

Weekly Journal Entries

January 2024-Feb 2024

Illumination One

Preparation for
March Retreat



Please write down your answers with only one sentence. Please bring your answers with you to sessions with Gregory.

Please Journal each day until the March Retreat

One: Where was my attention all day?

Two: What did I believe about myself today?

Three: What do I comfort myself with when I feel uncomfortable with my "within?"

Weekly summation:

The main story I like to think about in my day is...

Monday: Quietude Three

Tuesday: Illumination ONE

Wednesday: Quietude thirteen

Thursday: Quietude Fourteen

Friday: Illumination TWO

Saturday: Illumination ONE

Sunday: Quietude Three

Please use Quietude 15 each night before sleep.

As well, please practice a cathartic meditation at least three times per week.

