



# What's Your *Meditation* Name?

Use the following three lists to generate your name.

\_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_

1

## First Letter Of Your First Name

A = Peaceful  
B = Delightful  
C = Joyful  
D = Truthful  
E = Beautiful  
F = Honest  
G = Generous  
H = Harmonious  
I = Powerful  
J = Balanced  
K = Radiant  
L = Strong  
M = Grounded  
N = Courageous  
O = Mysterious  
P = Blissful  
Q = Gentle  
R = Wonderful  
S = Magnificent  
T = Luminous  
U = Passionate  
V = Genuine  
W = Grateful  
X = Intelligent  
Y = Wise  
Z = Authentic

2

## First Letter Of Your Last Name

A = Calming  
B = Cherished  
C = Cosmic  
D = Healing  
E = Encouraging  
F = Soothing  
G = Gifted  
H = Charming  
I = Refreshing  
J = Comforting  
K = Enlightened  
L = Therapeutic  
M = Medicinal  
N = Awe-inspiring  
O = Violet  
P = Devoted  
Q = Intuitive  
R = Smiling  
S = Inspiring  
T = Electrifying  
U = Knowledgeable  
V = Vivacious  
W = Introspective  
X = Understanding  
Y = Sacred  
Z = Loving

3

## Day Of The Month You Were Born On

1 = Light  
2 = Master  
3 = Sky  
4 = Poem  
5 = Miracle  
6 = Full Moon  
7 = Song  
8 = Heart  
9 = Rainbow  
10 = Mantra  
11 = Flower  
12 = Planet  
13 = Guru  
14 = New Moon  
15 = Ocean  
16 = Treasure  
17 = Spirit  
18 = Tree  
19 = Crystal  
20 = Surprise  
21 = Third-eye  
22 = Soul  
23 = Warrior  
24 = Sun  
25 = Hero/Heroine  
26 = Blessing  
27 = Star  
28 = Oasis  
29 = Energy  
30 = Guide  
31 = Friend



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