SHAMBHALA

Free Gifts of Light

GOLDEN EVENING JOURNAL

Seven printable evenings to close the day in gratitude and peace

A quiet page for each evening of the week: three gratitudes,
one lesson of light, one forgiveness, and one hope for tomorrow.
Print the week, write by hand, and rest in the Light.

EVENING OF MONDAY

Three gratitudes of today:

One lesson of Light I received:

One forgiveness I give or ask:

One hope I plant for tomorrow:

EVENING OF TUESDAY

Three gratitudes of today:

One lesson of Light I received:

One forgiveness I give or ask:

One hope I plant for tomorrow:

EVENING OF WEDNESDAY

Three gratitudes of today:

One lesson of Light I received:

One forgiveness I give or ask:

One hope I plant for tomorrow:

EVENING OF THURSDAY

Three gratitudes of today:

One lesson of Light I received:

One forgiveness I give or ask:

One hope I plant for tomorrow:

EVENING OF FRIDAY

Three gratitudes of today:

One lesson of Light I received:

One forgiveness I give or ask:

One hope I plant for tomorrow:

EVENING OF SATURDAY

Three gratitudes of today:

One lesson of Light I received:

One forgiveness I give or ask:

One hope I plant for tomorrow:

EVENING OF SUNDAY

Three gratitudes of today:

One lesson of Light I received:

One forgiveness I give or ask:

One hope I plant for tomorrow: