

# How to Make a Personal Meditation Journal



Bryan C. Hood

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By

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## **Creating Your Personal Journal**

This e-book will help you to create and use your very own journal/log book.  
Please review this entire document first so you will have a sense of what you will be doing.

Shortly after I began meditating was when I began to record my experiences. The record of them allowed me to track my progress and refer back if I had forgotten something important. This record also allowed me to notice patterns within my psychological make-up that I did not even know I had. (I am not a psychologist, so if you need one, please go get one.) Even though I am not a trained psychologist, there are many things we can discover and learn about ourselves, if we want to. Simple common sense (or what would seem common sense things) we can change within ourselves without having to spend money to have someone else tell us them. A good way to discover these hidden aspects within ourselves and nature is to ask yourself one question, "Why do I do the things I do and not something different?" Apply this question to the thoughts you think, to the Words you say, for the Actions you take and the Emotions you feel. In your "Journal" section write about your feelings and how you feel about things. Find out how did you become you and what attitudes, beliefs and ideas were conditioned within you as you grew up.

The following instruction will help you to make the journal-log that I designed and use. The use of the three-ring binder will allow you to expand your journal/log as the different sections become filled. I found all of the materials for this project in a local stationary store. Included here in your free e-book further down are the same pre-laid out category topic pages I use. You can print them for yourself to use or use them as a guide in creating your own section cover pages (I will explain more about this later on). The blank space inside the square of the cover pages is where you could add your personal touch - more on this later also.

### **Materials You Will Need:**

1 three-ring hole puncher, (only required if you get un-punched paper).

1, one and a half inch, three ring binder for eight and a half inch by eleven inch paper. Try to get the binder called a "customizer binder" or a clear view binder. The clear pockets on the outside are not a necessity but they allow you to create and personalize front and back pages for the binder.

6 clear sheet protectors - any brand will work. Make sure the clear sheet protector will hold a page inside of it. These we will use as the category page dividers.

100 sheets of lined paper. These are the lined eight and a half inch by eleven-inch pages used most often in school notebooks. Alternatively you could print 100 sheets of the lined template page I have supplied at the end of this e-book. If you print your own lined sheets, remember they will need to be hole-punched before you use them.

27 sheets of plain, unlined paper the same size as the lined. If you do not have a three-ring hole punch, purchase the pre-punched pages. I used the same blank paper stock that I use for my printer. You will require seven un-punched sheets later for your cover and category pages for each section, so set these 7 un-punched sheets aside.

A writing instrument of some kind like a pen or pencil, an eraser, pencil crayons (for coloring, if you choose to use them), a pencil sharpener, etc.

1, three-ring zipper pouch, compatible for use in the three-ring binder. In this pouch, store your pens, pencils, erasers, pencil crayons, pencil sharpener etc. TIP: If you use a pencil sharpener, keep it in a resealable small plastic bag. The bag will help keep your pouch cleaner.

## Assembling the Journal

(These instructions are written for the average person. If you are one of the people who have a reversed dominant hand, then please adjust the instructions appropriately.)

Place all the items on a table in front of you.

Take the binder, open it and open the rings inside. The left side will be the side of the binder that is to be the front of the journal.

Take the pouch and place it on the rings that are on the left side.

Now place one of the clear sheet protectors on the left rings. This will be the beginning of the first section. Take twenty lined sheets. Hole-punch your lined pages if you need to and place these sheets onto the left rings.

Add another sheet protector and twenty more lined pages.

Add another sheet protector and twenty more lined pages.

Add another sheet protector and twenty more lined pages.

Add the sixth sheet protector and twenty more lined pages.

Add the last clear sheet protector and take the plain (unlined) paper and hole-punch them. Remember to keep the seven pages that we set aside separate. Place the plain, hole-punched sheets on the rings of the right side.

Close the binder rings and flip all the pages over to the right side. You should have the first sheet protector on top, on the right side and the pouch (to hold your pens, pencils, erasures, coloring pencils) will be on the left.

If you want to use the pre-designed **category templates** included in this ebook, simply print one copy of each of them off (if you have not yet done so). If you want to make your own category pages just use the same process outlined below using six blank pages set aside earlier but handwrite each category by hand.

The areas in the rectangular boxes (under the words) are for you to use to personalize your Daily Log. Personalizing your pages is meant to be a creative process. You can leave them blank for now and personalize them later or you can start to do them now.

To start personalizing your pages now, place one of the sheets in front of you. Look at it. Read the title. Look at the middle blank box. Take a deep breath through your nose and exhale out through your mouth. Take another deep breath in through your nose and close your eyes as you exhale out of your mouth. Allow yourself to receive an impression of what wants to be on the paper. Right now we are opening to our inspiration. Try not to judge, this process does work. Breathe and relax.

What did you sense wants to be on the page? An image or maybe a single line?. Did it have a colour? Do words want to be on the page? Are they assembled into a poem, a story or simply scattered all over? If you did not receive any impression, there are three possible reasons.

- One, you were trying to hard. Try again but this time have more of a soft peaceful, loving inner feeling.
- Two, you are judging yourself and need to just trust the processes, let go and see what develops.
- Three, you are not meant to do anything with this page just yet. Set it aside and move on to the next page.

Once you feel your personalizing of the different pages is completed for now, insert each page into the page protectors for the appropriate sections. New clear page protectors may have a bit of static on them so as you insert the page be gentle but firm.

- The first page to use is the “Diary” page. It is placed inside the first sheet protector.
- The second is the “Journal” page. It is placed inside the second sheet protector.
- Next is the “Clear the Mind” page.
- The “Meditation Experiences” page is placed inside the fourth sheet protector.
- Next is the “Dreams” page.
- Then lastly the “Symbols” page is placed into the fifth sheet protector.

### **Finishing the Binder**

This now brings us to the reason I suggest for you to try to purchase a “customizer or a clear view binder”. If you were unable to get these specific kinds of binders that is ok. Your Logbook will still work. Just add the last few blank pages (after hole-punching them) into the “**Symbols**” section. If you did find the “customizer or clear view binder” good, you can personalize the last blank page and use it for the front of the binder. The title for the front cover page could be “**My Daily Log**” or what ever you prefer. Choose a title that has meaning for you. Once you are done, insert these pages into the binder opening.

Now place your pen, pencils, eraser etc. into the zipper pouch. Now you are done. All your tools are now in one place. You are now ready for the next stage, how to use your Logbook.

## **How to Use the Daily Log**

Now that you have created your very own Logbook, I will now explain how to use it. You will benefit the most with regular daily practice with the sections called Journal, Dreams and Meditation.

Start each entry with the date, year, somewhere on the page. If you do more than one entry a day, also include the time. I like to write these things on the top left corner or on the left side of the page one line under my last entry.

### **Diary**

In your diary you can keep a record of your day and general notes.

### **Journal**

When we use the journal section of our daily log, we want to write about our feelings. The journal is not suppose to be a diary of your day but a record of your emotional experiences and feelings. When journaling do it for about 15 minutes per day minimum or 2 pages. One word of caution about the Journal section. In the eyes of the law in many countries your journal can be viewed as your signed true confession. If you write about something it may be used against you in a court of law. In North America if you are going through customs the guard has the right to inspect and or read your journal. If they read a part where you wished harm on another they can arrest you.

So what do you do if you have some repressed emotion you need to express or want to explore? Don't stuff it in, write it out. Get it out of your system. Get your hand moving and write in such a way that no one else will be able to read it. You can write about the emotional experience and then destroy the pages with a paper shredder or by burning them. If you choose to burn them be careful of the fire. You do not want to burn down your house or apartment or set off a smoke detector. I suggest burning any papers outside in a proper container like a barbecue or fire pit. The idea of the journal is to express the repressed in a positive productive way without causing harm to anyone including yourself. You can also do retrogressive journaling. This is where you record your life, starting from the present moment and create a detailed accounting of each day and time as far back as you can.

### **Clear the Mind**

The clear the mind section is used before our meditation times. If you do not meditate you should because it will help your day be better. Please see the "[Meditation Made Easy](#)" e-book for how you can do a simple easy meditation. For their meditations some people like to use incense, candles and other types of seating equipment, like cushions for sitting on during their sessions. If you would like to purchase these kinds of products, please go to <http://www.bridgetolight.com/products.html>.

After preparing my meditation space I start each entry with the date, year and time (if I will do more than one session that day). I record all my thoughts that are on my mind, in the "Clear the Mind" section before meditating. Write about whatever is on your mind. The idea here is to remove things from the memory that you do not want to forget. These are things that your mind could also use to distract you -- stuff like: the groceries you have to get later, your child's game later in the day, that important thing you do not want to forget etc. Write them all out.

Your "Clear the Mind" section should be written more in the style of point form -- a concise, to the point, few words that sum up the thought. These words are what you will use to re-trigger your thought after meditation. Your writing should not be like a diary record of the day.

Here are 2 examples you could use:

March, 1, 20XX

- Get milk, Johnny's soccer practice at 4:00pm...

Another way could be:

March, 1, 20XX

- Get Milk
- Johnny's soccer practice at 4:00pm
- Whatever else you need to remember...

## **Meditation Experiences**

After your meditation, record any of your experiences, perceptions, and ideas that may have come to you in this "Meditation Experiences" section. The act of personal inward exploration may also stimulate more vivid dreaming during your sleep time. In the morning write those dreams in your "Dreams" section.

When you first start meditation you may not recall anything. This is ok because you are learning to use your brain in new ways and this kind of recall will need some practice. As you progress you will find your ability to recall getting better the more you relax. When meditating the idea is for us turn inward and consciously connect to our essential self. Many people will have different experiences. Do not base your progress on what others say they have attained.

Some people may see colored lights while others may hear sounds. These things are only adjustments occurring within you that will allow you to go deeper within yourself. Write about your experience you had for that sitting and move on. Some meditations will give you a lot to write about. You will have other meditations where nothing happened. Do not get attached to the experiences. If they happen that's fine if not this is ok also. You do not want the perceptual experience to distract you from consciously connecting back with our essential self.

## **Dreams**

The "Dreams" section is where you will record the remembrances of your dreams when you wake up. Write whatever you remember, no matter how little or insignificant it may appear to be. If you find that you forget some of your dream as you are writing, record yourself with an audio recording device first. When we talk we use different parts of the brain than when we write. You then can write the dream down by hand as you listen to yourself dictating your dream. It is important to write by hand (not type) in any of the sections in your logbook. The more often you record whatever you remember from your dreams the easier it will become to remember more.

## **Symbols**

The "Symbols" section is for you to record any symbols or images that you may perceive in your meditation or dream times. Remember to date each new one with the day, date and year. Not every person will see or perceive symbols right away if at all. It depends totally on the individual. I like people to include the symbol section so if they require it they have it. As you begin to record your symbols or images they will become more complex or intricate at times. An image may have no meaning to you when you received it but later on it may make perfect sense. This was what I think happened with the Reiki looking image. I drew it years before it made sense to me. You can read about this if you want in my other book, "[A Moment With Eternity](#)".

Well this brings us to the end of this section. I hope you will start and continue to use your Logbook/Journal. It will help you transform your life in many ways. Feel free to check back at the website every so often to see if there is a new updated release.

Whatever path you choose to walk in life, take it at your own pace and remember to be kind to yourself.

If you would like to [contact me](#) or purchase any of my other books, materials or courses, please come visit my web site at <http://www.bridgetolight.com> or type me a letter and send it to:

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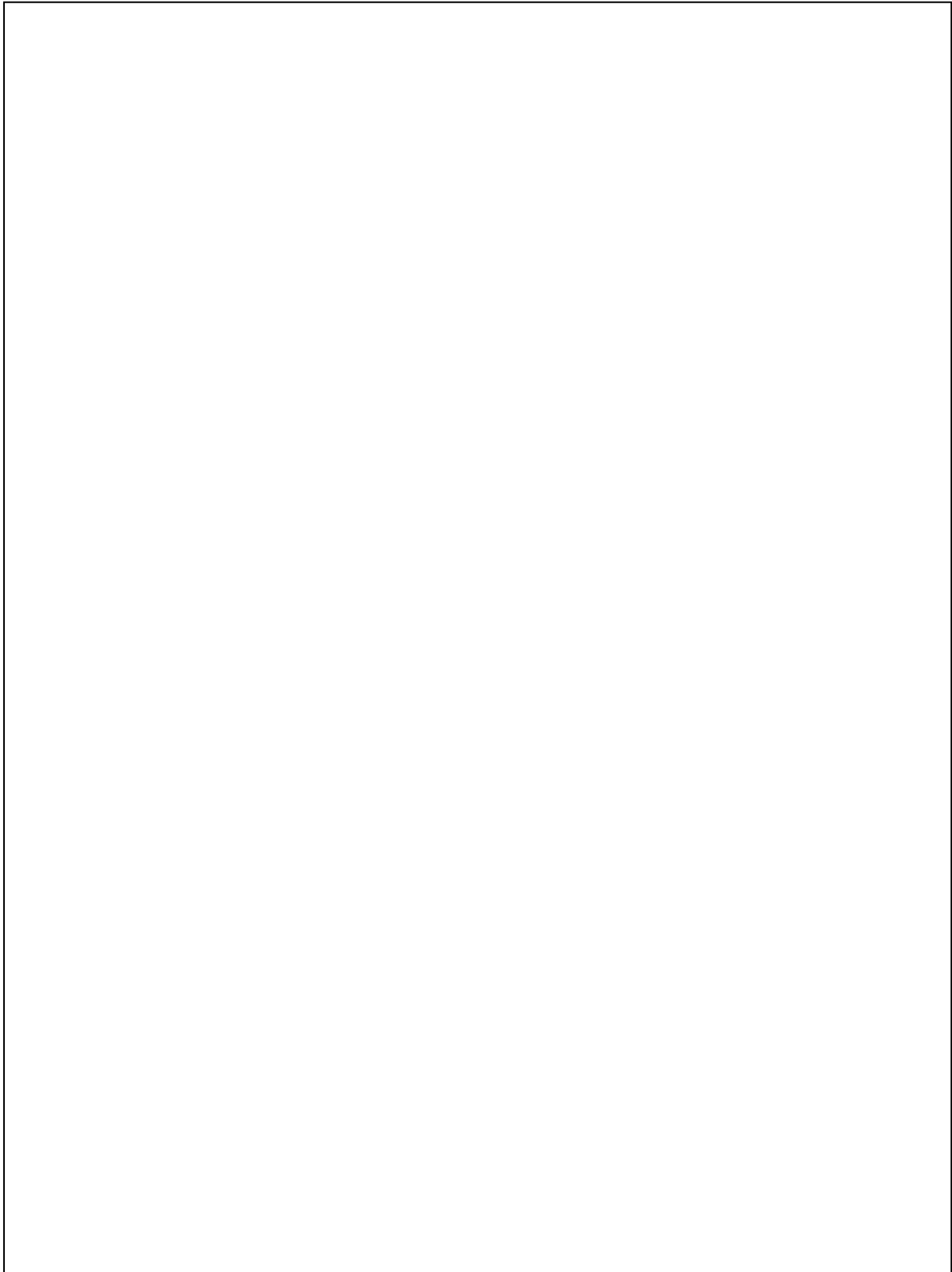
Be sure to include your name and mailing address if you require a response.

Wishing you unity in the eternal truth,

Bryan.

# My Daily Log

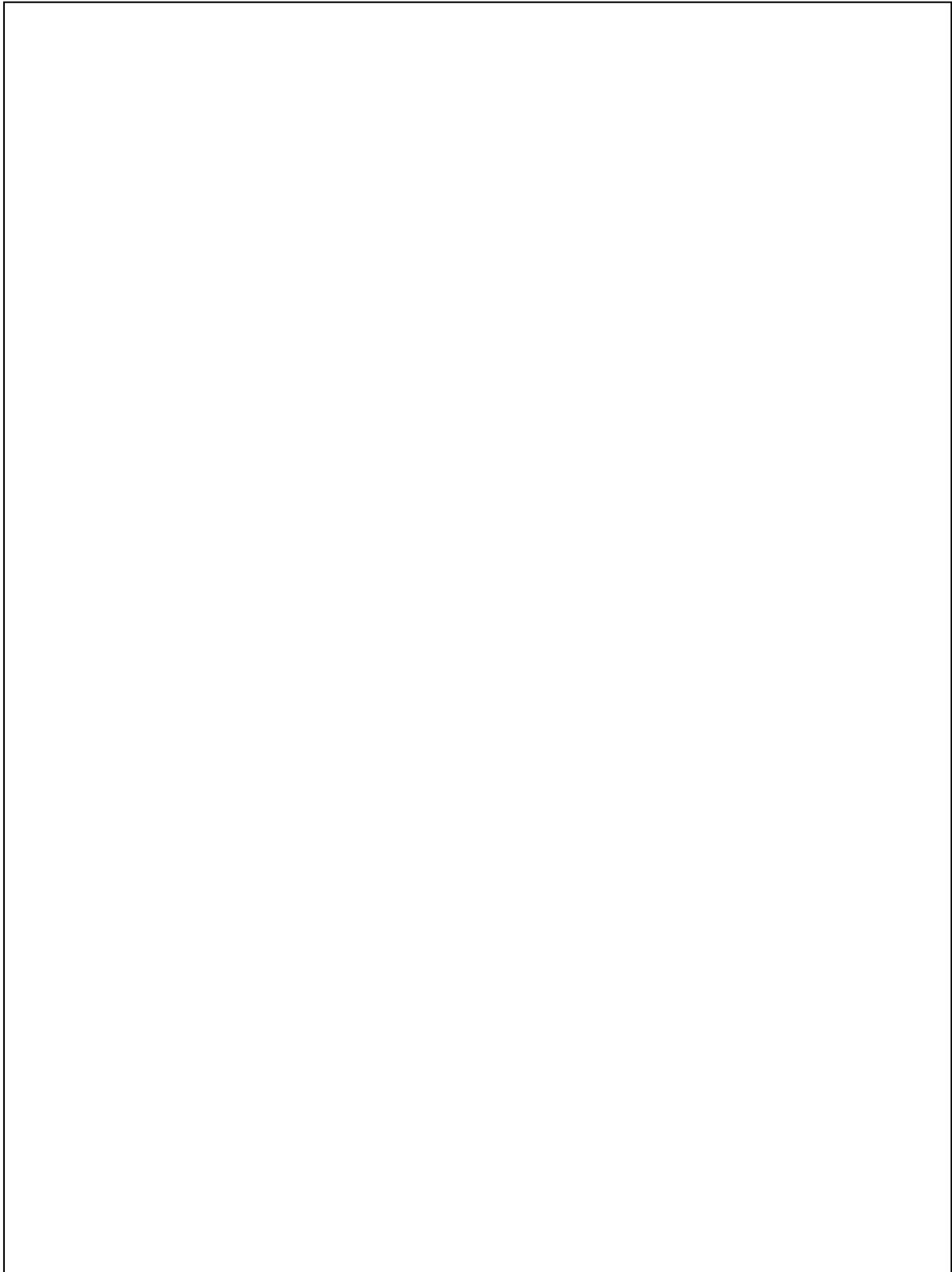
# Diary

A large, empty rectangular box with a thin black border, intended for writing a diary entry. The box is centered on the page and occupies most of the vertical space below the title.

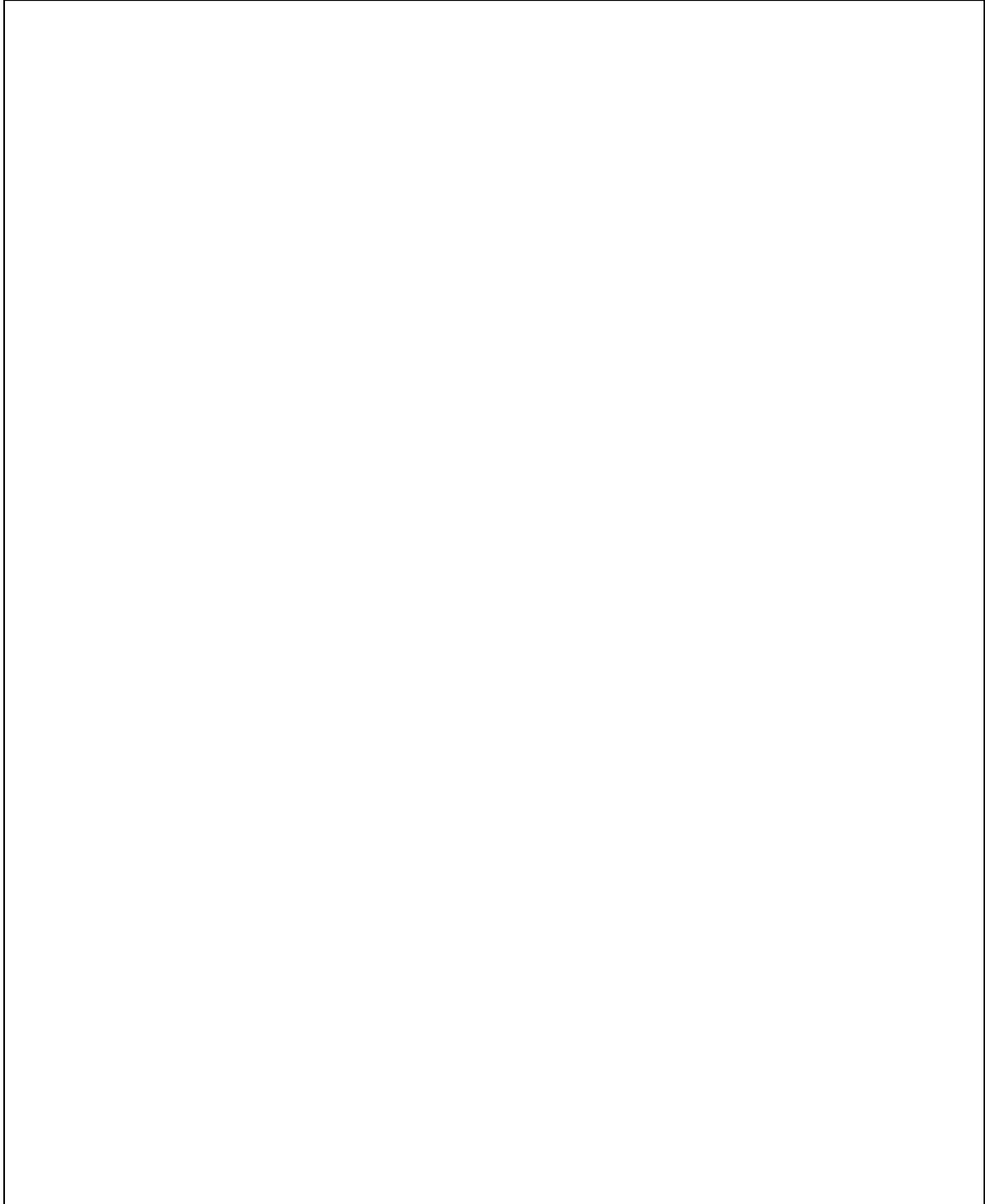
# Journal

A large, empty rectangular box with a thin black border, occupying the central portion of the page. It is intended for writing or drawing.

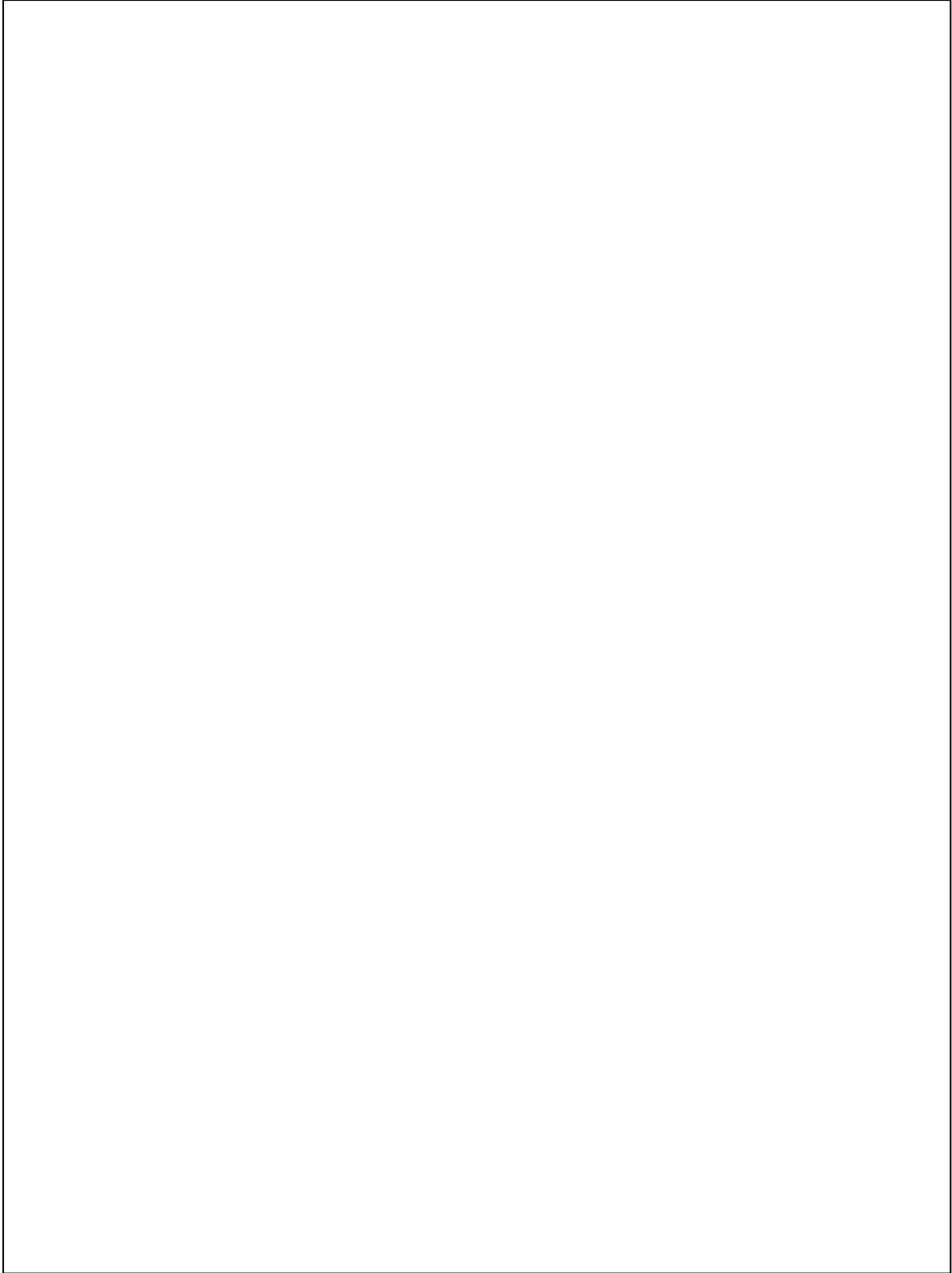
# Clear the Mind



# Meditation Experiences



# Dreams



# Symbols

