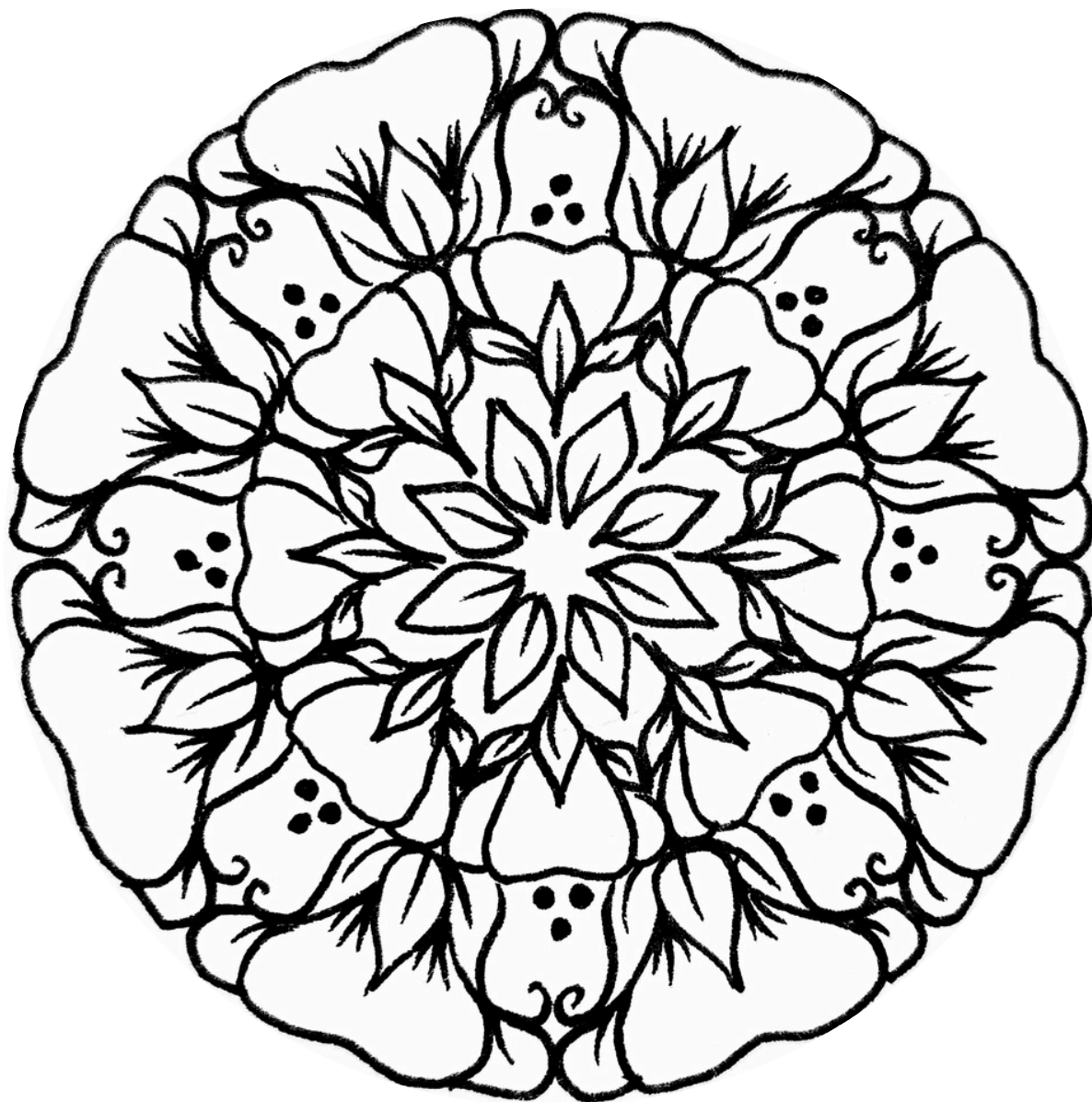


# Mandala Journaling Page

DATE: \_\_\_\_\_



MEDITATION FOCUS:

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To use: Set an intention or focus for your journaling. Focus on the mandala design. Trace the lines with your finger, color it in, or simply look at it while focused on your intention. When you are ready, use p.2 to write your thoughts.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.