



MEDITATION

WITH

OM SWAMI

JOURNAL

Template

PEACE CHANT

ॐ सह नावतु।
सह नौ भुनक्तु।
सह वीर्यं करवावहै।
तेजस्विनावधीतमस्तु मा विद्विषावहै॥

ॐ शान्तिः शान्तिः शान्तिः॥

Om saha nāvavatu,
saha nau bhunaktu,
saha vīryaṃ karavāvahai,
tejasvi nāvadhītamastu,
mā vidviṣāvahai.

Om śāntiḥ śāntiḥ śāntiḥ.

Om
May Divine Grace protect us,
May Divine Grace nourish us,
May together we perform the right karma,
May our learning lead to enlightenment,
May there be no disharmony.

Om
Let there be peace in me,
Let there be peace in this world,
Let there be peace in the whole universe.

SELF-AWARENESS JOURNAL

Please complete this journal with different entries every day. List:

1. Two things you are grateful for in your life.
2. Two habits you wish to develop.
3. Two reasons why you love yourself.
4. One skill you would love to learn.
5. Anything else you wish to do or be in your life.

Day 1	I'm grateful for	1	
		2	
	I can be a better person by	1	
		2	
	I love myself because	1	
		2	
I would love to learn			
If I could I would be			
Day 2	I'm grateful for	1	
		2	
	I can be a better person by	1	
		2	
	I love myself because	1	
		2	
I would love to learn			
If I could I would be			
Day 3	I'm grateful for	1	
		2	
	I can be a better person by	1	
		2	
	I love myself because	1	
		2	
I would love to learn			
If I could I would be			
SMILE. BREATHE. MEDITATE. LET GO.			

MEDITATION JOURNAL

BLOCKS - DURING MEDITATION [4-Day Example]

Give a score against which blocks interfered with your meditation.
Higher score means bigger hurdle/block.

BLOCK Rate: 1- 10	Day 1			Day 2			Day 3			Day 4			TOTAL (Out of 120)
	M	A	E	M	A	E	M	A	E	M	A	E	
Dullness													
Restlessness													
Emotions													
Thoughts													
Physical Pain													
Other reason													
TOTAL (Out of 60)													

MAINTAIN AT ALL OTHER TIMES [4-Day Example]

Primary Virtues: Compassion, discipline, gratitude and detachment.
Secondary Virtues: Faith, forgiveness, empathy and humility.

ASPECT Rate: 1 - 10	Day 1			Day 2			Day 3			Day 4			TOTAL (Out of 120)
	M	A	E	M	A	E	M	A	E	M	A	E	
Awareness													
Silence													
Primary Virtues													
Secondary Virtues													
Temperament													
TOTAL (Out of 50)													

M = Morning, A = Afternoon, E = Evening

QUALITY - DURING MEDITATION [4-Day Example]

ASPECT Rate: 1 - 10	Day 1			Day 2			Day 3			DAY 4			TOTAL (Out of 120)
	M	A	E	M	A	E	M	A	E	M	A	E	
Concentration													
Posture													
Mindfulness													
Alertness													
Duration													
Mood													
TOTAL (Out of 60)													

SCORING AND OTHER GUIDELINES

Mark under the appropriate block if your meditation is affected due to:

Dullness	Includes feeling lazy, sleepy, dizzy, heavy or torpid.
Restlessness	Includes feeling excited, unrest, anxiety or uneasiness.
Emotions	Includes emotions of envy, hatred, jealousy, cravings, love, sensuality, sex, sadness, sorrow or any other.
Thoughts	Includes a wandering mind, random thoughts and images.
Physical Pain	Includes all forms of physical pain. Pay attention if your pain shifts each day or is in the same region. Use Notes to mention if your pain is due to a preexisting medical condition.
Other Reason	May include distractions such as external sounds, surroundings, feeling hot or cold etc. Mention your reason in the notes.

MEDITATION GUIDELINES

DO	1	Maintain a gentle smile while meditating.
	2	Be sincere and conservative in marking yourself.
	3	Practice mental exertion when you experience dullness.
	4	Practice mental relaxation when you experience restless.
	5	Breathe deep. Whenever feeling restless, dull, lazy, angry, anxious, just breathe deeply.
	6	Practice. Practice. Practice.
DON'T	1	Sleep without meditating. Do not go to sleep without meditating for at least ten minutes.
	2	Battle or resist your emotions or thoughts. When they come unwanted, gently shift your attention elsewhere or bring it back to your object of concentration if you are meditating.
	3	Cling to anyone. If you won't cling, you won't experience envy, jealousy or hatred.
	4	Give up. If you are serious about experiencing the transcendental state, don't give up.
REMEMBER	1	Ultimately, meditation is letting your mind rest in its most natural state. A state of pure bliss.
	2	To experience and retain the blissful state of a quiet mind, you must not forego the virtues.
	3	Improvements in meditation come gradually, in tiny, immeasurable units.
	4	Lucid, even if short, sessions of meditation are more effective than long and dull ones.
	5	Everything around you, your body including, is temporary. It's transient.

SMILE. BREATHE. MEDITATE. LET GO.