



How to Use Your Journal

Your journal has three sections

Words/Phrases

This is for any words or phrases that surface after you complete your meditation. Writing down words and phrases can be great to use as mantras. They can stimulate ideas for the writing section, or they can simply be ideas you want to cultivate later.

Images

This is a space to visually express what comes to mind after your meditation. Don't worry about the quality.

Expressing yourself visually can be a great way for thoughts and emotions that are stuck to come to the surface. They can also help stimulate journaling just like words and phrases.

Lined Pages

This is your journal space. Use it however you wish to free write. There are no rules. Just let it flow. Feel free to print and bind in your own way or keep it digitally.

There is no "write" or wrong.





Running Meditation

Use the spaces below to help process what you noticed after the Running meditation.



Words/Phrases

A large, empty rectangular box intended for writing words or phrases.

Images

A large, empty rectangular box intended for drawing or illustrating images.



