

Ceremonial Journal

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That this journal may help you to reflect on
the lessons & emotions you will experience
Before, In & After your Ceremony



PURE OHM

Ceremony 1

PURE OHM

Preparations

NAME

DATE TODAY

DATE CEREMONY

TYPE OF CEREMONY

MY INTENTION

Detox



Please ask your facilitator for
guidelines

One week before my ceremony

FOOD PLANNER

MONDAY

- _____
- _____
- _____
- _____

TUESDAY

- _____
- _____
- _____
- _____

WEDNESDAY

- _____
- _____
- _____
- _____

THURSDAY

- _____
- _____
- _____
- _____

FRIDAY

- _____
- _____
- _____
- _____

SATURDAY

- _____
- _____
- _____
- _____

SUNDAY

- _____
- _____
- _____
- _____

NOTES

Grocery list

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