



PRIMORIDIAL SOUND MEDITATION

Course Calendar & Practice Diary

My goal/intention for this course:

SESSION ONE: Introduction

Date of Session:/...../.....

	Time Of Day	Length MIN	Experiences in Meditation	Experiences in Activity
Day 1	AM ☐ PM ☐	15 ☐ 30 ☐ ☐		
Day 2	AM ☐ PM ☐	15 ☐ 30 ☐ ☐		
Day 3	AM ☐ PM ☐	15 ☐ 30 ☐ ☐		
Day 4	AM ☐ PM ☐	15 ☐ 30 ☐ ☐		
Day 5	AM ☐ PM ☐	15 ☐ 30 ☐ ☐		
Day 6	AM ☐ PM ☐	15 ☐ 30 ☐ ☐		
Day 7	AM ☐ PM ☐	15 ☐ 30 ☐ ☐		

SESSION TWO: Personal Instruction

Date of Session:/...../.....

	Time Of Day	Length MIN	Experiences in Meditation	Experiences in Activity
Day 1	AM ☐ PM ☐	15 ☐ 30 ☐ ☐		
Day 2	AM ☐ PM ☐	15 ☐ 30 ☐ ☐		
Day 3	AM ☐ PM ☐	15 ☐ 30 ☐ ☐		
Day 4	AM ☐ PM ☐	15 ☐ 30 ☐ ☐		



Day 5	AM ☐ PM ☐	15 ☐ 30 ☐ ☐		
Day 6	AM ☐ PM ☐	15 ☐ 30 ☐ ☐		
Day 7	AM ☐ PM ☐	15 ☐ 30 ☐ ☐		

SESSION THREE: Perfecting Your Practice of Meditation

Date of Session:/...../.....

	Time Of Day	Length MIN	Experiences in Meditation	Experiences in Activity
Day 1	AM ☐ PM ☐	15 ☐ 30 ☐ ☐		
Day 2	AM ☐ PM ☐	15 ☐ 30 ☐ ☐		
Day 3	AM ☐ PM ☐	15 ☐ 30 ☐ ☐		
Day 4	AM ☐ PM ☐	15 ☐ 30 ☐ ☐		
Day 5	AM ☐ PM ☐	15 ☐ 30 ☐ ☐		
Day 6	AM ☐ PM ☐	15 ☐ 30 ☐ ☐		
Day 7	AM ☐ PM ☐	15 ☐ 30 ☐ ☐		

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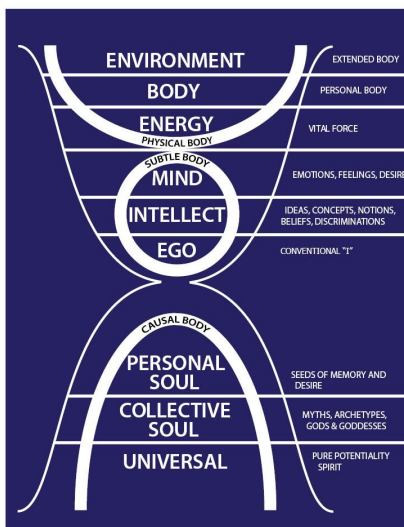


SESSION FOUR: Higher States Of Consciousness

Date of Session:/...../.....

	Time Of Day	Length MIN	Experiences in Meditation	Experiences in Activity
Day 1	AM ☐ PM ☐	15 ☐ 30 ☐ ☐		
Day 2	AM ☐ PM ☐	15 ☐ 30 ☐ ☐		
Day 3	AM ☐ PM ☐	15 ☐ 30 ☐ ☐		
Day 4	AM ☐ PM ☐	15 ☐ 30 ☐ ☐		
Day 5	AM ☐ PM ☐	15 ☐ 30 ☐ ☐		
Day 6	AM ☐ PM ☐	15 ☐ 30 ☐ ☐		
Day 7	AM ☐ PM ☐	15 ☐ 30 ☐ ☐		

The Layers Of Life



NOTES

[illegible]