



REIKI AMAZES
TAP



GANESHA
SPIRITUAL
ENERGY
FLUSH

Journal

by Jivita – Reiki Master Teacher



GANESHA SPIRITUAL ENERGY FLUSH

JOURNAL

NAME

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ADDRESS

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EMAIL

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PHONE

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GANESHA SPIRITUAL ENERGY FLUSH

JOURNAL

Journaling is a powerful tool for self-reflection and can help deepen your understanding of Ganesha Spiritual Energy Flush. Focus on journaling your thoughts, feelings, and experiences related to your goal. Here's how you can approach it to use it for achieving your goal.

1. **Take Time to Journal:** Set aside a dedicated time during the day to sit down and journal. Find a quiet and comfortable space where you can focus and reflect without distractions.
2. **Reflect on Your Progress:** Begin by reflecting on your progress since starting the attunement. Consider any shifts, changes, or insights you've noticed in your spiritual energy. Write about your experiences, both positive and challenging, and how they have influenced your overall journey.
3. **Express Your Thoughts and Feelings:** Use your journal as a safe space to express your thoughts, feelings, and emotions. Write about any thoughts that come to mind, and or any moments of clarity or confusion, and any breakthroughs or realizations you've had.



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4. Document Personal Insights: Pay attention to any personal insights or revelations that arise during your journaling. These could be related to your spiritual growth, connection with Ganesha, or any profound realizations about yourself or your journey. Capture these insights in your journal to revisit and reflect upon later.

5. Seek Guidance or Clarity: If you have any questions or areas where you seek further guidance or clarity, jot them down in your journal. This will help you remember to explore those topics in more depth or seek guidance from your instructor or fellow students.

6. Track Progress Over Time: As you continue journaling throughout the week, make notes of any patterns or recurring themes you notice. Tracking your progress over time can provide valuable insights into your growth, and it can be interesting to look back and see how your perceptions and experiences have evolved.

Please remember, journaling is a personal practice, and there are no right or wrong ways to do it. The key is to be open in your reflections. Your journal is a private space for self-expression, so feel free to let your thoughts and emotions flow onto the pages.



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After receiving attunement, you need to practice it daily. Start with choosing a specific goal.

For example, Ganesha Spiritual Energy Flush can help you with removing obstacles and manifesting your heart's desire.

So while practicing, choose a specific goal for a week, and activate the Ganesha Spiritual Energy Flush, specifically for that particular goal. It is important to notice any physical, mental, emotional and financial changes.

You need to pay attention, in most cases changes occur on minute level.



GANESHA SPIRITUAL ENERGY FLUSH

JOURNAL

Sending Energy Flush to Others

Selflessly send energy flush to others who may benefit from it.

Reflect on the act of selflessly sharing energy and its impact on your own spiritual energy.

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GANESHA SPIRITUAL ENERGY FLUSH

JOURNAL

Gratitude

Express gratitude to Ganesha & All the Higher Energies

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JOURNAL

Self-Care

Practice Grounding & Ensure proper hydration throughout the day

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GANESHA SPIRITUAL ENERGY FLUSH

JOURNAL

Date:

Day 1

Daily Observations

Daily Observations

Daily Observations

Daily Observations



GANESHA SPIRITUAL ENERGY FLUSH

JOURNAL

Date:

Day 2

Daily Observations

Daily Observations

Daily Observations

Daily Observations



GANESHA SPIRITUAL ENERGY FLUSH

JOURNAL

Date:

Day 3

Daily Observations

Daily Observations

Daily Observations

Daily Observations



GANESHA SPIRITUAL ENERGY FLUSH

JOURNAL

Date:

Day 4

Daily Observations

Daily Observations

Daily Observations

Daily Observations



GANESHA
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JOURNAL

Date:

Day 5

Daily Observations

Daily Observations

Daily Observations

Daily Observations



GANESHA SPIRITUAL ENERGY FLUSH

JOURNAL

Date:

Day 6

Daily Observations

Daily Observations

Daily Observations

Daily Observations



GANESHA SPIRITUAL ENERGY FLUSH

JOURNAL

Date:

Day 7

Daily Observations

Daily Observations

Daily Observations

Daily Observations



GANESHA SPIRITUAL ENERGY FLUSH

CHECKLIST

Daily

- Start with focusing on your breaths,
- Set intention or goal
- Identify blocks or obstacles
- Connect with Ganesha
- Activate & Send Energy Flush to Self
- Activate & Send Energy Flush to others
- Be Grateful
- Journal



GANESHA SPIRITUAL ENERGY FLUSH

AFFIRMATIONS

1. I effortlessly connect with Ganesha's divine guidance.
2. Obstacles dissolve in the presence of Ganesha's grace.
3. Ganesha's blessings unlock infinite possibilities for me.
4. Abundance effortlessly flows into every aspect of my life.
5. I align with Ganesha's energy, inviting prosperity.



GANESHA SPIRITUAL ENERGY FLUSH

THANK YOU!

Thank you for joining the 'Ganesha spiritual energy flush' attunement.

Here are some of my other courses that can support your spiritual growth. Visit [Reiki Amazes - Training & Attunement Portal \(TAP\)](#).

Your feedback is valuable. Please take a moment to leave a review for the 'Ganesha spiritual energy flush' attunement or any other courses you've taken. Your insights can inspire others on their spiritual journey. You will find the Feedback Form in the Course itself.

Let's Stay Connected:

[Facebook](#)

[Pinterest](#)

[YouTube](#)

Thank you for joining me on Ganesha Spiritual Energy Flush.
May Lord Ganesha Bestow You With Abundance, Peace & Prosperity!

Reiki Blessings,
Jivita



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THANKS Y'ALL