



Stillness



Breath

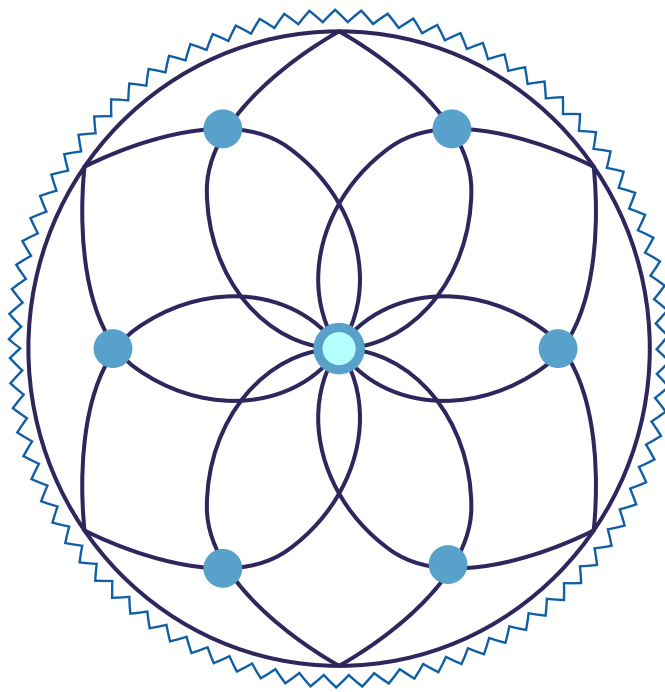


Mindfulness

MEDITATION JOURNAL

21 DAY MEDITATION JOURNEY

BY DEANNA BYRNE



Welcome

I am thrilled to have you join the journey to wellness through the Art of Meditation. By using this journal you will stay motivated throughout the process. Remember, there is no right or wrong way to meditate. You will find what works for you and build on that process.

Meditation is a relaxing practice that helps you let go of stress in refocus your mind. there are many different types of meditation and they all can have a slightly different effect and result, depending on the type of practice you choose to follow.

The main goal when meditating is to quiet or still your mind.

Meditation is a state of deep peace, which is attained when the mind is silent or focused on one simple thing and is in the present moment.

Meditation is the practice of first stilling the body, then the mind and staying in the present moment.

Using a journal throughout your journey is a great way to go deeper, even after your meditation is over. It allows you to focus on the moment, document what you felt, experienced and any images or visions that you saw.

Deanna

Taking a break from our "mind chatter".

Is meditating difficult? Many people think that meditation is a difficult thing to master; people also put lots of obstacles and reasons in the way of finding time or energy to learn meditation. Our need to stay in control and avoid being still in just being with ourselves can be a huge factor in the resistance to meditating.

There are 2 main reasons for resistance:

1. Avoidance of our emotions and feelings which can arise when we're sitting doing nothing .
2. The need to stay in control which is what the mind is doing every minute of the day.

The main reason for resistance to sitting and being with ourselves is that most of us are addicted to our own thoughts and feelings they generate. Plus, those thought patterns can become ingrained in our minds, because we follow similar thought patterns repetitively, which brings us a feeling of security or comfort just like any other thing that we do that is repetitive.

Therefore, because during meditation we strip away any distractions, such as our own thoughts or outside stimulation, we don't want to feel that vulnerable and open; hence, we start to avoid it. Moreover, most of the distractions have an addictive element to them.

Many people are under the illusion that their mind controls them, but the reality is that we can control our thoughts and master our own minds. Meditation is an invaluable tool for mastering our minds and making permanent changes in the way we think and react.

"You should sit in meditation for 20 minutes everyday, unless you're too busy; then you should sit for an hour"

Our thoughts generate energy. If you think of the mind as an engine, we need to make sure that it runs properly, for it can generate positive or negative energy. It is human nature to have a tendency towards negative thoughts that are driven by fear. Moreover, those negative thoughts generate negative energy. This means that we should be mindful of our thoughts as much as possible.

Meditation can be likened to putting a leash on the mind.

Just like one of the expandable leashes, you can always bring it back to you such as in the present moment, rather than letting it run around causing all kinds of havoc and stress.

Meditation, when practiced alongside a mindful way of life, can help you train your mind.

Now, lets take a moment to sit and look at where you are at the moment. Make a few notes on the next page to summarize this along with where you would like to see yourself in 21 days.

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Some Health Benefits of Meditation

Some of the main physical benefits of meditation are as follows:

- Leads to deeper physical relaxation
- Decreases muscle tension.
- Reduces anxiety attacks.
- Reduces blood pressure.
- Enhances the immune system.
- Increased energy and vigor.
- Thoughts less scattered, a more ordered, relaxed body.
- Relax is the nervous system.

Some of the main psychological benefits of meditation are as follows:

- Helps build self confidence.
- Increases serotonin levels, helps mood and behavior.
- Helps to master fearful thoughts and feelings.
- Improved learning ability and memory.
- Develops intuition and creativity.
- Increased productivity.
- Helps to reduce negative or addictive habits.
- Increases listening skills and empathy.
- Greater patience and tolerance.
- Develop emotional intelligence.
- Develops present moment thinking and gratitude.

What are you own personal spiritual and physical health goals for your meditation journey?

It takes 21 days for old thought patterns and habits to dissolve and for new ones to gel and thoughts shift.

We have included 21 pre-designed journal pages for you to print and fill out everyday.

Keep track of your daily "Lotus Check Marks". You will start to find that as each day goes on you will have check marks in more and more Lotus symbols.

You can also add some blank note pages which we also included to copy. Days that you feel extra journal notes may be necessary, you can use them.

To assist you along your path, we invite you to follow us @theomaaffect on Facebook. We will provide wellness tools to add to your journey.

Also you can become a member of our OMaaffect Meditation Group
www.facebook.com/groups/theomaaffect

Some helpful links:
www.TheOMAAffect.com
www.DeannaByrne.com

Email
info@deannabyrne.com
info@theomaaffect.com

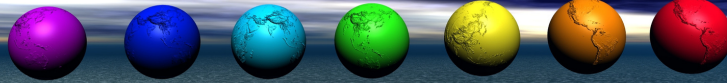
Deanna is a 300 hour Certified Meditation Teacher, Spiritual Life Coach and
300 Hour Yoga Instructor

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I am worth it



Today I am

Grateful For _____ *Date* _____

Use this journal to document how you felt during your meditation, along with any sensations, visions or messages. It is a great way to keep track of things throughout your journey. Also its fun to see how far you have come.

Below you can rate your meditation from a one lotus up to a ten lotus session.

Just simply place a check mark in each one. You will notice as you practice more, your lotus levels will increase.

How was your breathing? _____

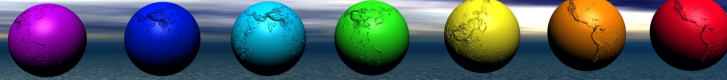
Describe any colors or visions you _____
had during your session _____

Journal how you felt and feel after _____
your meditation is completed _____

Namaste



Today, I am perfect



Today I am

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Journal how you felt and feel after your meditation is completed _____

Namaste





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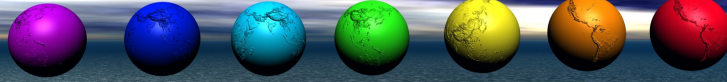
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Namaste



I instill peace



Today I am

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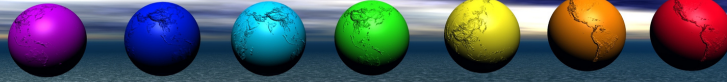
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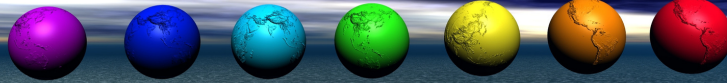
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Namaste



You are the sky



Today I am

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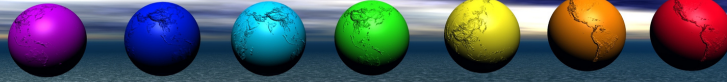
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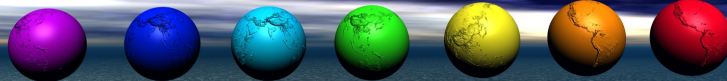
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Namaste



What is my path?



Today I am

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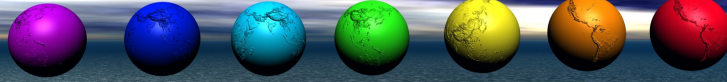
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Namaste



I am strong.



Today I am

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Namaste



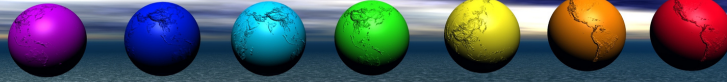


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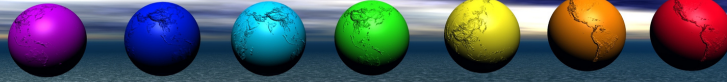
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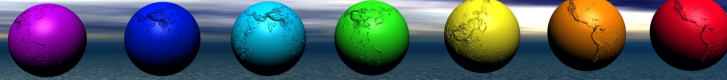
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Namaste



I am fulfilled.



Today I am

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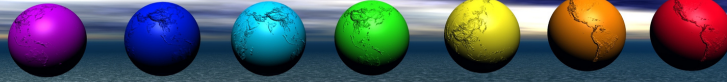
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Namaste





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Describe any colors or visions you _____
had during your session _____

Journal how you felt and feel after _____
your meditation is completed _____

Namaste



I am an open channel for creative ideas.



Today I am

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How was your breathing?

*Describe any colors or visions you
had during your session*

*Journal how you felt and feel after
your meditation is completed*



Namaste

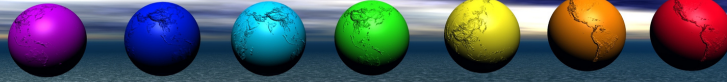


Grateful For _____ Date _____

Just simply place a check mark in each one. You will notice as you practice more, your lotus levels will increase.

[illegible]

A decorative border consisting of a row of ten blue lotus flowers. Each flower is stylized with multiple layers of petals and a central seed pod. The flowers are arranged in a horizontal line, separated by small gaps.



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Namaste





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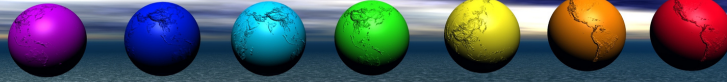
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Notes

Dean's Style Coaching

Notes

Danila Bina Coaching

Notes

Dealla Byrne Coaching

Learn Bible Coaching

Dalia's BYLDS Coaching