




Coloring Method


Print at home exercise

Blessing yourself is a heart-opening experience, it is reminiscent of looking at yourself in the mirror and realizing that there's a person behind. It can feel as powerful as when you look at your childhood photo and reflect on the trajectory of your life with all its dreams and struggles - with all its beauty and power. Use this exercise to explore, feel, understand, and empower the connection with yourself. Follow the simple steps of breath, coloring, and intention to empower and embody your message so you can reconnect and manifest a focused meditative practice.

On this journey:



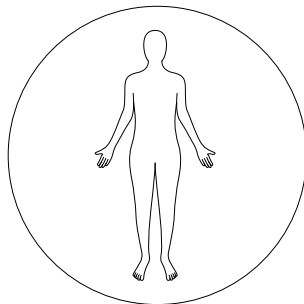
*You will use your breath to
find presence.*



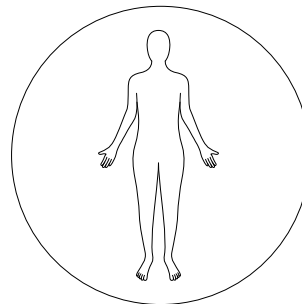
*You will use your blessing to manifest
loving-kindness and compassion.*



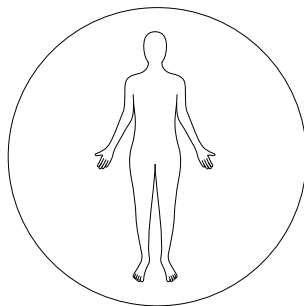
*You will use the act of coloring to gain mental
focus and energize your message.*



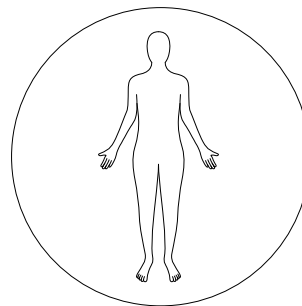
May I be happy



May I be healthy



May I be safe



May I live with ease