



Wakeful

Psychological & Consulting Services, PLLC

Meditative Journaling



The Spirit of Meditation

The most foundational and important meditative method works to develop our ability to maintain a steady and relaxed mental focus so that we can deepen our self-awareness. As you write, it's important to notice, but not act on, the impulses that the mind produces. Curiosity, Openness and Learning to Enjoy Slowness are all very important. Then lightly choose the start of your sentence and allow it to unfold. When we write slow and let go of caring about what we write then we are practicing Meditative Journaling. This is not equal to traditional meditation, but this method is very close. It can serve as a nice introduction or to simply enhance our in-the-moment self-, other- and environmental awareness.

Duration: 15 - 60 min

Frequency: Every Other Day or Daily

Time of Day: Start/End of the Day

Your Pen: Fountain or Rollerball Pen Suggested, or One That's Easy to Use

Your Journal: Splurge on Something You're Drawn to and One with Paper You Like

Writing Speed: 1/2 Your Normal Speed or Slower

What to Write: Whatever You Choose Because it Doesn't Matter. Meditative Journaling is About Observing Our Mind, Emotions and Senses as We Write