

ADVANCED MEDITATION LAB NOTEBOOK

Educational reflection tool. Stop and rest if practice feels strained, dizzy, or ungrounded.

Session Log

Date:

Practice length:

Practice type:

Starting state:

Safety Check

- I am not forcing breath retention.
- I can stop at any time.
- I will rest if dizzy, strained, or unwell.

Observations

Sensation map:

Symbols/images:

Attention quality:

Integration action: