

Master-PEACE Circle

Discussion & Journaling Questions

Before the Meditation

- What word describes how you are feeling? (Emotional check-in)
- What's your weather report? (Emotional check-in; Is it stormy inside? Sunny?)
- On a scale of 1-10, how stressed are you right now? (10 being highest)
- What's happening in your body right now? Or, where do you notice tension? (if any)
- What are you "leaving at the door" today? (Opportunity for an ice-breaker)
- What positive experience have you had so far today?
- What are you most grateful for today?

After the Meditation

- What word describes how you are feeling now? (Emotional check-in)
- What's your new weather report?
- On a scale of 1-10, how stressed are you after the meditation (10 being highest)
- What physical or emotional shift have you noticed?
- During open monitoring or mind wandering, did you notice any recurring themes? (e.g. stories, colors, imagery, smells, etc.)
- As we experiment with different meditation techniques, are there certain ones that stand out for you? (e.g. guided vs. non-guided; breathwork, music, etc.) Which ones might you explore further on your own?
- Did you notice any worries or negative thought patterns creeping up? How might mindfulness and meditation support you in recognizing them and shifting and/or working through those thoughts/emotions?
- What is your favorite focal point? Watching the breath, staring at a candle or spot on the floor, focusing on a favorite word or phrase? Perhaps share with others what helps you stay focused.
- If your mind wanders, what technique for coming back to the practice works best for you (e.g. turning thoughts into clouds and watching them float by; drawing awareness back to breath)?
- How was your overall meditation experience?
- Did you notice anything happening in your body? (e.g. fluttering in the belly, breeziness on your neck, etc.) What do you think your body might be trying to tell you?
- If you had to choose a word to focus on during meditation, or to remind you to be mindful, what would it be?
- What meditations have you tried on your own that worked for you in the past?
- What surprised you about this meditation? Or, what did you find challenging vs. easy?

Remember, you can access Master-PEACE recorded meditations here: <https://www.spreaker.com/show/masterpiece-living>