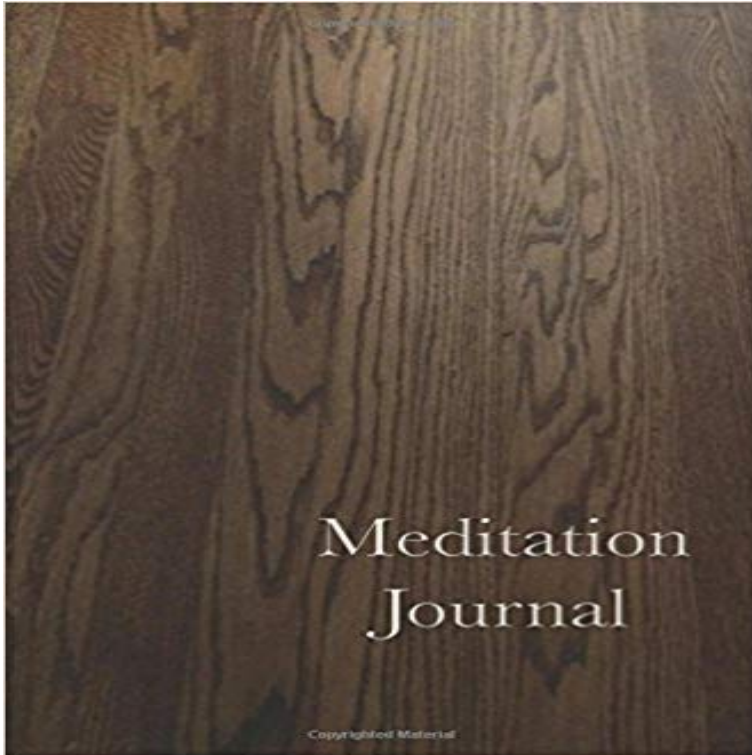


## Meditation Journal: Wood



Keeping insights from your meditation can improve your life. This meditation journal is for recording the many aspects of spiritual practice. Record the: Date Time Location Environment Type of practice Feelings and Perceptions Insights or Realizations Additional space for Secondary Observations or Insights. This journal will help to keep an ongoing record of your spiritual journey. It will be a living reminder of the events along The Way.

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