



Monthly Mantra Meditation Challenge

Guidelines:

This challenge can form part of the monthly mantra offered within the monthly meetup or work with your own mantra.

Try to do a minimum of 108 repetitions of the mantra daily, ideally at the same time and same place if possible. Remain in silent practice for 10 minutes or so after mantra, focusing on your breath whilst becoming aware of the the silence within and the mantra vibration.

Be mindful of the mantra's sound and meaning as this will support your practice. You may wish to dedicate the challenge to help you focus on a positive life change – for instance supporting your regular meditation practice or implementing a regular new health habit such as yoga or some form of exercise, writing a gratitude journal or abstaining from a negative habit.

Sit in any position of your choosing but to mantra your spine will need to be long and your shoulders relaxed.

Print this sheet off and use the grid below to keep track of your progress.

If you miss a day you will need to start over again! Be honest!

Mantra:	No of Repetitions:
Mantras Meaning :	Mala Used:
Intention:	Start Date:

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31									

If you are interested in joining one of my meditation groups including Sunday Chanting details are available at www.justineevans.co.uk

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