

5 SENSES IN MEDITATION

HOW I MADE MY MEDITATION SPACE BETTER

Date Designed:

Date Implemented:

WHERE DO YOU REMEMBER EXPERIENCING YOUR GREATEST
SENSE OF SECURITY AND PEACE?

WHAT I REMEMBER

MY SPACE WILL HAVE

WHAT SMELLS DO U REMEMBER

WHAT PRODUCT REPLICATES THE
SMELL

TACTILE SENSATIONS

WHAT REPLICATES THE FEEL

WHAT DO YOU HEAR

WHAT WILL COPY THE SOUND

WHAT DO YOU SEE

HOW WILL U INCORPORATE THIS

WHAT TASTE HAS GOOD
MEMORIES

HOW WILL U INCORPORATE THIS

Do I like the changes?: