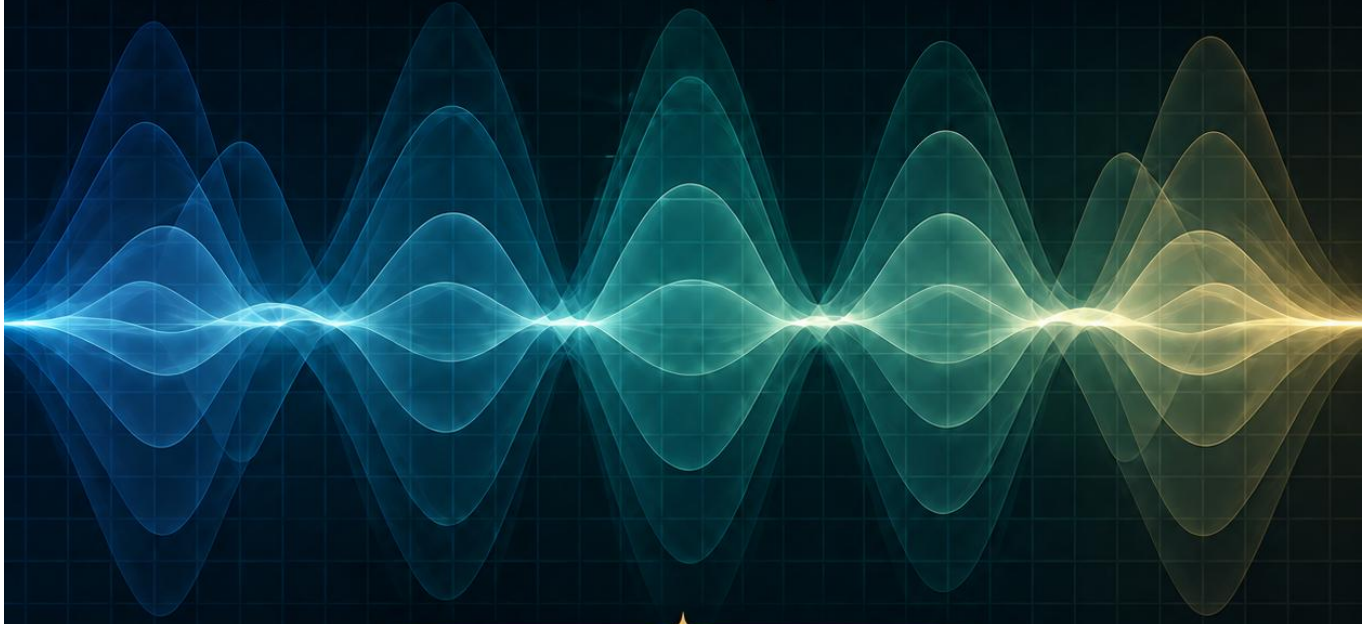


THE 21 - DAY

Quantum Mind Hack

A Transformation Bullet Journal by the Dusoma Foundation



ANALYZE • IMAGINE • REPROGRAM

One page a day. One frequency at a time. One life, rewritten.

"You cannot solve a problem from the same consciousness that created it."

— Albert Einstein

T H E 2 1 - D A Y

Quantum Mind Hack

A Transformation Journal



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You can share, but do not charge others money for this journal.

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HOW THIS JOURNAL WORKS

For maximum effect, print this journal out and write by hand. To save paper, you can do 2 pages per sheet.

This is a 21-day operating-system upgrade for your mind, fused from two day-by-day programs: Mind Hacking (analyze → imagine → reprogram your mental loops, like a programmer debugging code) and 21 Days of Quantum Transformation (you are the observer; your frequency chooses your reality). Every day gets exactly one page. Fill the whole page, every day. Repetition is the entire trick.

The three weeks

WEEK ONE — Awaken the Observer. You learn to watch your mind: check-ins, noticing urges and pulls, clearing clutter, training concentration, and debugging your negative loops down to bare METAL (Emotion → Thought → Action).

WEEK TWO — Raise the Frequency. You choose what runs instead: your five positive loops (Feel · Do · Have · Give · Be), written daily and charged with emotion, gratitude, and forgiveness — the highest frequencies you can broadcast.

WEEK THREE — Become the New You. You reprogram: reminders, mental simulations (including rehearsing your way through triggers), inspired action, LASER baby steps, and living from the identity of the person you are becoming.

The daily flow — under 30 minutes

MORNING (10–20 min): Do the Morning Centering, read the day's Mind Hack, set your tasks. From Day 5 on, the engine is: concentrate → write your loops → simulate → act.

DAYTIME: Run the mind hack in real life. Score awareness points every time you catch your mind. Fill in the Body + Recovery check-in honestly — the urge number is information, not judgment.

EVENING (5 min): Journal the day's prompt, write your gratitude, log your points in the footer bar, take your reward, and keep the chain unbroken.

The recovery thread

Every page carries a Body + Recovery check-in: mood, energy, urge intensity, the trigger you noticed, the tool you used, and whether you connected with another human being today. An urge you observe and score is an urge you are no longer inside of — that is mind hacking and relapse prevention doing the same job. This journal supports your relapse prevention plan; it does not replace it, your supports, or your treatment. If you are in crisis, call or text 988 — today's page will still be here tomorrow.

MY FOUNDATION

Fill this page on Day 1. Return to it any time the signal gets noisy.

MY WHY — the transformation I choose

MY FIVE POSITIVE LOOPS (start them on Day 10 — pencil in drafts now)

FEEL — I feel...

DO — I am doing...

HAVE — I have...

GIVE — I give...

BE — I am...

MY TOP 3 TRIGGERS → MY TOP 3 TOOLS

1.

 →

2.

 →

3.

 →

MY SUPPORT PEOPLE (names + numbers — the Day 19 call goes to one of them)

MY DAILY PRACTICE

Time:

 Place:

 My reward:

DAY 1 Accept the QuestDate _____ Streak ☐*“Getting started on Day 1 is the hardest part.”*— John Hargrave, *Mind Hacking* **MORNING CENTERING**

Sit quietly for 5 minutes. Breathe. Say: “I am the observer of my mind. Wealth, peace, and recovery are frequencies — and today I tune in.”

 TODAY’S MIND HACK

Write “Hello, World!” on the journal line below — the programmer’s ritual of commitment. Then choose the exact time and place you will practice every day for 21 days, and keep this journal there.

 QUANTUM JOURNAL

Why am I doing this? What is the transformation I choose — and what will my life look and feel like on Day 22?

 TODAY’S TASKS

☐ Lock in my daily practice time + place; leave this journal there.

☐ _____

☐ _____

 BODY + RECOVERY CHECK-IN

Mood ____/10

Energy ____/10

Urge / craving ____/10

Trigger I noticed: _____

Tool I used: _____

☐ I connected with someone today **EVENING DOWNLOAD**

Three things I’m grateful for — felt, not just listed — and one win from today:

“Reality exists only when we look at it.”

— Niels Bohr

 MORNING CENTERING

5 minutes, eyes closed: you are not the body, not the thoughts — you are the awareness watching them. “I am the point of awareness. I choose creation, love, and abundance.”

 TODAY'S MIND HACK

All day, ask: “What was my mind just thinking?” Every check-in scores +1 awareness point. What you observe, you can change — and your attention is what shapes your reality.

 QUANTUM JOURNAL

What did I catch my mind saying today? Which thoughts run on repeat — and are they really mine, or old programming?

 TODAY'S TASKS

☐ Catch 10 mind check-ins today (tally in the margin).

☐

☐

 BODY + RECOVERY CHECK-IN

Mood ____/10

Energy ____/10

Urge / craving ____/10

Trigger I noticed: _____

Tool I used: _____

☐ I connected with someone today **EVENING DOWNLOAD**

Three things I'm grateful for — felt, not just listed — and one win from today:

DAY 3 Already Loved, Already WorthyDate _____ Streak ☐*"You don't have to earn love. You are its manifestation."*

— Rami Bleckt

 MORNING CENTERING

Hand on your heart. Picture soft golden light filling your chest. "I am already loved — unconditionally. I don't have to earn it. I am worthy of recovery and of good things."

 TODAY'S MIND HACK

Notice every pull on your attention today — pings, people, cravings, urges. Don't fight them and don't follow them; just see and count them. Awareness is what breaks the trance.

 QUANTUM JOURNAL

What pulls at me hardest — and what is it really asking for? What would I do differently today if I fully believed I am already worthy?

 TODAY'S TASKS

☐ Log every urge or pull I notice — each one seen is a point won.

☐

☐

 BODY + RECOVERY CHECK-IN

Mood ____/10

Energy ____/10

Urge / craving ____/10

Trigger I noticed: _____

Tool I used: _____

☐ I connected with someone today **EVENING DOWNLOAD**

Three things I'm grateful for — felt, not just listed — and one win from today:

DAY 4 Clear the ClutterDate _____ Streak ☐*"The Universe is abundant. Lack is only a belief, not a law."*

— Lisa Nichols

 MORNING CENTERING

Before touching your phone: "What frequency do I choose today?" Breathe that feeling from head to toe, then smile and begin.

 TODAY'S MIND HACK

Invest one hour decluttering: kill needless notifications, delete time-wasters — and remove one trigger from your environment (an app, a contact, an object, a hiding place).

 QUANTUM JOURNAL*The cosmic catalog: without limits, what does my new life contain? Beside each item write: "I am open to this. I am worthy of this. It is already moving toward me."*

 TODAY'S TASKS☐ One-hour declutter done — digital noise down, one trigger gone.☐

☐

 BODY + RECOVERY CHECK-IN

Mood ____/10

Energy ____/10

Urge / craving ____/10

Trigger I noticed: _____

Tool I used: _____

☐ I connected with someone today **EVENING DOWNLOAD***Three things I'm grateful for — felt, not just listed — and one win from today:*

Awareness points _____

Practice done ☐Reward taken ☐Chain unbroken ☐**Day 4 of 21**

“That which you hold in your mind with emotion, you attract into your life.”

— Bob Proctor

🌀 MORNING CENTERING

The Concentration Game (start with 10–15 min): relax the body top to toe, then rest attention on the breath at the nostrils. Mind wanders? +1 point — gently return. Then take your reward.

⚙️ TODAY'S MIND HACK

After the sit, write: “I am manifesting ...” — state it as already yours, no doubt. Close your eyes and feel it arrived: the joy, the gratitude, the relief. The field answers feeling, not wishing.

📖 QUANTUM JOURNAL

What I am manifesting, written in the present tense — and how it feels now that it is here:

💎 TODAY'S TASKS

☐ Play the Concentration Game (log your score in the footer).

☐

☐

♥️ BODY + RECOVERY CHECK-IN

Mood ____/10

Energy ____/10

Urge / craving ____/10

Trigger I noticed: _____

Tool I used: _____

☐ I connected with someone today

🌙 EVENING DOWNLOAD

Three things I'm grateful for — felt, not just listed — and one win from today:

DAY 6 Change the FieldDate _____ Streak ☐*“If you want to change the world, start by becoming who you want it to be.”*

— Joe Dispenza

 MORNING CENTERING

Concentration Game. Then one minute radiating acceptance and peace toward someone difficult — not for their sake, for yours. “I change my field. I release control.”

 TODAY'S MIND HACK

We are entangled with the people in our field. Today, shift your inner state toward one hard relationship and watch the interaction change — or hold one clean boundary from the new frequency.

 QUANTUM JOURNAL

Which relationship still gets my old energy? Who would the new me be in that connection — and what repair, or what boundary, does it need?

 TODAY'S TASKS

☐ One small act from the new frequency — toward someone, or firmly away.

☐

☐

 BODY + RECOVERY CHECK-IN

Mood ____/10

Energy ____/10

Urge / craving ____/10

Trigger I noticed: _____

Tool I used: _____

☐ I connected with someone today **EVENING DOWNLOAD**

Three things I'm grateful for — felt, not just listed — and one win from today:

DAY 7 Debug the Loop • Week One

Review

Date _____ Streak ☐

“Your loops create your thoughts. Your thoughts create your actions. Your actions create your life.”
— John Hargrave

 MORNING CENTERING

Concentration Game. Notice: seven days in, you are practicing. That is the quantum leap already begun — “Enough. I am no longer that.”

 TODAY’S MIND HACK

Catch one negative loop (craving, self-attack, fear) and debug it to bare METAL: the Emotion → Thought → Action underneath. Ask “Why?” five times until you hit the root.

 QUANTUM JOURNAL

My loop, debugged: the feeling under it, the story it tells, what it costs me — and the new loop I choose instead. Week 1: biggest lesson, biggest win.

◆ TODAY’S TASKS

☐ Write my Week 1 review + one commitment for Week 2.

☐ _____

☐ _____

♥ BODY + RECOVERY CHECK-IN

Mood ____/10	Energy ____/10	Urge / craving ____/10
Trigger I noticed: _____	Tool I used: _____	☐ I connected with someone today

☾ EVENING DOWNLOAD

Three things I’m grateful for — felt, not just listed — and one win from today:

Awareness points _____

Practice done ☐

Reward taken ☐

Chain unbroken ☐

Day 7 of 21

DAY 8 Choose Your FrequencyDate _____ Streak ☐*“Don’t attract what you want. Attract what you are becoming.”*

— Joe Dispenza

 MORNING CENTERING

Wake-up tuning, before the phone: “What frequency am I on today — abundance, joy, calm, freedom?” Feel it fill the whole body. “I am the vibration aligned with my dreams.”

 TODAY’S MIND HACK

Energy is your currency. Track your frequency all day: each time you notice a drop (tired, resentful, triggered), take three slow breaths and deliberately re-tune. Every re-tune scores +1.

 QUANTUM JOURNAL

What drains my frequency, and what restores it? What — and who — do I need more of this week, and less of?

 TODAY’S TASKS

☐ Three deliberate re-tunes today, minimum.

☐

☐

 BODY + RECOVERY CHECK-IN

Mood ____/10

Energy ____/10

Urge / craving ____/10

Trigger I noticed: _____

Tool I used: _____

☐ I connected with someone today **EVENING DOWNLOAD**

Three things I’m grateful for — felt, not just listed — and one win from today:

“Every thought we think is creating our future.”

— Louise Hay

🌀 MORNING CENTERING

Concentration Game. Every thought is an electrical impulse — a line of code the field reads. Today you are the programmer, not the program.

⚙️ TODAY'S MIND HACK

Debug one more stubborn loop to its root — then reloop it: write the opposite, positive program as one grounded, believable sentence (not fluff; factual potential).

🔍 QUANTUM JOURNAL

The old line of code I keep running: ... The new line I am writing instead — grounded enough that I believe it:

💎 TODAY'S TASKS

☐ Say the new line 10× in the mirror, morning and night, with feeling.

☐ _____

☐ _____

♥️ BODY + RECOVERY CHECK-IN

Mood ____/10

Energy ____/10

Urge / craving ____/10

Trigger I noticed: _____

Tool I used: _____

☐ I connected with someone today

🌙 EVENING DOWNLOAD

Three things I'm grateful for — felt, not just listed — and one win from today:

“The Universe does not respond to what you want. It responds to who you are.”

— Wayne Dyer

🌀 MORNING CENTERING

Concentration Game. Then let the imagination off the leash — today is for dreaming with precision.

⚙️ TODAY'S MIND HACK

Play the five imagination games and capture one word for each: FEEL (the mood chip) • DO (\$50M inheritance) • HAVE (genie in the lamp) • GIVE (your contribution) • BE (the funeral speech). Done beats perfect.

📖 QUANTUM JOURNAL

My five words — FEEL / DO / HAVE / GIVE / BE — and why each one chose me:

💎 TODAY'S TASKS

☐ Turn each word into one present-tense sentence — my five positive loops.

☐ _____

☐ _____

♥️ BODY + RECOVERY CHECK-IN

Mood ____/10

Energy ____/10

Urge / craving ____/10

Trigger I noticed: _____

Tool I used: _____

☐ I connected with someone today

🌙 EVENING DOWNLOAD

Three things I'm grateful for — felt, not just listed — and one win from today:

“The subconscious mind does not distinguish between what is real and what is imaginary. It simply accepts and executes.”

— Napoleon Hill

MORNING CENTERING

Concentration Game. Your subconscious is a quantum receiver — it runs whatever is repeated with feeling. Today you start recording over the old tape.

TODAY'S MIND HACK

Write your five positive loops out fresh by hand (no copying — the writing is the programming). Then mirror work: eyes on your own eyes, say your most important loop 10× like it's already fact.

QUANTUM JOURNAL

My five loops, written today — and which one my mind resists the most (that's the one that matters):

TODAY'S TASKS

☐ Mirror work — 10 repetitions, morning and evening.

☐ _____

☐ _____

BODY + RECOVERY CHECK-IN

Mood ____/10

Energy ____/10

Urge / craving ____/10

Trigger I noticed: _____

Tool I used: _____

☐ I connected with someone today

EVENING DOWNLOAD

Three things I'm grateful for — felt, not just listed — and one win from today:

DAY 12 Charge It with FeelingDate _____ Streak ☐*“Emotions are energy waves. They either expand you or contract you.”*

— Abraham-Hicks

 MORNING CENTERING

Think of something you are truly grateful for. Let the feeling fill your body — then, from inside that feeling, see your goal already real. Thought + emotion = the command.

 TODAY'S MIND HACK

Write your loops — but today feel each one for 20 seconds as already true. A thought without emotion is a weak signal; emotion is the amplitude that makes the field respond.

 QUANTUM JOURNAL

When my new life is simply normal, an ordinary Tuesday looks like... (present tense, with feeling):

 TODAY'S TASKS

☐ One emotional-anchor break: 60 seconds of felt gratitude, mid-day.

☐ _____

☐ _____

 BODY + RECOVERY CHECK-IN

Mood ____/10

Energy ____/10

Urge / craving ____/10

Trigger I noticed: _____

Tool I used: _____

☐ I connected with someone today **EVENING DOWNLOAD**

Three things I'm grateful for — felt, not just listed — and one win from today:

“Gratitude is not only the greatest of virtues, but the parent of all others.”

— Cicero

MORNING CENTERING

Concentration Game, ending with three breaths of pure thankfulness. You cannot be grateful and anxious at the same moment — gratitude is the reset button.

TODAY'S MIND HACK

Gratitude immersion, not gratitude lists: choose ONE micro-moment from the last 24 hours and mine it. What exactly made it rich? Where did you feel it in your body? Why did it make you feel safe?

QUANTUM JOURNAL

The micro-moment, in full sensory detail — and what it proves is already abundant in my life:

TODAY'S TASKS

☐ Tell one person, specifically, why I'm grateful for them.

☐ _____

☐ _____

BODY + RECOVERY CHECK-IN

Mood ____/10

Energy ____/10

Urge / craving ____/10

Trigger I noticed: _____

Tool I used: _____

☐ I connected with someone today

EVENING DOWNLOAD

Three things I'm grateful for — felt, not just listed — and one win from today:

DAY 14 Release the Past • Week Two Review

Date _____ Streak ☐

“Forgiveness is not an occasional act; it is a constant attitude.”

— Martin Luther King Jr.

🌀 MORNING CENTERING

Concentration Game. You cannot create a new future while carrying the full weight of the past. Today you set something down.

⚙️ TODAY'S MIND HACK

The forgiveness ritual: name it (include yourself — especially yourself). Feel where it sits in your body. Exhale it as dark smoke; refill the space with golden light. “I forgive. I release. I am free.”

📖 QUANTUM JOURNAL

What I am ready to put down — including what I hold against myself from the old days. What carrying it has cost me. Week 2: biggest lesson, biggest win.

💎 TODAY'S TASKS

☐ Complete the ritual once through — repeat whenever the weight returns.

☐ _____

☐ _____

♥️ BODY + RECOVERY CHECK-IN

Mood ____/10

Energy ____/10

Urge / craving ____/10

Trigger I noticed: _____

Tool I used: _____

☐ I connected with someone today

🌙 EVENING DOWNLOAD

Three things I'm grateful for — felt, not just listed — and one win from today:

Awareness points _____

Practice done ☐

Reward taken ☐

Chain unbroken ☐

Day 14 of 21

“Repetition is key. Also, repetition is key.”

— John Hargrave

🌀 MORNING CENTERING

Concentration Game + write your loops. From today, the daily engine is: concentrate → write → (soon) simulate → act. Under 30 minutes, total.

⚙️ TODAY'S MIND HACK

Build your reminder system: post one loop where you'll see it daily — mirror, lock screen, wallet (your own \$10-million check). Start a don't-break-the-chain streak. Then visualize: step INTO the scene, seen through your own eyes, and feel it done for 5 minutes.

📖 QUANTUM JOURNAL

Where my reminders now live — and the exact scene I will step into every day (sights, sounds, feelings):

◆ TODAY'S TASKS

☐ Reminders posted + 5-minute step-into-the-scene visualization.

☐ _____

☐ _____

♥ BODY + RECOVERY CHECK-IN

Mood ____/10

Energy ____/10

Urge / craving ____/10

Trigger I noticed: _____

Tool I used: _____

☐ I connected with someone today

🌙 EVENING DOWNLOAD

Three things I'm grateful for — felt, not just listed — and one win from today:

“Imagination is everything. It is the preview of life’s coming attractions.”

— Albert Einstein

MORNING CENTERING

Concentration Game + loops. Stay alert for synchronicities today — right people, right timing, repeated numbers. Note them tonight; acknowledged signs multiply.

TODAY’S MIND HACK

The Simulator (60 seconds): mentally rehearse your goal INCLUDING the obstacle. See the trigger or craving coming — and watch yourself handle it clean: who you call, what you say, how you exit. Block and tackle.

QUANTUM JOURNAL

My riskiest situation this month — and the movie of me moving through it strong, step by step. Synchronicities I noticed today:

TODAY’S TASKS

☐ One 60-second simulation, obstacle included.

☐ _____

☐ _____

BODY + RECOVERY CHECK-IN

Mood ____/10

Energy ____/10

Urge / craving ____/10

Trigger I noticed: _____

Tool I used: _____

☐ I connected with someone today

EVENING DOWNLOAD

Three things I’m grateful for — felt, not just listed — and one win from today:

“The moment you let go is the moment you receive.”

— Deepak Chopra

🌀 MORNING CENTERING

Concentration Game. Then find the grip: where in your body are you white-knuckling an outcome? Breathe into it, open your hands. “I release my need to control. What is meant for me will come.”

⚙️ TODAY'S MIND HACK

The paradox: attachment broadcasts lack; trust broadcasts arrival. Practice one conscious release today — set the intention, take your step, then genuinely let the how go. One day at a time is a quantum instruction.

📖 QUANTUM JOURNAL

What I have been forcing — and what would change if I trusted the process for just today:

◆ TODAY'S TASKS

☐ Loops + 60-second simulation + one conscious release.

☐ _____

☐ _____

♥ BODY + RECOVERY CHECK-IN

Mood ____/10

Energy ____/10

Urge / craving ____/10

Trigger I noticed: _____

Tool I used: _____

☐ I connected with someone today

🌙 EVENING DOWNLOAD

Three things I'm grateful for — felt, not just listed — and one win from today:

“Vision without action is merely a dream. Vision with action can change the world.”

— Joel A. Barker

🌀 MORNING CENTERING

Concentration Game + loops. Then feel the goal as already real and ask from that state: “What is one action today that moves me closer?” Listen — a thought, an image, a knowing.

⚙️ TODAY'S MIND HACK

Do the thing that came up — today, even if it seems small or unrelated. Action is the bridge between intention and reality; the Universe can't deliver a package to someone sitting still.

📖 QUANTUM JOURNAL

My inspired action — what I did, how it felt to move, and what it set in motion:

💎 TODAY'S TASKS

☐ One inspired action, completed before sunset.

☐

☐

♥️ BODY + RECOVERY CHECK-IN

Mood ____/10

Energy ____/10

Urge / craving ____/10

Trigger I noticed: _____

Tool I used: _____

☐ I connected with someone today

🌙 EVENING DOWNLOAD

Three things I'm grateful for — felt, not just listed — and one win from today:

“You cannot solve a problem from the same consciousness that created it.”

— Albert Einstein

MORNING CENTERING

Mirror, morning: “I am someone who ...” — say your new identity with conviction. Then walk, talk, and decide as that person all day.

TODAY'S MIND HACK

Share the dream: tell one trusted person (sponsor, friend, family) one of your positive loops. Be brave — spoken goals get stronger, and connection is the opposite of the old loop.

QUANTUM JOURNAL

“I am someone who...” — finished ten ways. Who I told my dream to, and what happened inside me when I said it out loud:

TODAY'S TASKS

☐ Share one loop with my support person.

☐ _____

☐ _____

BODY + RECOVERY CHECK-IN

Mood ____/10

Energy ____/10

Urge / craving ____/10

Trigger I noticed: _____

Tool I used: _____

☐ I connected with someone today

EVENING DOWNLOAD

Three things I'm grateful for — felt, not just listed — and one win from today:

“You don’t become what you want to be. You become what you believe you already are.”

— Naval Ravikant

MORNING CENTERING

3–5 minutes in the body of future-you: how she wakes, breathes, walks, decides. Anchor phrase: “I no longer chase the future. I live from it.”

TODAY’S MIND HACK

Choose one LASER step — Limited, Achievable, Specific, Evaluated, Repeatable. The next baby step toward one simulated goal, small enough to finish today. Small successes snowball.

QUANTUM JOURNAL

My life, written as fact in the present tense — and today’s LASER step:

TODAY’S TASKS

☐ Complete today’s LASER step — then cross it off, out loud.

☐ _____

☐ _____

BODY + RECOVERY CHECK-IN

Mood ____/10

Energy ____/10

Urge / craving ____/10

Trigger I noticed: _____

Tool I used: _____

☐ I connected with someone today

EVENING DOWNLOAD

Three things I’m grateful for — felt, not just listed — and one win from today:

"You are already perfect. Just allow yourself to remember it."

— Alan Watts

MORNING CENTERING

Five slow breaths. "I stop fighting myself. I am on my path. I allow myself to be. Everything is happening correctly." You are not behind. You never were.

TODAY'S MIND HACK

Review yesterday's LASER step: done? Cross it off and pick the next. Not done? Shrink it. You now own the engine you keep for life: concentrate → write → simulate → act. Repetition is key. Also — repetition is key.

QUANTUM JOURNAL

Me, 21 days ago vs. me today: what is different — in my mind, my body, my days? What I carry forward, and my next 21-day intention:

TODAY'S TASKS

☐ Write my Day-22-and-beyond plan. Keep the chain unbroken.

☐

☐

BODY + RECOVERY CHECK-IN

Mood ____/10

Energy ____/10

Urge / craving ____/10

Trigger I noticed: _____

Tool I used: _____

☐ I connected with someone today

EVENING DOWNLOAD

Three things I'm grateful for — felt, not just listed — and one win from today:

DAY 22 AND BEYOND

Twenty-one days are behind you. This wasn't just reflection — it was a quantum reset of your consciousness, one page at a time. You didn't read about change; you practiced it, scored it, and signed your name to it every night.

The engine you keep for life

CONCENTRATE — the daily sit that keeps you the observer, not the observed.

WRITE — your five loops, by hand, charged with feeling.

SIMULATE — sixty seconds of rehearsing the win, obstacles included.

ACT — one LASER step a day. Small successes snowball.

“Continue on with these fundamental exercises from Day 21: concentrating, writing, simulating, and acting.”

— John Hargrave

Closing reflection

The person who wrote Day 1's page and the person reading this line are not the same person. Write to Day 1 you — what do they need to hear from who you are now?

“Hack hard and prosper.”
You are not an accident. You are a conscious manifestation of this Universe.

Thank you for downloading and printing this journal, our first published artifact of the Dusoma Foundation, with Marla-AI (my akashic record learning app). We hope you found it helpful.

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