



Group Healing Peace Meditation



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Please fill out this prep form for you to have an enriching & value added session in this month's Group Healing Meditation.

Meditation is not a way of making your mind quiet. It is a way of entering into the quiet that is already there - buried under the 50,000 thoughts the average person thinks every day.

—Deepak Chopra

1) To help you focus on your feelings before the session, please write down your answers to the following questions:

In what areas of your life do you feel unrest, disturbance, discontent, sadness, anxiety or worry? Write your feelings below beside each one, rate them from 1 (lowest) to 10 (highest)

- Relationships?
- Health & Well Being?
- Finance?
- Time?
- Career?
- Home?

2) After session, you will want to review your feelings on each of these as well. Then write down your responses to them again.

- Relationships?
- Health & Well Being?
- Finance?
- Time?
- Career?
- Home?

3) What insights did you receive?

4) What Inspired action(s) will you be taking this week?