MEDITATION *Journal*

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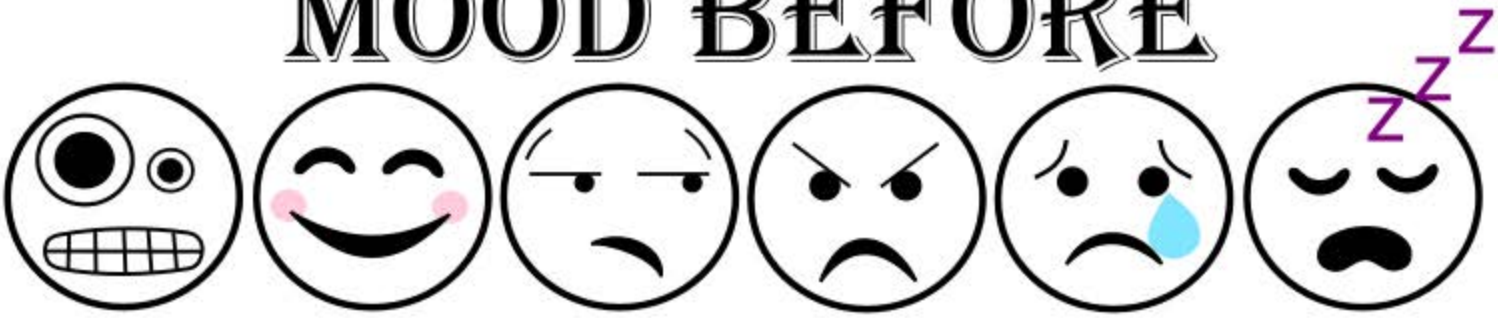
DATE: _____

DURATION: _____

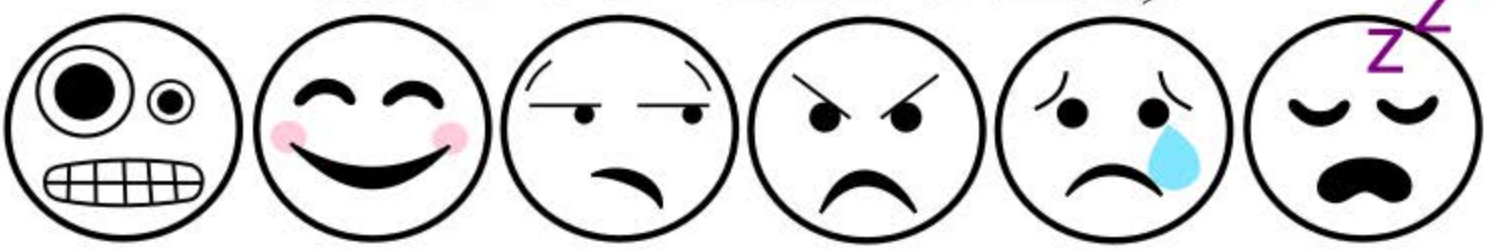
MANTRA: _____

oooooooooooooooooooommmmmmmmmmmmmm

MOOD BEFORE



MOOD AFTER



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