

*Journal/Doodle Page 1*

*Allowing Continuous Joy: Preparation Mandala*

*Take a breath, and know that anything you do on this energy-charged page is right for you and will support your optimal happiness!*

*If you feel so inclined, look at your Energy Repatterning Mandala again, and play your Sound File.*

*What would continuous joy mean in your life?*

*Any fun ideas? Any weird ideas? Any "taboo" ideas? Does it seem unbelievable? Unattainable for you but someone else could do it?*

*Just write down whatever:*

*Now, with your non-dominant hand, maybe doodle a bit here (or not as you prefer, this is your space!):*

*Continue on the back of this page if you feel so inspired!*