



*Guided
Meditation*

*Workbook
and Journal*

by Melissa Field

*Welcome to the workbook and journal for your
guided meditation!*



This workbook will help you to deepen your meditation experience. It will expand and accelerate your healing as you work with the guided meditation you've chosen.

There are no coincidences in this life. Whatever brought you to this meditation has done so for a reason. You are right where you're supposed to be.

By journaling before you start meditating, you will make your intentions clear. When we set an intention, we call it in with clear focus. When we write it down, we call the energy in even stronger, which can lead to a truly transformative experience.

This workbook and journal are for here you. Use them as often as you feel inspired to. You can print this journal each time you do the meditation. Or perhaps you might use it infrequently, as a way to check in and see what's changed over time.

If you would like to make a donation, please go to <https://www.melissa-field.com/donate.html>

Take a moment to reflect on what's going on in your life. What's happening that you sought out a guided meditation? What's at the heart of your current situation?

What drew you to this particular meditation? Did you receive any guidance or gut feelings about it?

What would you like to experience during the meditation? What feelings are you seeking to discover and awaken?

What would you like to let go of while you meditate?



What would you like to receive?

Who or what will be helping and supporting during your meditation? Will you be assisted by angels? Spirit guides? You can call in whoever you want to be your support during

this meditation. Put down below anything or anyone that feels right – God, the Universe, someone who’s on the other side, etc.

Before meditating, how exactly are you feeling? Where are you at?

Continue below after the meditation



How do you feel now? What’s shifted inside of you?

What did you experience during the meditation? Did you receive any insights or feelings? Write down everything you don’t want to forget later.



Meditation is the tongue of the soul
and the language of our spirit.

- Jeremy Taylor



What do you need to continue your healing beyond the meditation?

Outside of meditation, what else can you do for yourself that is nourishing and supportive?

What do you need most at this time?

Write down five things you love about yourself.

What makes you happy the instant you think about it? Be honest! If it feels good to you, write it down. Don't worry what anyone will think. This is *your* happy source. Only you get to decide what's worthy of your good vibes.



*The best
and most beautiful
things in the world
cannot be seen or even touched -
they must be felt with
the heart
Helen Keller*