

Consciously Meditating
Journal Week 3

1. How did I feel after each meditation?
2. Was I able to live in that place throughout the day?
3. In the midst of activity, what is one thing that I did to keep anchored in the witness?
4. In what ways have I noticed my need to "fix it" come up? What areas of my life are driven by a need to fix it? What areas of my life are driven by my purpose?
5. How can/ has living in the witness help me live my purpose?