

Month of Meditation

Midpoint Seeds of contemplations & freewriting...

Guides for Awareness & Acknowledgement of Personal Process.

Consider mindfully, write freely.

At this point, new awareness I now have about meditation is...

At this point, a new approach or technique for meditation is...

As I move through this Month of Meditation, I'm aware of the presence of the program in my daily life. These are some ways I feel that presence...

I'm aware of some queries or points of inquiry emerging, and those are:

I acknowledge that some meditation experiences were especially profound for me, and those are...

Further inner reflections for me at this time...

