

# Dropping in: A Meditation Journal (Paperback)

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## Reviews

This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be play, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book. *(Rene Olson)* 

## **DROPPING IN: A MEDITATION JOURNAL (PAPERBACK)**



Mellow Mind, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Whether new to meditation or a seasoned meditator, The Mellow Mind s thoughtfully composed Dropping In meditation journal with its minimal aesthetic, provides a unique and inviting space to reflect upon the practice of dropping in. Honouring the meditation experience, it serves as a valuable archive for contemplation, provides an opportunity for real insight into personal practice, and delivers a pathway to awaken, and make conscious, wisdom that motivates inspired action forward. Created by a meditator for meditators, it features a purpose-designed interior to inspire and enrich the art of inner stillness, synergising creative expression and utility that translates into a polished, highly functional and user-friendly meditation diary. Designed to be inclusive of countless meditation styles and in an open schedule-free format, Dropping In makes an ideal supplement for students of meditation or yoga including mindfulness based programs such as MBSR, facilitating an effortless user experience for recording the core elements of practice with minimal distraction, whilst providing ample space to express any insights, challenges and general observations. A perfect meditation gift or keepsake for anyone exploring meditation.

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