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.