

# MY ARDAAS TIME WITH GURU JI



I WANT YOU TO KNOW:

THANK YOU FOR:

CAN YOU HELP ME WITH:

I LOVE YOU!  
♡

I AM SO GRATEFUL FOR:

  

ALL THE THINGS I HAVE      THE BLESSINGS I DON'T SEE      THINGS YOU HAVE SAVED FOR ME

- TODAY I FEEL:
- 😊 JOYFUL!
  - 😞 UPSET
  - 🤒 SICK
  - 😭 SAD
  - 😡 ANGRY

YOU ARE INSIDE ME.  
YOU LISTEN TO ME.  
YOU'RE MY FRIEND.  
YOU'RE MY MOM & DAD  
EVERYTHING YOU DO  
IS GOOD FOR ME.  
I TRUST YOU.  
I AM OKAY WITH  
WHATEVER YOU DO.

- CAN YOU PLEASE:
- 01.
  - 02.
  - 03.