress. Following this chapter is a meditation journal. Please take a few moments after your meditation each day to fill out the page. There are enough pages for three months of journaling. After this three months is over take the time to reread what you've written and reflect on how your life has changed.

After the Journal section is a Suggested Reading list of books that will deepen your spiritual journey if you should so desire. I have also dedicated a few pages to inspirational quotes.

I would like to wish you luck on your path and sincerely thank you for making this book a part of your spiritual journey!

Chapter Eight

Mantra

A mantra is a poem or syllable, typically from the Sanskrit language. Their use varies according to the school and philosophy associated with the mantra. Mantras have been used for thousands of years as spiritual conduits, words or vibrations that instill one-pointed concentration in the person who is meditating.

The repetition of these mantras are referred to as, “chanting” and can be a great aid to achieving ever deeper levels of meditation. When done correctly, with utmost concentration, you can virtually feel the stresses melt away with each repetition.

I have written the following few poems over the course of the past decade and am happy to share them with you. You can repeat the whole poem or just a portion of the poem either verbally or mentally throughout the course of your meditation practice:

Take A Chance

Take a chance, any chance.
Stare down fear
and watch it unfold you
like the ribbons of the sunrise
all red, orange and gold.

The Answer

You've felt the hunger
Pangs of obliqueness
From a nameless, faceless hunger
That gives you no pride, no shame

Fluid thoughts of a world draped
In fixed opinions of Peace
Ever-searching for an answer
To overcome the ID
And wonder what you ever did
before your eyes were opened

but life weathers away
your frame of mind slowly, relentlessly
minute by minute,
hour after hour
wisdom overpowers
until all you have left
is the answer.

Meditation

How lucid is your soul tonight
as guards are put to rest?
When not one is stirring 'round you
and the sun is setting West.

Your true being is emerging
as façades yield one by one.
As you long to merge with oneness
and to greet the golden sun.

Freed from inhibitions imposed
by the mind you call your own.
Freedom from the past mistakes
that haunt your Earthly home.

Cross-legged, in the lotus
You begin to clear your wearied mind.
Wishing for a sliver of a moment,
to leave this struggle far behind.

Your pulse begins to slow
as the void becomes your breath.
Your heart begins to soothe you
ever-beating in your chest.

Dancing somewhere in the stillness
Breaking shadows far and near.
Where a worry's no longer a worry,
And a tear is not a tear.

A wave is all consuming
a bright beam breaks clouds above
You reach your precious goal
and for a moment, become Love.

Spark

Desire, draw us ever deeper
to the keeper of our hearts
we seek but a glimpse of timeless twilight
in this long day's night

the Peace we seek begins within
and ripples forth in silent waves
bathing each and every soul with light

"the powers that be" wish us
to continue our slothful slumber
but our numbers are too great
for our hunger to be quelled

put your ear to the tracks and hear
the low rumble of our humble awakenings

take this, your first gasp of pure Truth
utter your first cry, then a long cleansing sigh
as we say goodbye to the darkness of this world

Be

Be still, coax your soul from the shadows
know when the madness is quieted
you possess all you've ever desired

Be still, see that there is subtle beauty
in each breath, in each second of life
when you are attuned

Be still, melt into the center of yourself and
see that what you once considered reality
will fade away as though you have awoken
from a nightmare.

From The Land of the Lost

This life is a freefalling dream
in which time is the only gravity

reach out, but there's nothing to cling to
until you awaken and discover your wings
these wayward wanderings will bring
may a lonesome stings

but your soul is a phoenix
and a most faithful guide
make your journey to the peaks
and take comfort in the sunrise
of each day born anew

taste the wine and know in time
that you will make your way
from the land of the lost.

Nothing Else

As the sun's rays
illuminate your being
and warm your face
pause to take a nice
long drink of life,
close your eyes and smile.

Know that this moment
in time is real and
all there is,
really all there ever was
and will be
Nothing else matters.

People will feel how they feel
and will believe
what they want to believe
our only job is to be

Fall leaves will continue
their dance in the crisp wind,
the squirrels will continue to play
and the wood smoke will wisp
long after we're gone

But now, there is the sun
and the Earth beneath our feet
and our breath. Time is still
and nothing else matters.

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Meditation Journal

Chart your Progress

Date: _____ Time: _____

List one thing that you're grateful for today:

Did you practice conscious breathing? _____ If not, do so for a few minutes now.

Did you dream last night? If so, list the details that you remember and your interpretation of what the dream might be trying to tell you:

How long did you meditate today?:

What were your experiences in this meditation?:

Inspirational Quotes

"Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world."

Albert Einstein

"Go confidently in the direction of your dreams. Live the life you have imagined."

Henry David Thoreau

"We are all part of the One Spirit. When you experience the true meaning of religion, which is to know God, you will realize that He is your Self, and that He exists equally and impartially in all beings."

Paramahansa Yogananda

"To live a pure unselfish life, one must count nothing as one's own in the midst of abundance."

Buddha

"The best way to cheer yourself up is to try to cheer somebody else up." **Mark Twain**

"No pessimist ever discovered the secret of the stars, or sailed to an uncharted land, or opened a new doorway for the human spirit."

Helen Keller

"There are no great things, only small things with great love. Happy are those."

Mother Theresa

"Our doubts are traitors and make us lose the good we oft might win by fearing to attempt."

William Shakespeare

"Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all."

Dale Carnegie

*"All the world's a stage,
And all the men and women merely players.
They have their exits and their entrances,
And one man in his time plays many parts,
His acts being seven ages."*

William Shakespeare

Suggested Reading

Autobiography of a Yogi – Paramahansa Yogananda

Stages of Meditation – The Dalai Lama

Thich Nhat Hanh – Essential Writings

There is a River, The Story of Edgar Cayce – Thomas Sugrue

Other Books by the Author:

Continuum, Poetry For A New Age

If I Had Thumbs Like People Do

From The Land Of The Lost

Alarm Clock Dawn

The Land of Things We Wish For

101 Relatively Harmless Ways To Temporarily Escape Reality

For more information on the author and his works please visit

www.EricVanceWalton.com

