

Sample Healing Session from:
A-Z Spiritual Colouring Affirmations
A Colouring Book
Incorporating Energy Healing
and Mindfulness

Words by Abby Wynne Illustrations by Megan Wynne

Instructions

Take 20-40 minutes to do this. Create a space to work where you will not be disturbed and have your colours ready.

Read the first part (attunement) and allow yourself to tune into the energy of healing. Imagine that you're the radio searching for the station of the energy that you are working with. Speak the words out loud, feel the energy of each word reverberate in your body. Breathe in the energy and breathe out the tension and stress of the day. You may need to read the attunement a few times to make sure you have tapped into the healing energy.

When you are ready, then you can move to the affirmations. Read the affirmations out loud to hold onto the energy of the attunement. Then you can colour.

Keep a hold onto the energy of the attunement and affirmations for the duration of your colouring time. If you feel you are losing the energy, then stop colouring and read the attunement again, until you have got it back. When you've finished your colouring, take a few moments to bathe in the peace that you receive from the hard work that you have done.

Well done!



If you want more, you can order your copy at
www.SpiritualColouringAffirmations.com

ATTUNEMENT

K is for Kindness

Life can make us hard around the edges,
which can make us unapproachable.
When we are caught in anger and fear,
we shy away from love and gratitude.
Kindness is a bridge between anger and love.
It softens the hard places
and nurtures our heart into opening.

AFFIRMATIONS

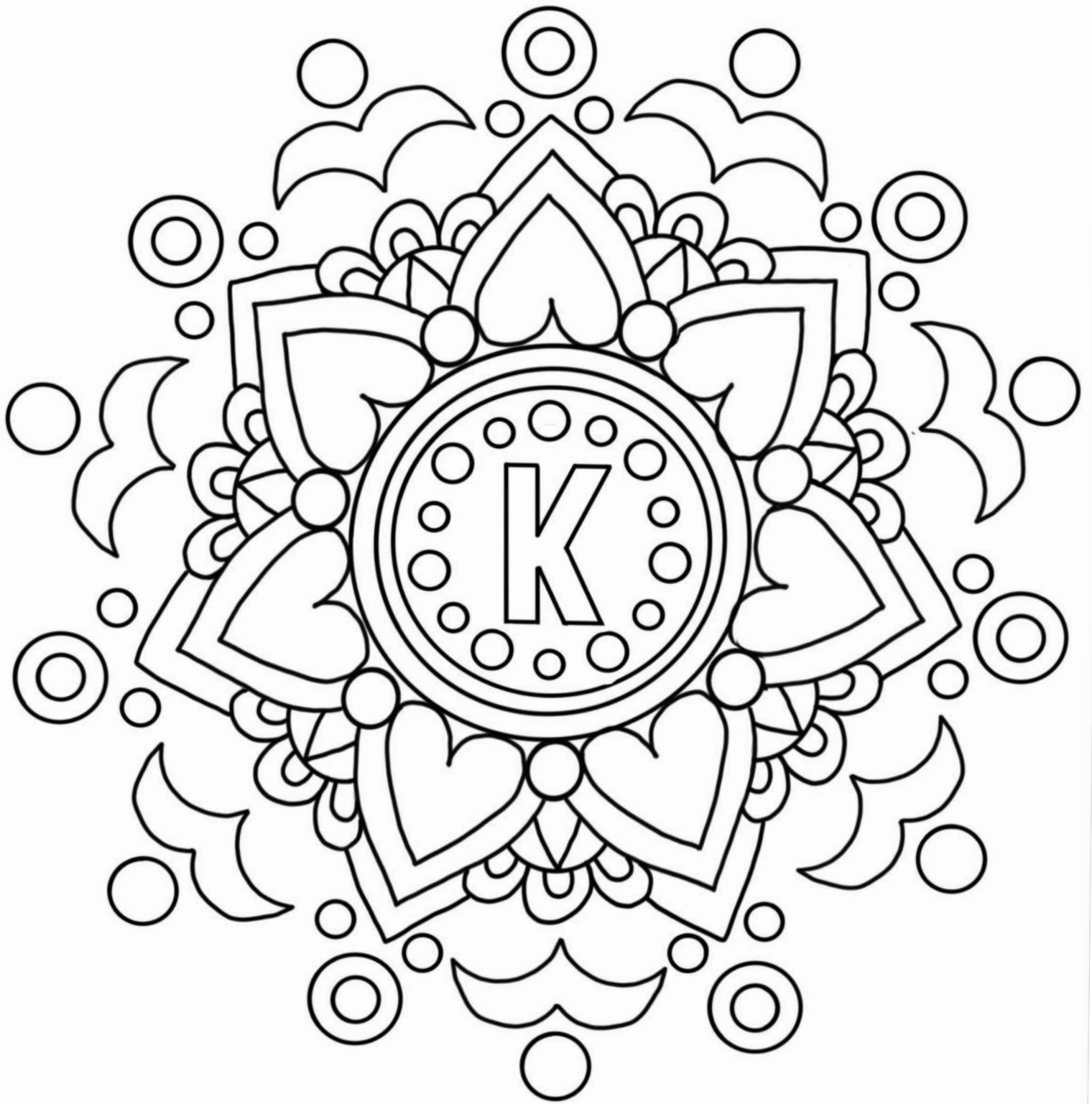
Kindness

Today I welcome kindness into my heart.
I invite kindness into my soul
and feel myself soften and open towards love.

I see the world through kind eyes,
through compassionate eyes.

Today I will be kinder to myself,
and I will be kind to everyone that I meet.





If you want more, you can order your copy at
www.SpiritualColouringAffirmations.com