

## 21 Day Meditation Challenge – tracking

Checklist of Steps	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21 <sup>st</sup> Day	
Sat down in same place																						
Sat down at same time																						
Body was completely relaxed																						
Repeated Mantra Regularly																						
Focused the Gaze in front																						
Difficulties Faced	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21 <sup>st</sup> Day	
<i>Mind wandered</i>																						
<i>Had to Shift Position or Move</i>																						
<i>Aware of Numbness in body</i>																						
<i>Felt stress on eye balls</i>																						
<i>Vibrating sensation on forehead</i>																						
Experiences	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21 <sup>st</sup> Day	
Darkness																						
Flashes of Light																						
Red Light																						
White Light																						
Green Light																						
Blue Light																						
Violet or Purple light																						
Yellow or Orange Light																						
Golden Light																						

*Instructions for use: Put a checkmark in appropriate cell for each day of the challenge. When in doubt or facing difficulty call your assigned buddy.*

*More Details: Available upon signup by emailing us at [meditationchallenge21days@gmail.com](mailto:meditationchallenge21days@gmail.com) or call 281.766.4767*

Sign Up by emailing us at [meditationchallenge21days@gmail.com](mailto:meditationchallenge21days@gmail.com) or call 281.766.4767

**List of 21 Day Challenges & Helpful Activities**

- **Meditation Challenge** from March 6<sup>th</sup> – 27<sup>th</sup>

Attended?	Helpful Activities
	March 10 <sup>th</sup> (Friday 7pm) - <a href="#">Jyoti Meditation Class</a> at Carmel Temple
	March 10 <sup>th</sup> -12 <sup>th</sup> - <a href="#">“Weekend of Self Transformation through Meditation”</a> series by Arvind Naik
	March 16 <sup>th</sup> (Thursday 6:30pm-8pm) <a href="#">Meditation &amp; Near Death Experience</a> at Center Point
	March 17 <sup>th</sup> (Friday 6:30pm-8pm) <a href="#">Meditation &amp; Near Death Experience</a> at Central Market
	March 17 <sup>th</sup> (Friday 7pm) - <a href="#">Meditation &amp; Near Death Experience</a> at Carmel Temple
	March 23 <sup>th</sup> (Thursday 6:30pm-8pm) <a href="#">Karma, Reincarnation and Transmigration</a> at Center Point
	March 24 <sup>th</sup> (Friday 4:30pm-6pm) <a href="#">Karma, Reincarnation and Transmigration</a> at Central Market
	March 24 <sup>th</sup> (Friday 7pm) - <a href="#">Karma, Reincarnation and Transmigration</a> at Carmel Temple
	March 31 <sup>st</sup> (Friday 7pm) - <a href="#">Setting Priorities in Life</a> at Carmel Temple
	April 2 <sup>nd</sup> (Sunday 4:00pm) - <i>Vegetarian Sampling &amp; Recipes Class</i> at Carmel Temple

- **Vegetarian Challenge** from April 2<sup>nd</sup> - April 24<sup>th</sup>

Attended?	Helpful Activities
	April 2 <sup>nd</sup> - Vegetarian Sampling & Recipes Class
	April 7 <sup>th</sup> (Friday 7pm) - <i>Meditation workshop for Spiritual Awareness</i> at Carmel Temple
	April 14 <sup>th</sup> (Friday 7pm) - <i>Meditation workshop for Spiritual Awareness</i> at Carmel Temple
	April 21 <sup>st</sup> (Friday 7pm) - <i>Meditation workshop for Spiritual Awareness</i> at Carmel Temple

- **Ethical Living Challenge** from May 1<sup>st</sup> to May 22<sup>nd</sup> ..... Details given after Sign Up / Registration
- **Clean Living Challenge** - June 5<sup>th</sup> to June 26<sup>th</sup> ..... Details given after Sign Up / Registration