

Meditation Journal (Pink Lotus) (Paperback)



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Reviews

It in one of the best book. Better then never, though i am quite late in start reading this one. You wont feel monotony at at any moment of the time (that's what catalogues are for regarding in the event you check with me).
(Dr. Kristin Dickens)

MEDITATION JOURNAL (PINK LOTUS) (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you want to make your dreams come true yet your mind is cluttered with other stuff? Are you tired of thoughts racing through your mind? Do you want to destress your life? Write them down and declutter your mind. Empty your mind for meditation. Clarity and focus can help you achieve your goals and dreams. Make your meditation practice a precious gift for yourself. This meditation journal is uniquely crafted to capture your thoughts before and after your practice meditation. What thoughts are cluttering your mind, heart, and soul before meditation. Write them down so clear up space for meditation. 160 pages of lined pages with the following prompts: - Date - Time: - Place: where are you? - Mantra: Will you be using a mantra to guide your meditation and why this mantra? - Thoughts Before Meditation: Dump on the clutter, negative ideas, and stressful thoughts onto the pages before your meditation. - Thoughts After Meditation: With a clear mind, your mind has space to create, innovate, and to absorb new ideas. How is your mind after meditation? Have focus, clarity, and peace today with your meditation journal. Journaling these thoughts before and after meditation will help you foster a balanced of zen and energy.



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