 Emotional meditation follow-up 

**Source :** https://solution-angoisse.com/en

## 1) Name of event

|  |  |
| --- | --- |
| Dates | Report |
| 01 January 2025 | I thought about … |
| Emotions | I cried a lot, … |
|  |
| 10 January 2025 | I thought about … |
| Emotions | I cried a little, … |
|  |
| Conclusion | I must continue to meditate on this subject. |

## 2) Name of event

|  |  |
| --- | --- |
| Dates | Report |
| 01 February 2025 | I thought about … |
| Emotions | I was very angry, … |
|  |
| 10 February 2025 | I thought about … |
| Emotions | I was a little angry, … |
|  |
| Conclusion | I must continue to meditate on this subject. |