



REFLECTION QUESTIONS FOR YOUR MEDITATION PRACTICE

These reflection questions are designed to help you get the most out of your meditation practice by tuning into your physical, emotional, and spiritual state.

There are no right or wrong answers here! This is your space for honest self-inquiry and connection. Use these prompts to deepen your meditation practice and explore what lies beyond the body and mind.

BEFORE MEDITATION


1. How are you feeling physically? Are there any areas of your body that feel tense, tight, or uncomfortable? Where do you notice it most?
2. How are you feeling mentally? What are your thoughts like right now? (Are they moving quickly or slowly? Focused on the past, future, or something in your present life?)
3. How are you feeling emotionally? What events or circumstances from your day, week, or life might be contributing to this emotional state?
4. How connected do you feel spiritually? In this moment, do you sense a connection to something beyond the body and mind? Is there anything physical, mental, or emotional that feels like it's creating distance from that connection?
5. What intention would you like to set for your practice? Close your eyes and choose one to three words that represent the energy or state you wish to embody.







AFTER MEDITATION

1. How does your body feel now? If you noticed any points of tension before your practice, has anything shifted?
2. Did you experience any sensations in the body during meditation? Where did you feel them, and what were they like?
3. Notice your thoughts. Are they moving at a different pace than before? Have their quality, tone, or content changed?
4. Were there any recurring thoughts or themes that continued to arise during your meditation? What might they be pointing to or asking you to notice?
5. How are you feeling emotionally now? If you were processing particular emotions or life circumstances before meditating, do you feel differently about them now? How so?
6. How connected do you feel to that which lies beyond the body and mind? Where in your body do you sense that connection most strongly?
7. Did any insights, images, or inner guidance arise during your meditation? If so, what were they?
8. How can you embody the intention you set before your practice in the rest of your day or week?

 Keep a journal of your reflections. As you continue your meditation practice and your journaling, return to previous entries and notice the progress you've made along the way.

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