

STaRS

// JROOF & FAWHNY

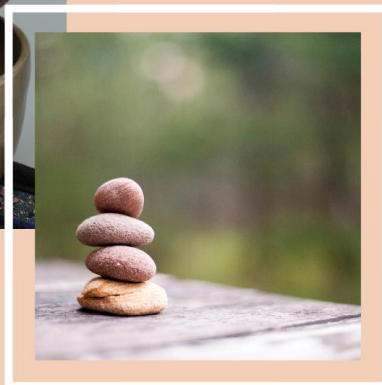
An app designed to track your
meditation sessions and help
document your results

MEDITATION

Tracker



*For inquiries, please
email jroof@ggc.edu*



WHEN:

April 8, 2021 12:00PM-3:00PM

*MEDITATION OPTIONAL

The Meditation Tracker is an application meant to enable users to track their time spent meditating, take notes on each meditation session if they choose to do so, and also provide a dream journal for users to document their dreams thereby increasing their dream recall and awareness.

The entries in the journal can be correlated to one's objectively recorded time spent in meditation and subjectively reported depth or quality of their meditative experience.

The entries in the dream journal can be correlated to one's level of lucidity, intensity of emotions experienced in the dream, dream content, etc.