



THINK AND GROW EDUCATION'S

30 DAY

MEDITATION JOURNAL











Note to the meditator:

The deeper the meditator falls into themselves during meditations, the further they remove themselves from the experiences of their lives which combine together to form their personality. So, the intention of meditation is to allow the meditator to step beyond their personality into an alternate reality. Once the meditator steps into an alternate reality, they can play around with the quantum field of infinite potential by asking for an indication that their new intention in their new mind is being acknowledged by the field.

Experienced and novice meditators have told us about 'asking' the quantum field to show them a yellow bird, or a red bird after their meditations as an indication that 'something' is acknowledging their efforts. One meditator asked for their slippers, which had been lost some weeks earlier, to reappear. The slippers, the red bird, the yellow bird and so much more, appeared. The results of this 'playing around' have been beyond belief and imagination but that's only because for many, their beliefs and imaginations are limited and restricted to their limited perceptions. Meditators have experienced unexplained phenomena when playing around with the quantum field. You can too.

MEDITATION OVERVIEW

Which meditation are you doing?	 _____ _____ _____
How long is this meditation?	 _____ _____ _____
What is your focus in this meditation?	 _____ _____ _____
How often are you doing the meditation?	 _____ _____ _____

<p>Will you be or were you disturbed by others during the meditation?</p>	<p> _____ _____ _____</p>
<p>How do you generally feel before your meditation?</p>	<p> _____ _____ _____</p>
<p>How do you generally feel during your meditation?</p>	<p> _____ _____ _____</p>
<p>How do you feel after your meditation?</p>	<p> _____ _____ _____</p>

DAILY RECORD

DAY 1		DAY 2	
Meditation name.		Meditation name.	
What was the focus of your meditation?		What was the focus of your meditation?	
Explain how you felt during your meditation.		Explain how you felt during your meditation.	
Explain how you felt after your meditation.		Explain how you felt after your meditation.	
Did you feel lighter after the meditation?		Did you feel lighter after the meditation?	
Did you have a clearer mind afterwards?		Did you have a clearer mind afterwards?	

<i>Did you feel more enthused afterwards?</i>		<i>Did you feel more enthused afterwards?</i>	
<i>Did your self-worth improve afterwards?</i>		<i>Did your self-worth improve afterwards?</i>	
<i>Did your feelings towards someone else change afterwards? If "YES" explain what you mean.</i>		<i>Did your feelings towards someone else change afterwards? If "YES" explain what you mean.</i>	
<i>Who is that person?</i>		<i>Who is that person?</i>	
<i>List any subtle changes you noted during the day, after meditation.</i>		<i>List any subtle changes you noted during the day, after meditation.</i>	
<i>What indicator did you ask for during meditation?</i>		<i>What indicator did you ask for during meditation?</i>	
<i>Did your indicator appear after the meditation? If "Yes", explain.</i>		<i>Did your indicator appear after the meditation? If "Yes", explain.</i>	
DAY 3		DAY 4	
<i>Meditation name.</i>		<i>Meditation name.</i>	
<i>What was the focus of your meditation?</i>		<i>What was the focus of your meditation?</i>	
<i>Explain how you felt during your meditation.</i>		<i>Explain how you felt during your meditation.</i>	


<i>Explain how you felt after your meditation.</i>		<i>Explain how you felt after your meditation.</i>	
<i>Did you feel lighter after the meditation?</i>		<i>Did you feel lighter after the meditation?</i>	
<i>Did you have a clearer mind afterwards?</i>		<i>Did you have a clearer mind afterwards?</i>	
<i>Did you feel more enthused afterwards?</i>		<i>Did you feel more enthused afterwards?</i>	
<i>Did your self-worth improve afterwards?</i>		<i>Did your self-worth improve afterwards?</i>	
<i>Did your feelings towards someone else change afterwards? If "YES" explain what you mean.</i>		<i>Did your feelings towards someone else change afterwards? If "YES" explain what you mean.</i>	
<i>Who is that person?</i>		<i>Who is that person?</i>	
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<i>What indicator did you ask for during meditation?</i>		<i>What indicator did you ask for during meditation?</i>	
<i>Did your indicator appear after the meditation? If "Yes", explain.</i>		<i>Did your indicator appear after the meditation? If "Yes", explain.</i>	

DAY 5		DAY 6	
<i>Meditation name.</i>		<i>Meditation name.</i>	
<i>What was the focus of your meditation?</i>		<i>What was the focus of your meditation?</i>	
<i>Explain how you felt during your meditation.</i>		<i>Explain how you felt during your meditation.</i>	
<i>Explain how you felt after your meditation.</i>		<i>Explain how you felt after your meditation.</i>	
<i>Did you feel lighter after the meditation?</i>		<i>Did you feel lighter after the meditation?</i>	
<i>Did your self-worth improve afterwards?</i>		<i>Did your self-worth improve afterwards?</i>	
<i>Did your feelings towards someone else change afterwards? If "YES" explain what you mean.</i>		<i>Did your feelings towards someone else change afterwards? If "YES" explain what you mean.</i>	
<i>Who is that person?</i>		<i>Who is that person?</i>	
<i>List any subtle changes you noted during the day, after meditation.</i>		<i>List any subtle changes you noted during the day, after meditation.</i>	


<p>List any subtle changes you noted during the day, after meditation.</p>		<p>List any subtle changes you noted during the day, after meditation.</p>	
<p>What indicator did you ask for during meditation?</p>		<p>What indicator did you ask for during meditation?</p>	
<p>What indicator did you ask for during meditation?</p>		<p>What indicator did you ask for during meditation?</p>	
<p>Did your indicator appear after the meditation? If "Yes", explain.</p>		<p>Did your indicator appear after the meditation? If "Yes", explain.</p>	

OTHER CHANGES, SIGNS OR NOTES I WOULD LIKE TO REMEMBER


Other experiences I have had which I can't explain:

 _____

Things people have said to me which were unusual:

 _____

Opportunities that have come my way which I was not expecting:

 _____

New thoughts I have been having which I haven't had for some time:



New connections I have made that were unexpected:



Information downloads I have been having:



People whom I have noticed are changing their attitudes towards me:



Improvements in my health:



Improvements in my relationships:



DAILY RECORD

DAY 7		DAY 8	
<i>Meditation name.</i>		<i>Meditation name.</i>	
<i>What was the focus of your meditation?</i>		<i>What was the focus of your meditation?</i>	
<i>Explain how you felt during your meditation.</i>		<i>Explain how you felt during your meditation.</i>	
<i>Explain how you felt after your meditation.</i>		<i>Explain how you felt after your meditation.</i>	
<i>Did you feel lighter after the meditation?</i>		<i>Did you feel lighter after the meditation?</i>	
<i>Did you have a clearer mind afterwards?</i>		<i>Did you have a clearer mind afterwards?</i>	
<i>Did you feel more enthused afterwards?</i>		<i>Did you feel more enthused afterwards?</i>	
<i>Did your self-worth improve afterwards?</i>		<i>Did your self-worth improve afterwards?</i>	
<i>Did your feelings towards someone else change afterwards? If "YES" explain what you mean.</i>		<i>Did your feelings towards someone else change afterwards? If "YES" explain what you mean.</i>	
<i>Who is that person?</i>		<i>Who is that person?</i>	
<i>List any subtle changes you noted during the day, after meditation.</i>		<i>List any subtle changes you noted during the day, after meditation.</i>	

What indicator did you ask for during meditation?		What indicator did you ask for during meditation	
Did your indicator appear after the meditation? If "Yes", explain.		Did your indicator appear after the meditation? If "Yes", explain.	
DAY 9		DAY 10	
Meditation name.		Meditation name.	
What was the focus of your meditation?		What was the focus of your meditation?	
Explain how you felt during your meditation.		Explain how you felt during your meditation.	
Explain how you felt after your meditation.		Explain how you felt after your meditation.	
Did you feel lighter after the meditation?		Did you feel lighter after the meditation?	
Did you have a clearer mind afterwards?		Did you have a clearer mind afterwards?	
Did you feel more enthused afterwards?		Did you feel more enthused afterwards?	
Did your self-worth improve afterwards?		Did your self-worth improve afterwards?	
Did your feelings towards someone else change afterwards? If "YES" explain what you mean.		Did your feelings towards someone else change afterwards? If "YES" explain what you mean.	
Who is that person?		Who is that person?	

<i>List any subtle changes you noted during the day, after meditation.</i>		<i>List any subtle changes you noted during the day, after meditation.</i>	
<i>What indicator did you ask for during meditation?</i>		<i>What indicator did you ask for during meditation?</i>	
<i>Did your indicator appear after the meditation? If "Yes", explain.</i>		<i>Did your indicator appear after the meditation? If "Yes", explain.</i>	
DAY 11		DAY 12	
<i>Meditation name.</i>		<i>Meditation name.</i>	
<i>What was the focus of your meditation?</i>		<i>What was the focus of your meditation?</i>	
<i>Explain how you felt during your meditation.</i>		<i>Explain how you felt during your meditation.</i>	
<i>Explain how you felt after your meditation.</i>		<i>Explain how you felt after your meditation.</i>	
<i>Did you feel lighter after the meditation?</i>		<i>Did you feel lighter after the meditation?</i>	
<i>Did you have a clearer mind afterwards?</i>		<i>Did you have a clearer mind afterwards?.</i>	
<i>Did you feel more enthused afterwards?</i>		<i>Did you feel more enthused afterwards?</i>	
<i>Did your self-worth improve afterwards?</i>		<i>Did your self-worth improve afterwards?</i>	

Did your feelings towards someone else change afterwards? If "YES" explain what you mean.		Did your feelings towards someone else change afterwards? If "YES" explain what you mean.	
Who is that person?		Who is that person?	
List any subtle changes you noted during the day, after meditation.		List any subtle changes you noted during the day, after meditation.	
What indicator did you ask for during meditation?		What indicator did you ask for during meditation?	
Did your indicator appear after the meditation? If "Yes", explain.		Did your indicator appear after the meditation? If "Yes", explain.	

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Opportunities that have come my way which I was not expecting:



New thoughts I have been having which I haven't had for some time:



New connections I have made that were unexpected:



Information downloads I have been having:



People whom I have noticed are changing their attitudes towards me:



Improvements in my health:



Improvements in my relationships:



DAILY RECORD

DAY 13		DAY 14	
<i>Meditation name.</i>		<i>Meditation name.</i>	
<i>What was the focus of your meditation?</i>		<i>What was the focus of your meditation?</i>	
<i>Explain how you felt during your meditation.</i>		<i>Explain how you felt during your meditation.</i>	
<i>Explain how you felt after your meditation.</i>		<i>Explain how you felt after your meditation.</i>	
<i>Did you feel lighter after the meditation?</i>		<i>Did you feel lighter after the meditation?</i>	
<i>Did you have a clearer mind afterwards?</i>		<i>Did you have a clearer mind afterwards?</i>	
<i>Did you feel more enthused afterwards?</i>		<i>Did you feel more enthused afterwards?</i>	
<i>Did your self-worth improve afterwards?</i>		<i>Did your self-worth improve afterwards?</i>	
<i>Did your feelings towards someone else change afterwards? If "YES" explain what you mean.</i>		<i>Did your feelings towards someone else change afterwards? If "YES" explain what you mean.</i>	
<i>Who is that person?</i>		<i>Who is that person?</i>	
<i>List any subtle changes you noted during the day, after meditation.</i>		<i>List any subtle changes you noted during the day, after meditation.</i>	

<i>What indicator did you ask for during meditation?</i>		<i>What indicator did you ask for during meditation?</i>	
<i>Did your indicator appear after the meditation? If "Yes", explain.</i>		<i>Did your indicator appear after the meditation? If "Yes", explain.</i>	
DAY 15		DAY 16	
<i>Meditation name.</i>		<i>Meditation name.</i>	
<i>What was the focus of your meditation?</i>		<i>What was the focus of your meditation?</i>	
<i>Explain how you felt during your meditation.</i>		<i>Explain how you felt during your meditation.</i>	
<i>Explain how you felt after your meditation.</i>		<i>Explain how you felt after your meditation.</i>	
<i>Did you feel lighter after the meditation?</i>		<i>Did you feel lighter after the meditation?</i>	
<i>Did you have a clearer mind afterwards?</i>		<i>Did you have a clearer mind afterwards?</i>	
<i>Did you feel more enthused afterwards?</i>		<i>Did you feel more enthused afterwards?</i>	
<i>Did your self-worth improve afterwards?</i>		<i>Did your self-worth improve afterwards?</i>	
<i>Did your feelings towards someone else change afterwards? If "YES" explain what you mean.</i>		<i>Did your feelings towards someone else change afterwards? If "YES" explain what you mean.</i>	
<i>Who is that person?</i>		<i>Who is that person?</i>	

<i>List any subtle changes you noted during the day, after meditation.</i>		<i>List any subtle changes you noted during the day, after meditation.</i>	
<i>What indicator did you ask for during meditation?</i>		<i>What indicator did you ask for during meditation?</i>	
<i>Did your indicator appear after the meditation? If "Yes", explain.</i>		<i>Did your indicator appear after the meditation? If "Yes", explain.</i>	
DAY 17		DAY 18	
<i>Meditation name.</i>		<i>Meditation name.</i>	
<i>What was the focus of your meditation?</i>		<i>What was the focus of your meditation?</i>	
<i>Explain how you felt during your meditation</i>		<i>Explain how you felt during your meditation.</i>	
<i>Explain how you felt after your meditation.</i>		<i>Explain how you felt after your meditation</i>	
<i>Did you feel lighter after the meditation?</i>		<i>Did you feel lighter after the meditation?</i>	
<i>Did you have a clearer mind afterwards?</i>		<i>Did you have a clearer mind afterwards?</i>	
<i>Did you feel more enthused afterwards?</i>		<i>Did you feel more enthused afterwards?</i>	
<i>Did your self-worth improve afterwards?</i>		<i>Did your self-worth improve afterwards?</i>	

Did your feelings towards someone else change afterwards? If "YES" explain what you mean.		Did your feelings towards someone else change afterwards? If "YES" explain what you mean.	
Who is that person?		Who is that person?	
List any subtle changes you noted during the day, after meditation.		List any subtle changes you noted during the day, after meditation.	
What indicator did you ask for during meditation?		What indicator did you ask for during meditation?	
Did your indicator appear after the meditation? If "Yes", explain.		Did your indicator appear after the meditation? If "Yes", explain.	

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New connections I have made that were unexpected:



Information downloads I have been having



People whom I have noticed are changing their attitudes towards me:



Improvements in my health:



Improvements in my relationships:



DAILY RECORD

DAY 19		DAY 20	
<i>Meditation name.</i>		<i>Meditation name.</i>	
<i>What was the focus of your meditation?</i>		<i>What was the focus of your meditation?</i>	
<i>Explain how you felt during your meditation.</i>		<i>Explain how you felt during your meditation.</i>	
<i>Explain how you felt after your meditation.</i>		<i>Explain how you felt after your meditation.</i>	
<i>Did you feel lighter after the meditation?</i>		<i>Did you feel lighter after the meditation?</i>	
<i>Did you have a clearer mind afterwards?</i>		<i>Did you have a clearer mind afterwards?</i>	
<i>Did you feel more enthused afterwards?</i>		<i>Did you feel more enthused afterwards?</i>	
<i>Did your self-worth improve afterwards?</i>		<i>Did your self-worth improve afterwards?</i>	
<i>Did your feelings towards someone else change afterwards? If "YES" explain what you mean.</i>		<i>Did your feelings towards someone else change afterwards? If "YES" explain what you mean.</i>	
<i>Who is that person?</i>		<i>Who is that person?</i>	
<i>List any subtle changes you noted during the day, after meditation.</i>		<i>List any subtle changes you noted during the day, after meditation.</i>	

What indicator did you ask for during meditation?		What indicator did you ask for during meditation	
Did your indicator appear after the meditation? If "Yes", explain.		Did your indicator appear after the meditation? If "Yes", explain.	
DAY 21		DAY 22	
Meditation name.		Meditation name.	
What was the focus of your meditation?		What was the focus of your meditation?	
Explain how you felt during your meditation.		Explain how you felt during your meditation.	
Explain how you felt after your meditation.		Explain how you felt after your meditation.	
Did you feel lighter after the meditation?		Did you feel lighter after the meditation?	
Did you have a clearer mind afterwards?		Did you have a clearer mind afterwards?	
Did you feel more enthused afterwards?		Did you feel more enthused afterwards?	
Did your self-worth improve afterwards?		Did your self-worth improve afterwards?	
Did your feelings towards someone else change afterwards? If "YES" explain what you mean.		Did your feelings towards someone else change afterwards? If "YES" explain what you mean.	
Who is that person?		Who is that person?	

<i>List any subtle changes you noted during the day, after meditation.</i>		<i>List any subtle changes you noted during the day, after meditation.</i>	
<i>What indicator did you ask for during meditation?</i>		<i>What indicator did you ask for during meditation?</i>	
<i>Did your indicator appear after the meditation? If "Yes", explain.</i>		<i>Did your indicator appear after the meditation? If "Yes", explain.</i>	
DAY 23		DAY 24	
<i>Meditation name.</i>		<i>Meditation name.</i>	
<i>What was the focus of your meditation?</i>		<i>What was the focus of your meditation?</i>	
<i>Explain how you felt during your meditation.</i>		<i>Explain how you felt during your meditation.</i>	
<i>Explain how you felt after your meditation.</i>		<i>Explain how you felt after your meditation.</i>	
<i>Did you feel lighter after the meditation?</i>		<i>Did you feel lighter after the meditation?</i>	
<i>Did you have a clearer mind afterwards?</i>		<i>Did you have a clearer mind afterwards?.</i>	
<i>Did you feel more enthused afterwards?</i>		<i>Did you feel more enthused afterwards?</i>	
<i>Did your self-worth improve afterwards?</i>		<i>Did your self-worth improve afterwards?</i>	

Did your feelings towards someone else change afterwards? If "YES" explain what you mean.		Did your feelings towards someone else change afterwards? If "YES" explain what you mean.	
Who is that person?		Who is that person?	
List any subtle changes you noted during the day, after meditation.		List any subtle changes you noted during the day, after meditation.	
What indicator did you ask for during meditation?		What indicator did you ask for during meditation?	
Did your indicator appear after the meditation? If "Yes", explain.		Did your indicator appear after the meditation? If "Yes", explain.	

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Information downloads I have been having:



People whom I have noticed are changing their attitudes towards me:



Improvements in my health:



Improvements in my relationships:



DAILY RECORD

DAY 25		DAY 26	
<i>Meditation name.</i>		<i>Meditation name.</i>	
<i>What was the focus of your meditation?</i>		<i>What was the focus of your meditation?</i>	
<i>Explain how you felt during your meditation.</i>		<i>Explain how you felt during your meditation.</i>	
<i>Explain how you felt after your meditation.</i>		<i>Explain how you felt after your meditation.</i>	
<i>Did you feel lighter after the meditation?</i>		<i>Did you feel lighter after the meditation?</i>	
<i>Did you have a clearer mind afterwards?</i>		<i>Did you have a clearer mind afterwards?</i>	
<i>Did you feel more enthused afterwards?</i>		<i>Did you feel more enthused afterwards?</i>	
<i>Did your self-worth improve afterwards?</i>		<i>Did your self-worth improve afterwards?</i>	
<i>Did your feelings towards someone else change afterwards? If "YES" explain what you mean.</i>		<i>Did your feelings towards someone else change afterwards? If "YES" explain what you mean.</i>	
<i>Who is that person?</i>		<i>Who is that person?</i>	
<i>List any subtle changes you noted during the day, after meditation.</i>		<i>List any subtle changes you noted during the day, after meditation.</i>	

What indicator did you ask for during meditation?		What indicator did you ask for during meditation	
Did your indicator appear after the meditation? If "Yes", explain.		Did your indicator appear after the meditation? If "Yes", explain.	
DAY 27		DAY 28	
Meditation name.		Meditation name.	
What was the focus of your meditation?		What was the focus of your meditation?	
Explain how you felt during your meditation.		Explain how you felt during your meditation.	
Explain how you felt after your meditation.		Explain how you felt after your meditation.	
Did you feel lighter after the meditation?		Did you feel lighter after the meditation?	
Did you have a clearer mind afterwards?		Did you have a clearer mind afterwards?	
Did you feel more enthused afterwards?		Did you feel more enthused afterwards?	
Did your self-worth improve afterwards?		Did your self-worth improve afterwards?	
Did your feelings towards someone else change afterwards? If "YES" explain what you mean.		Did your feelings towards someone else change afterwards? If "YES" explain what you mean.	
Who is that person?		Who is that person?	

<i>Did your feelings towards someone else change afterwards? If "YES" explain what you mean.</i>		<i>Did your feelings towards someone else change afterwards? If "YES" explain what you mean.</i>	
<i>Who is that person?</i>		<i>Who is that person?</i>	
<i>List any subtle changes you noted during the day, after meditation.</i>		<i>List any subtle changes you noted during the day, after meditation.</i>	
<i>What indicator did you ask for during meditation?</i>		<i>What indicator did you ask for during meditation?</i>	
<i>Did your indicator appear after the meditation? If "Yes", explain.</i>		<i>Did your indicator appear after the meditation? If "Yes", explain.</i>	
DAY 29		DAY 30	
<i>Meditation name.</i>		<i>Meditation name.</i>	
<i>What was the focus of your meditation?</i>		<i>What was the focus of your meditation?</i>	
<i>Explain how you felt during your meditation.</i>		<i>Explain how you felt during your meditation.</i>	
<i>Did you feel lighter after the meditation?</i>		<i>Did you feel lighter after the meditation?</i>	
<i>Did you have a clearer mind afterwards?</i>		<i>Did you have a clearer mind afterwards?</i>	
<i>Did you feel more enthused afterwards?</i>		<i>Did you feel more enthused afterwards?</i>	

Did your self-worth improve afterwards?		Did your self-worth improve afterwards?	
Did your feelings towards someone else change afterwards? If "YES" explain what you mean.		Did your feelings towards someone else change afterwards? If "YES" explain what you mean.	
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Improvements in my health:



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THINK & GROW EDUCATION

Health, mindset, wellness, & financial wellbeing - know-how!

SOLFEGGIO FREQUENCIES

AND
ENERGY CENTRES CERTIFICATION COURSE



Ray Behan

The Man Who Changed His Brain

To inquire about this course email us at:
info@thinkandgroweducation.com.au