

HypnoMeditation Journal

Rose Quartz

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

Day 1		
Day 2		
Day 3		
Day 4		
Day 5		

Forgiveness Is Self-empowerment. Forgiveness Is Freedom

Day 6						
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Day 7						
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Day 10						

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

Day 11	
Day 12	
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Day 13	
Day 14	
Day 15	

Compassion Emerges When One Recognizes Oneself In Others

Day 16	
Day 17	
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Day 18	
Day 19	
Day 20	

Love Is Food. Remember To Nourish Yourself Each Day.

Day 21	
Day 22	
Day 23	
Day 24	
Day 25	

To Love Is To Vanquish Isolation And Fear

Day 26						
Day 27						
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Day 30						
			 			