## Sensory Infusion: Journal Notes

Day #:	Day #:
Description of Meditative Experience (How I added each sense to the experience)	Description of Meditative Experience (How I added each sense to the experience)
Impact of Today's Meditative Experience (thoughts, feelings, ideas, impact, etc.)	Impact of Today's Meditative Experience (thoughts, feelings, ideas, impact, etc.)
What have I noticed about how I experience my senses as I go about my day?	What have I noticed about how I experience my senses as I go about my day?
How is my 6 <sup>th</sup> Sense of Intuitive Wisdom emerging? How am I accessing, listening, and using it?	How is my 6 <sup>th</sup> Sense of Intuitive Wisdom emerging? How am I accessing, listening, and using it?