

Meditation Worksheet

Welcome!

Thank you for allowing me to be a part of your meditation session. The steps below will help you and position you for a great experience.

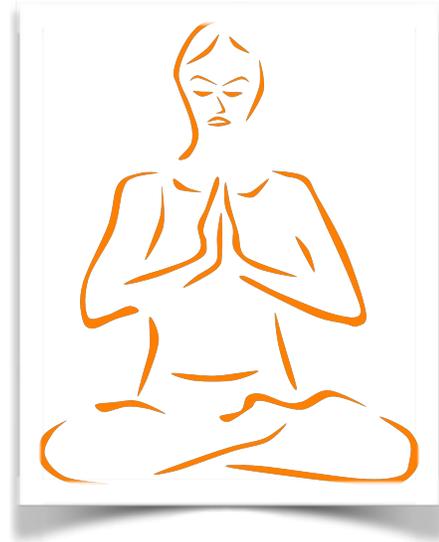
Here Are 5 Steps To Meditation: Easy. Simple.

Step 1: Set An Intention.

What is the topic for your meditation? Do you need peace of mind, direction, insight, release of a negative situation or negative energy, or the processing of your thoughts and concerns.

Write the situation here:

Step 2: Pick a form of meditation.



Spiritual Meditation: Where you are communicating with God through prayer as it directs your meditative state. Also, listening and receiving any insight.

Mindfulness Meditation: Being present with each and every thought that currently enters your mind, practicing detachment as these thoughts come to you.

Mantra Meditation: Continually cite mantras over + over again as you go about the meditative process.

Movement Meditation: Moving the air you breathe in and out, while performing repetitive flowing movement patterns.

Focused Meditation: Direct thoughts into a specific problem, emotion, or thing that you want to focus on and work out in your mind. You can remain in a relaxed state.

Which will you choose today? _____

Step 3: Prepare yourself to meditate.

- Choose a meditation position (Sitting position/ Kneeling position/ Burmese position / Lotus position).
- Play your meditative music.
- Practice deep breathing, slow inhale and slow exhale.
- Grab a pen/journal/notebook.
- Wear comfortable clothing.
- Light a candle or turn on an electric candle of your choice.

Step 4: Begin.

Step 5: Journal any information about your meditation session.

How do you feel about your meditation session? _____

What insight/information did you receive, if any? What kind of experience did you have?

If you have any questions or concerns, please email me at info@elsiebloss.com.

With Gratitude,

Elsie