

Meditation Journal February 2018

| Date | Meditation Time | Tao Tē Ching Reading | Inspirational Daily Quote |
|--------------|--------------------|----------------------|---------------------------|
| 1st | 2 hours | Verse 29 | Read |
| 2nd | 1hour 30 mins | Verse 30 | Read |
| 3rd | 1hour 20 mins | Verse 31 | Read |
| 4th | 1hour 30 mins | Verse 32 | Read |
| 5th | 1hour 15 mins | Verse 33 | Read |
| 6th | 25 mins | Verse 34 | Read |
| 7th | 30 mins | Verse 35 | Read |
| 8th | 40 mins | Verse 36 | Read |
| 9th | 2 hours | Verse 37 | Read |
| 10th | 1 hour 25 mins | Verse 38 | Read |
| 11th | 1 hour 20 mins | Verse 39 | Read |
| 12th | 15 mins | Verse 40 | Read |
| 13th | 20 mins | | Read |
| 14th | 1 hour 27 mins | | Read |
| 15th | 1 hour 26 mins | | Read |
| 16th | 50 mins | | Read |
| 17th | 15 mins | | Read |
| 18th | 52 mins | | Read |
| 19th | 45 mins | | Read |
| 20th | - | | Read |
| 21st | 1 hour 35 mins | | Read |
| 22nd | 30 mins | | Read |
| 23rd | 1 hour | | Read |
| 24th | 17 mins | | Read |
| 25th | 30 mins | | Read |
| 26th | 27 mins | | Read |
| 27th | 30 mins | | Read |
| 28th | 30 mins | | Read |
| | | | |
| TOTAL | 25H 40 Mins | | |