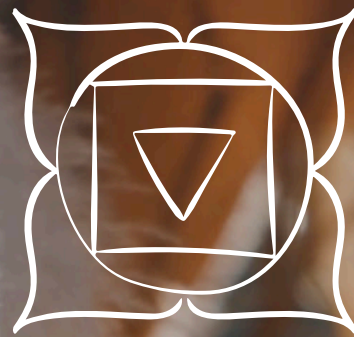


Journaling pages

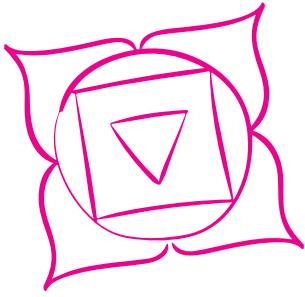
Boundaries & Beauty

“You have this life to make
the best of your bliss.”

by Jaishree Dasi



I am Divinely connected to



You setting boundaries makes you more beautiful. It's part of your spiritual health and wealth! Evolving doesn't mean you cannot take on a new teaching, a new course, a new healing. There is no offense in Learning.

Manifesting is the byproduct of you following through.

This meditation, journal, and mantra supports your original seed intention. It supports the original malady that gets you stuck to dissolve. Healing Begins.

Everyone sent to you that is truly on your Team will allow you to feel loved during that healing. You have this life to make the best of your bliss. Stay focused on devotion, kindness and playfulness – while you Learn. That keeps you beautiful.

I hope you find great success with this gift. Xx J

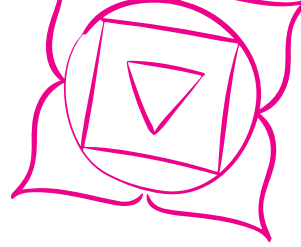
Jaishree Dasi

JAISHREE YOGA

Boundaries & Beauty

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**You have
this life to
make the
best of your
bliss.**

Action

- **Breathe in**, draw your palms towards your heart, exhale open your palms out in front of you.
- **2nd time** - breathe in as you draw your palms towards your navel, exhale and press your palms down to the earth.
- **3rd time** - breath in, palms lift upwards and cover your head, exhale palms out towards the sky.



JOURNAL THIS:

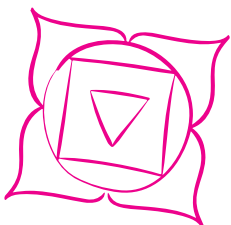
1. What does the negative tape in your head say about your beauty?

2. What are your three most challenging boundaries you need to hold?

3. Who are three people offering you support to heal, right now?

4. How would your guardian angel describe you?

5. Name three new 'non-negotiable' behaviors that support your beauty and strength.





MANTRA

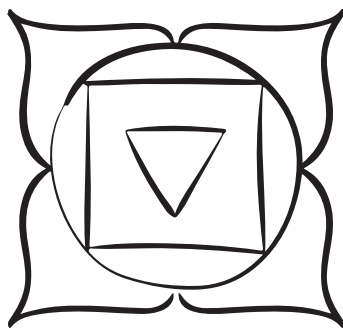
**I am Divinely
connected to
Beauty when I set
boundaries.**

thank you!

Boundaries & Beauty



Boundaries & Beauty



**Did you know you can book me for a
complimentary Life Destiny Call?**

Give in to the temptation

BOOK YOUR CALL

jaishreeyoga.com/discovery-call



Boundaries & Beauty

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