

DAILY RITUAL DIARY ENTRIES

DATE:

DAY:

TIME:

PLACE:

Phase of Moon: Full Waning Waxing _____

Weather Conditions: Rainy Cloudy Hot Muggy Warm Cold _____

Emotions: Happy Sad Depressed _____

Physical Condition: Excellent Good Fair Poor _____

Name of Rituals Performed: _____

Performance: Well Fair Poorly _____

Results: _____

Realisations during the day: *Sometimes you get further insight into an earlier ritual or meditation, you should write this down, noting that it was a later insight*

N.E. (*Time of Noon Exercise*)

E.E. (*Time of Evening Exercise*)

M.E. (*Time of Morning Exercise*)

Title of Book: *Note: The book that you are presently engaged in reading.*

RESULTS and REALISATIONS: *This is the most important of your Ritual Diary entry. It is key to your understanding of the Ritual(s) and Meditations you have just completed. Train yourself to be straightforward and to the point – and, if possible, keep your realizations within ten lines or so. This will help teach you to discard the irrelevant and find the kernel of the Rituals and Meditations.*