

CHARTING YOUR PROGRESS

How is the meditation going? Is your meditation experience changing?

Did your imagination inspire anything new in your meditation? _____

How many days this week did you make entries in your psychic journal? _____

Are you remembering to check your energy? _____

Are you checking other people's energy? _____

Have you grounded your energy? How? How often? Do you have a favorite way of grounding yourself? _____

How do you feel after you are grounded? _____

Does it help you notice more of your surroundings? _____
