



Meditation Worksheet

By Julia Griffin

- 1) Notice when you feel more peace and/or connection during meditation. What does it feel like to you? Can you replicate this state for a few minutes?

- 2) When meditating, thoughts often appear in the mind. It's helpful to notice the thoughts, then return to meditation. Often, you hear or feel the thoughts that you repeat daily. What are thoughts that you experienced? If they comprise a to-do-list, write them in a notebook. If they are troubled or worried thoughts, write the thought and the opposite of the thought in a notebook. For example, I don't have time to meditate. I always have time to meditate because it makes me feel better.

- 3) Emotions can also come to the surface during meditation because you are displacing the old emotions with new, happier emotions. What do you feel? How do you want to feel?

- 4) There is a spiritual energy behind meditation that leads to the good and wonderful parts of yourself. Can you list a few of your better qualities and describe the wonderful part of yourself?

- 5) Meditation teaches connection with the happier, higher aspects of life. If you could feel happier and better about your life, what is that feeling?

- 6) When possible, visualize yourself living in a happier, better version of life. Imagine living life in a peaceful way and experiencing the wonderful aspects of yourself. How would this life look?

- 7) Compliment yourself when you complete a meditation. Notice how you are taking time for your spiritual nature and creating peace in your life. Noticing the good in yourself and complimenting yourself creates change in your life. Seeing the good in you is part of spiritual growth. Can you think of other aspects of life that deserve compliments or praise?



Julia Griffin is known internationally for her ability to enlighten others to find their True Self and become conscious co-creators through practical application of Universal Law. Her teachings embody advanced concepts for those who want to deepen their understanding of co-creation and personal “reality”. She has a deep understanding of energetics based on extensive studies. She is an alchemist, astrologer, herbalist and Reiki Master. Julia has the ability to communicate with plants and animals. She lived with wolves for nine years, while developing her intuitive abilities. Julia is a contributing writer for Spirit of Maat. Julia’s services include counseling sessions and classes, which teach students to align their focus on identifying the feeling of the soul and following their inner path.

To learn more about Julia Griffin, go to OneTrueSelf.com.