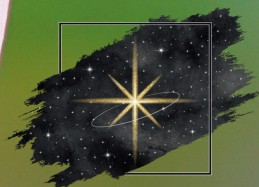
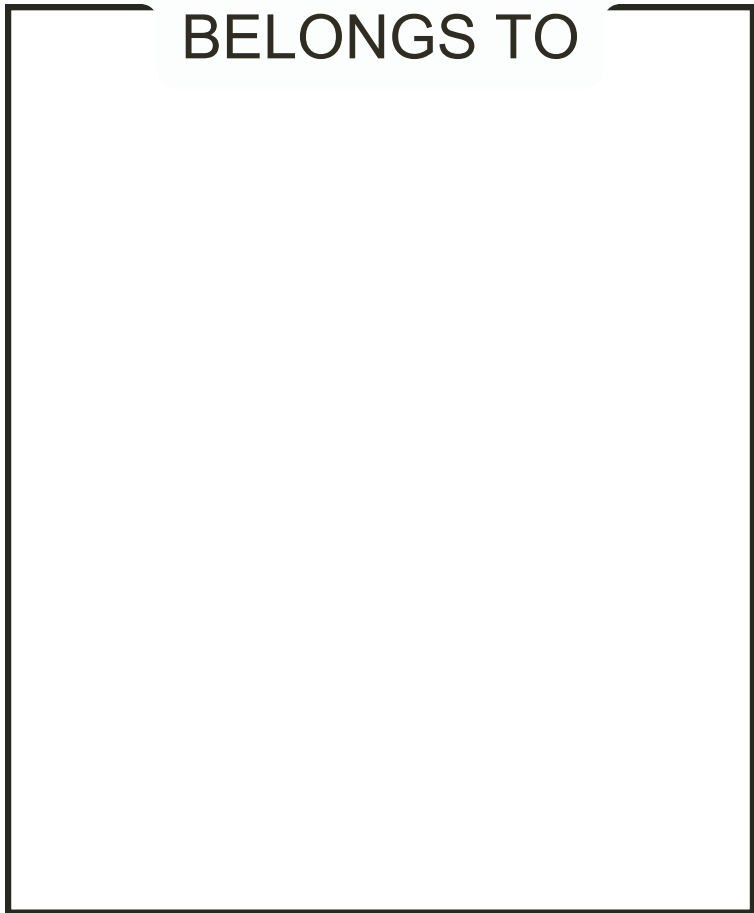


Meditation Planner



EPIPHANY
FINANCIAL THERAPY™

THIS PLANNER
BELONGS TO





Meditation

Meditation has so many health benefits that it's something everyone should do. Even five minutes a day can help to improve mood, clear the mind and reduce stress.

Except that it's not as easy to do as it seems.

This planner can help make it easier to find a meditation practice that works for you, and track the benefits of each practice to help keep you motivated.

Some benefits

Dozens of benefits have been recorded over time and through research. These include:

- Reduces stress
- Calms the mind
- Enhances self-awareness
- Reduces negative emotions
- Reduces anxiety and depression
- Increases imagination and creativity
- Increases patience and tolerance
- Makes you feel happier
- Lowers blood pressure
- Improves memory, attention span and concentration
- Increases gratitude
- Improves sleep and energy levels
- Encourages compassion and forgiveness
- Helps with decision making
- Slows the ageing process and delays onset of Alzheimer's
- You can do it anywhere, anytime, with no equipment
- It's free!
- And much more

WHY meditate?



What stops you from meditating

The most common reason people give for "failing" at meditation is that they can't stop their thoughts from pulling them back into their lives. The thing to remember with meditation is that is not about mind control, changing your thoughts or trying to stop thinking. Your only job is to stay present with your breath, and allow your thoughts to flow away. Your attention is only on your breath.

Another common thing is people worry they're somehow doing it wrong. Any thoughts of wrongness are just that: a thought. Your only job in meditation is to stay present with your breath.

A third stopper is 'not enough time'. We all know the person who does hours-long meditations and goes to retreats for days or weeks. The truth is even one minute of focussing on your breathing can start to give you great benefits.

Another stopper is feeling bored, impatient or restless. These are also thoughts. Notice that you're having a thought, and let it flow away.

Falling asleep during meditation is also a stopper. It's also quite common. While it's important to feel comfortable, avoid laying down. Or try walking meditation, or having a fan blow on your face. Regardless, it's not wrong to fall asleep while meditating. Keep practicing, the balance between being relaxed and asleep will come.

How to meditate

Find a comfortable space. Ideally you'll be sitting rather than lying down.

Start to focus on your breath.

Breathe deeply and slowly.

Close your eyes gently.

Notice any sensations in your body. No need to do anything with them, just notice.

Notice your thoughts. Just notice them.

When your mind wanders, notice that. And return your attention to your breath.

Gently open your eyes when you are ready.

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Return your attention to your
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Breathe deeply
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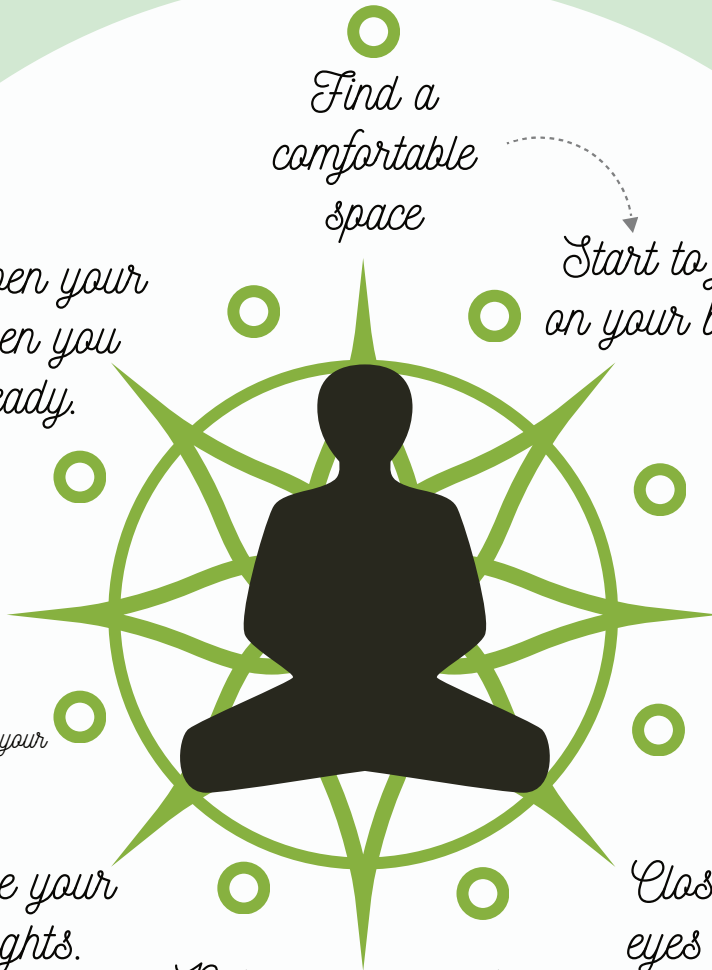
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Notice any sensations
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Meditation tools

Enhancing your meditation practice with the right tools can create a more immersive and personalized experience. Whether you're a beginner seeking guidance or a seasoned meditator looking to deepen your practice, there are a variety of tools available to support your journey.

1. Meditation Cushions

These provide comfortable seating options that help maintain proper posture during meditation, which is crucial for longer sessions.

2. Meditation Mats

A good mat helps define a dedicated meditation space and provides a comfortable surface for sitting or kneeling.

3. Meditation Apps

There are numerous apps available that offer guided meditations, meditation music, and timers to help structure practice sessions.

4. Mala Beads

These are used in mantra meditation, helping to keep track of the number of times a mantra is recited.

5. Incense or Essential Oils

Aromatherapy can create a calming atmosphere, conducive to relaxation and focus during meditation.

6. Singing Bowls or Bells

The resonant sounds produced by these tools can be used to mark the beginning and end of a meditation session or to deepen concentration.

7. Guided Meditation

These can provide direction and structure, especially for beginners or those looking to explore different meditation techniques.

8. Books and Journals

Reading about meditation can offer insights and inspiration, while journaling before or after meditation can help users process their experiences and track their progress.

9. Candles or Soft Lighting

Creating a serene environment with gentle lighting can help ease the transition into a meditative state.

10. Timer

A simple timer, whether a dedicated device or a feature on a phone or app, can help meditators track the length of their sessions without distraction.



Meditation tools

What tools have you used previously to support your meditation practice? How effective was each one?

Meditation tool	How effective was it?

What tools can you try?

Daily meditation planner

Date	Time	Location
Meditation type	Tools	
Intention	Mantra	
Feeling at start 	Duration	Feeling after 
Assessment		
Notes		

Weekly meditation planner

	Date	Time	Location	Duration	Notes
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Monthly meditation tracker

Month _____

Day	Time	Location	Duration	Type	Rating	Note
1						
2						
3						
4						
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Notes

