

The Air Gratitude Journal is the second in The Elements Collection Gratitude Journals Series; Water, Air, Fire and Earth. The four uniquely designed gratitude journals, contain a gold-mine of information for the novice holistic person, containing detailed information in regards to the themed element, the energy of 99 (global consciousness), the benefits of gratitude, the chakras, intention setting, and some finer points to receive the most from your daily gratitude writings. The 99 dedicated double pages for your gratitude writings are beautifully set out. The left hand page contains; a day number, date space, themed photograph and unique gratitude quote. The right hand page is for your daily gratitude writings. The day number is a specific chakra colour, allowing you to tune into a specific chakra " seven days, seven chakras. "Your Elements Collection Gratitude Journey will allow your perceived problems to flow away like Water, turning the Air you breathe into a conscious loving breath, reigniting the Fire within, creating your purposeful life on this Earth."

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Fire Gratitude Journal (The Elements Collection Gratitude Journals) (Volume 3) [ Mrs Karen Chaston, Mrs Karen Pearce] on jokepants.com See all 2 images Water, Air, Fire and Earth The four uniquely designed gratitude journals, contain a.

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Air Gratitude Journal: Volume 2 (The Elements Collection Gratitude Journals) Water Gratitude Journal: Volume 1 (The Elements Collections Gratitude Journal). A Pocketude is a gratitude recorded in a pocket-sized journal. insects, trees and plants, and the elements and energies that keep this web flowing-- earth, air, water, and fire. .  
pocketudes-gratitude-journal.jpg .. The memories and gratitudes collected in these journals reminds me that joy still sits with me, and can. Click here to View Air Journal Glimpse Air Gratitude Journal Gemini, Libra, Aquarius. A\$ The Elements Collection contains all four Gratitude journals .

The simplest way to start your day happy. Cultivate gratitude. Become positive. Change the way you think and feel. In that time, I published two gratitude journals, The Gratitude Habit and Parenting the Gratitude Habit. Both journals are Collection by Wendy Meg Siegel Art The Gratitude Habit Journal: Turn Ordinary into Extraordinary-2 http:// thegratitudehabitjournal Check out the book! jokepants.com TheGratitudeHabit 30 Day.

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