

# *Glenda Cedarleaf MSW*

## Day 2 Journaling Questions and Resources

When are you most likely to feel inspired?

Does inspiration come to you while meditating or listening to music?

Or perhaps while driving or exercising?

Or does it happen while in the bathtub or shower?

What time of day are you most creatively inspired?

Is it when you first wake up, or at night when the house is quiet, on the weekends?

And when ideas come to you, how do you ensure they will not be forgotten? Some people carry a small notebook with them at all times, others, a portable recording device and still others simply use a phone for dictating their insights and ideas while all is still fresh in their minds.

As you think about your clients, patients or students, what one person comes to mind?

What challenge or experience that they face is especially significant for you?

If you were to create a guided imagery meditation to gain a new perspective or offer a transformative process, what would that look like for this person? Take a moment to pause the recording so you can fully explore this question and write about it in your journal.

## Reflection Questions on a Meditation You Love

What exactly did you love about this particular meditation?

What did you appreciate about the theme?

How was the induction or body relaxation guided?

What did you think of the tone and pacing of the vocals?

What about the imagery was engaging for you?

Did this meditation include background music or nature sounds? What did you notice about the music or sounds? Did they fit the script? Were they engineered well so the music or sounds were well mixed with the vocals?

What was the feeling or insight or transformation that you experienced at the end of the meditation? Take a moment to list some descriptors of how you felt (ie soothed, inspired, empowered, transformed, safe?)

Please jot down your ideas and it will be helpful to keep all your answers available to review so you can easily refer back to these insights and information as you move forward in this learning process.