

Open Doors™

# HypnoMeditation Journal

Rose Quartz

# *Rose Quartz HypnoMeditation Journal*

To Love Self Is To Love Others. To Love Others Is To Love Self

Day 1

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Day 2

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Day 3

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Day 4

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Day 5

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# *Rose Quartz HypnoMeditation Journal*

Forgiveness Is Self-empowerment. Forgiveness Is Freedom

Day 6

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Day 7

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Day 8

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Day 9

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Day 10

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# *Rose Quartz HypnoMeditation Journal*

Self-Judgement Separates Us From The Source. Self-Acceptance Connects Us To Unlimited Energy.

Day 11

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Day 12

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Day 13

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Day 14

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Day 15

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# *Rose Quartz HypnoMeditation Journal*

Compassion Emerges When One Recognizes Oneself In Others

Day 16

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Day 17

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Day 18

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Day 19

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Day 20

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# *Rose Quartz HypnoMeditation Journal*

Love Is Food. Remember To Nourish Yourself Each Day.

Day 21

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Day 22

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Day 23

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Day 24

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Day 25

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# *Rose Quartz HypnoMeditation Journal*

To Love Is To Vanquish Isolation And Fear

Day 26

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Day 27

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Day 28

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Day 29

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Day 30

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