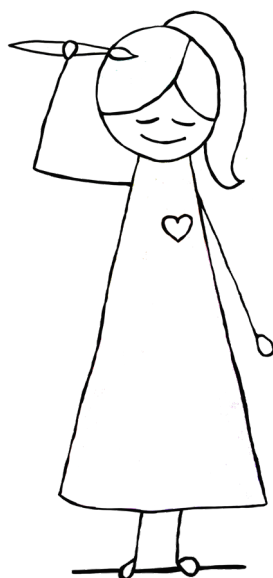


heartwork JOURNALING

Coloring Pages



One Day She Decided to Live Her Life in Full Color.

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Text and images Maritza Parra © 2020

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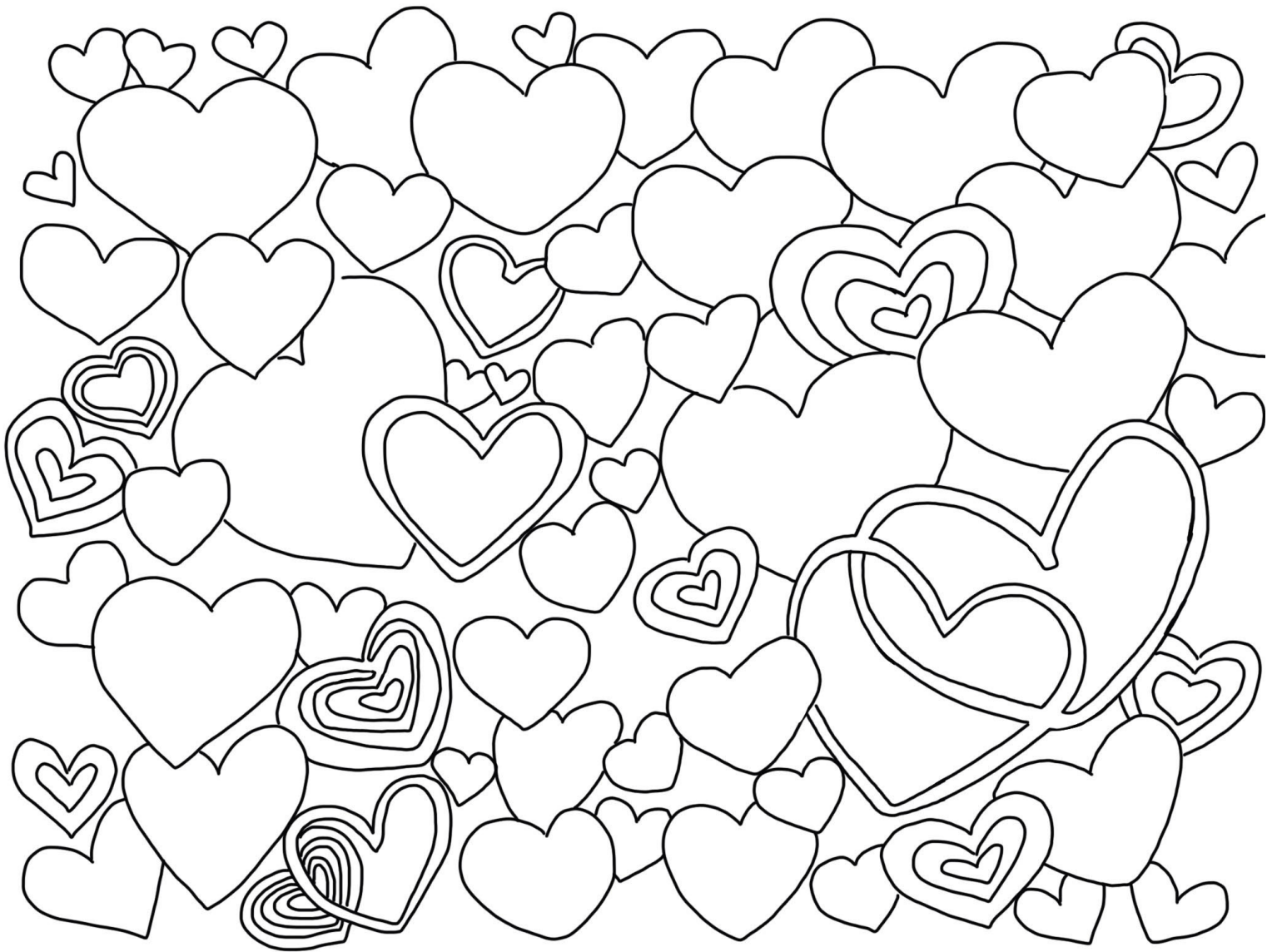
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Book layout: Maritza Parra
Art and Illustrations: Maritza Parra

This coloring book is dedicated to you and your creative spirit.

You are the creator of your life.





Where have I been feeling fear?

Where and how can I shift to love?

★ I am pregnant with stars.



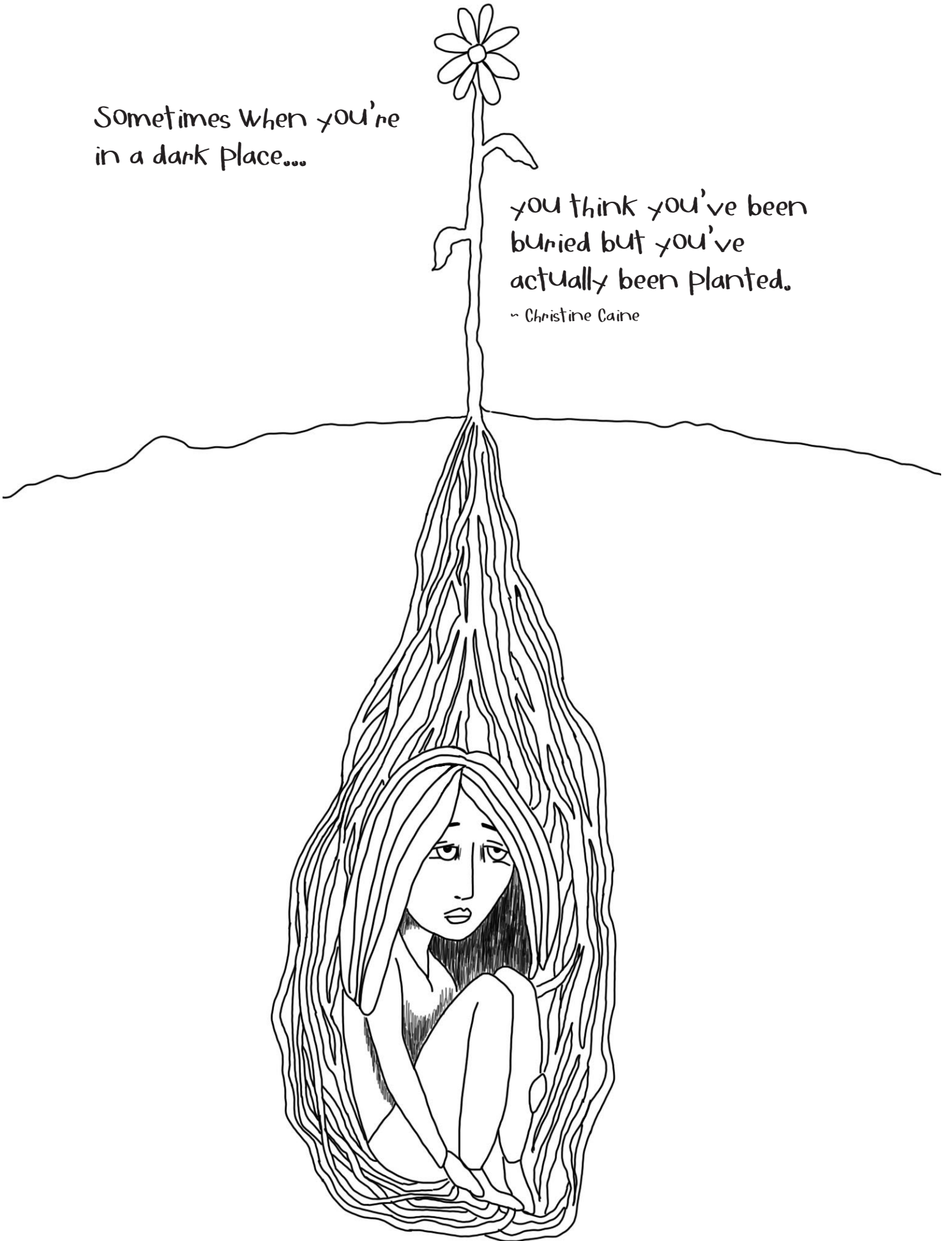




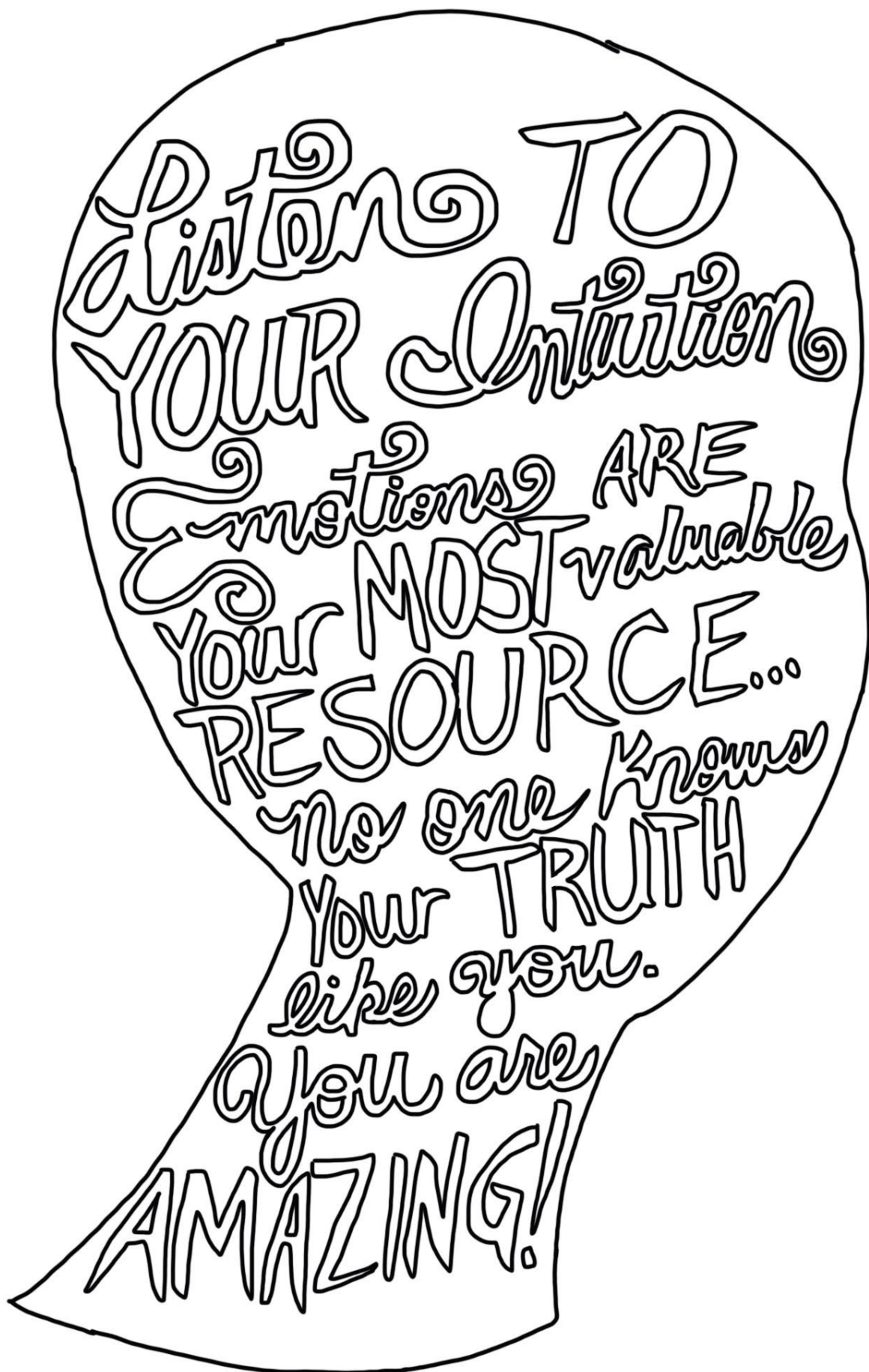
Sometimes when you're
in a dark place...

you think you've been
buried but you've
actually been planted.

~ Christine Caine









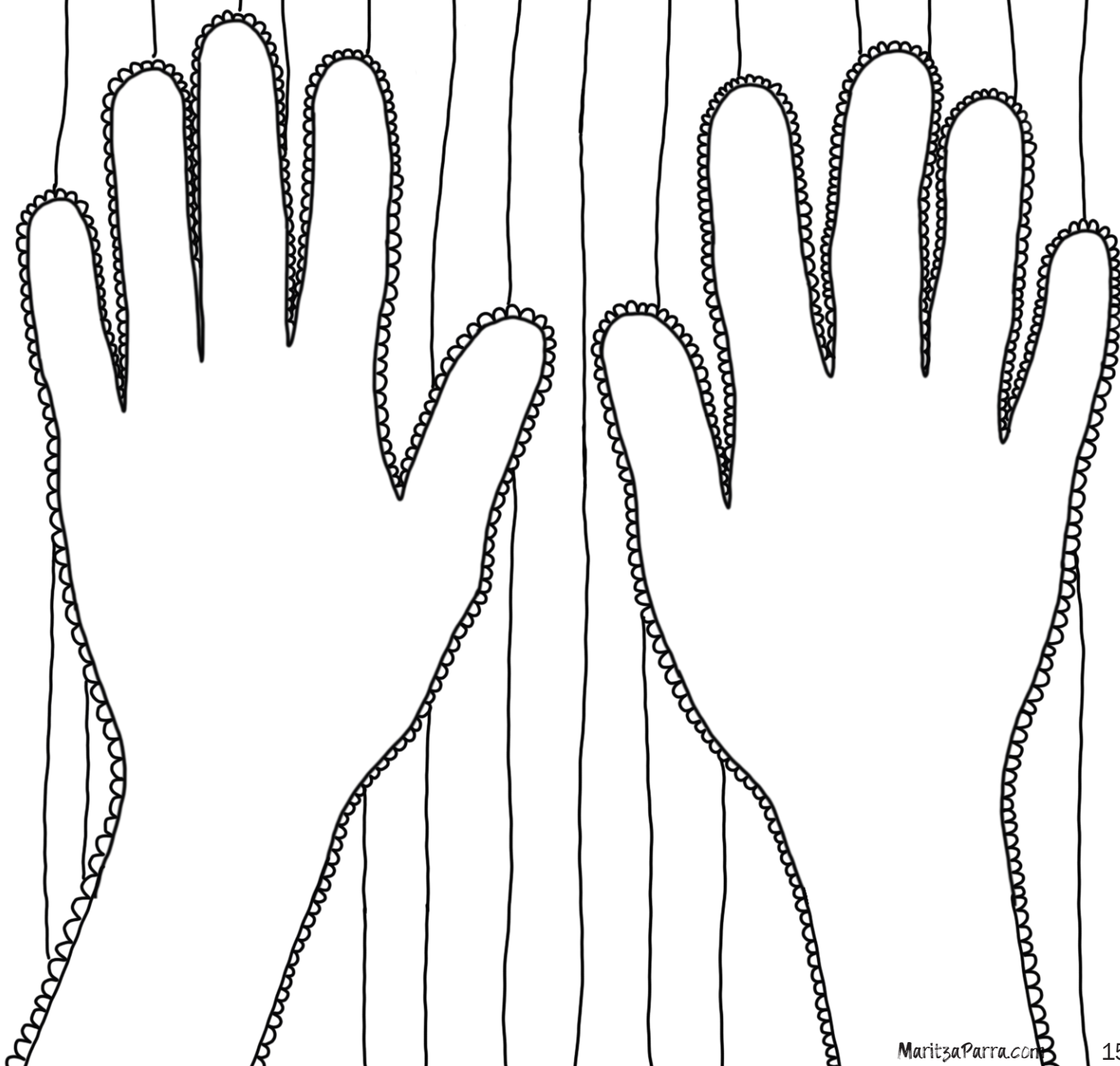






Creativity is a
form of prayer.

What
these hands
CAN DO!





For each sun ray, write one thing you for which you feel appreciation or gratitude.

I am Becoming.



How can I go with the flow no matter the circumstances around me?

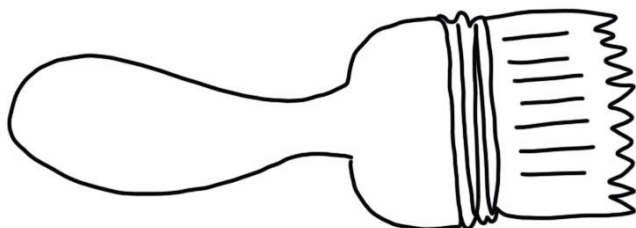
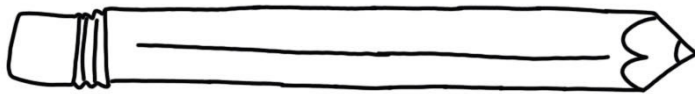
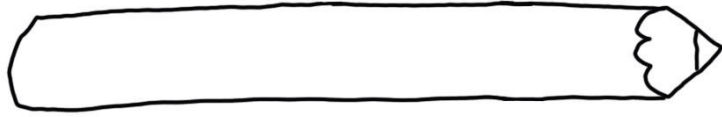


"God speaks in the silence of the heart.
Listening is the beginning of prayer."
- Mother Teresa





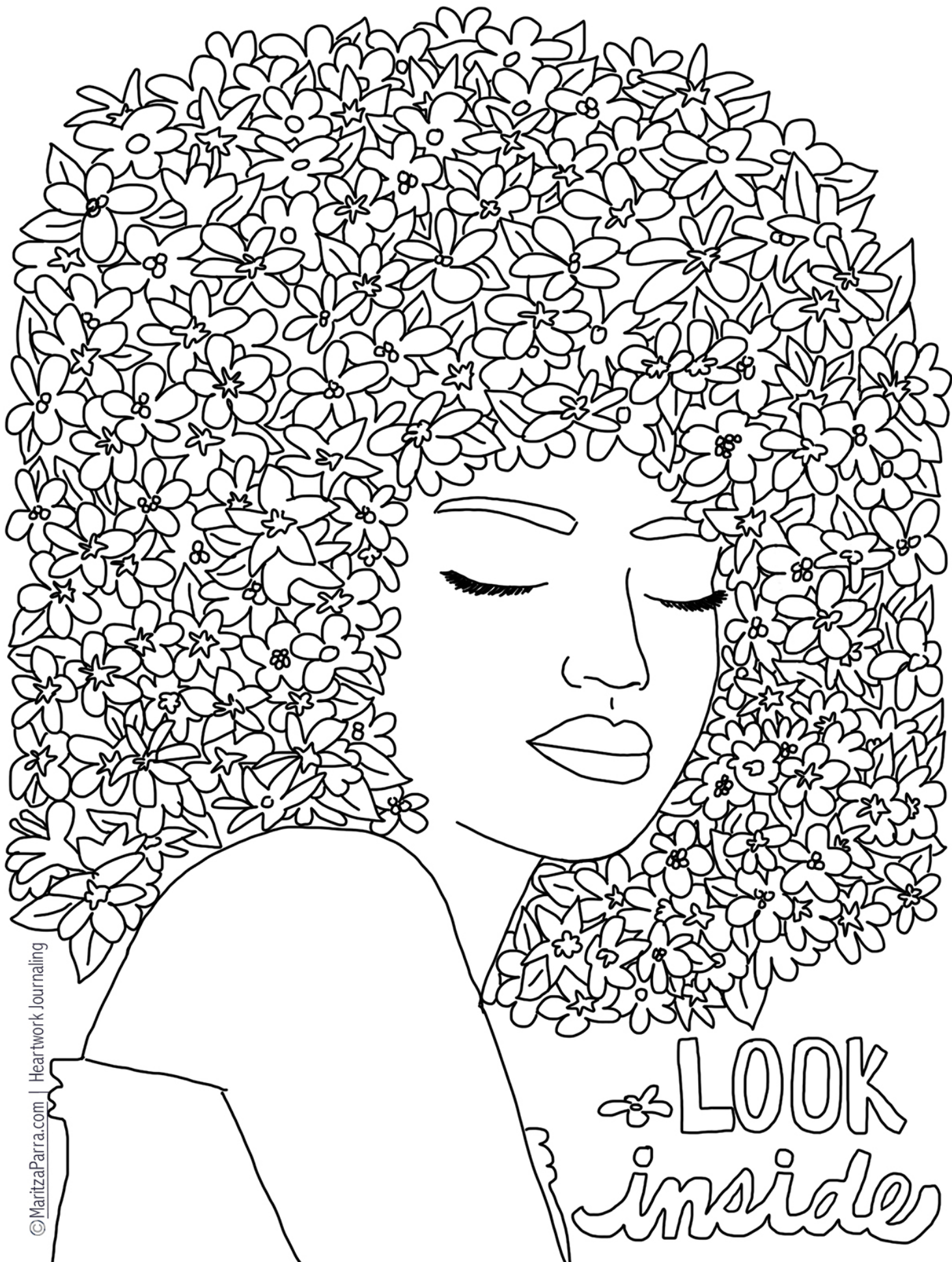
These are my magic wands.



How can I feel powerful today?







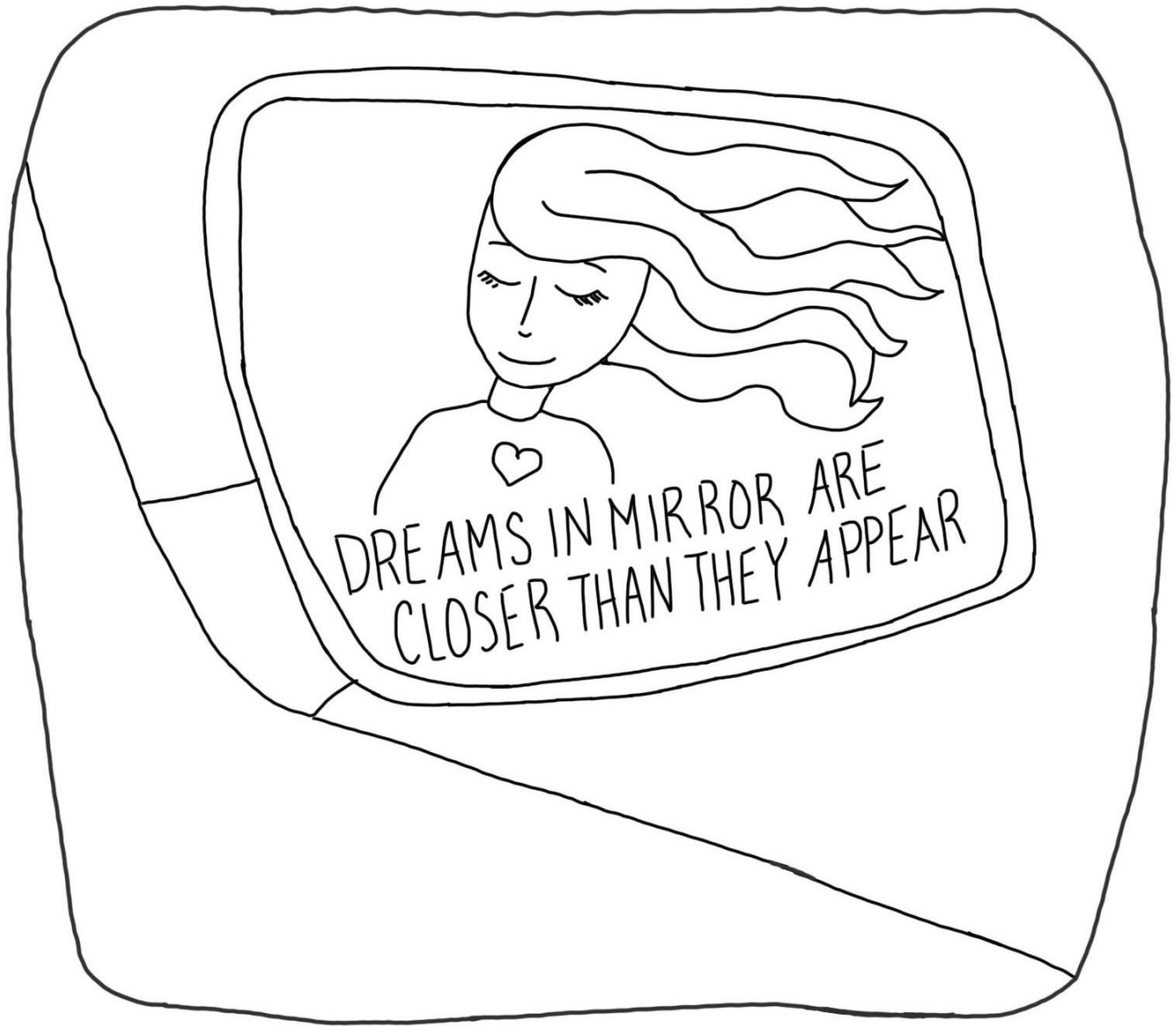


"Perhaps all the dragons in our lives are princesses who are only waiting to see us act, just once, with beauty and courage.

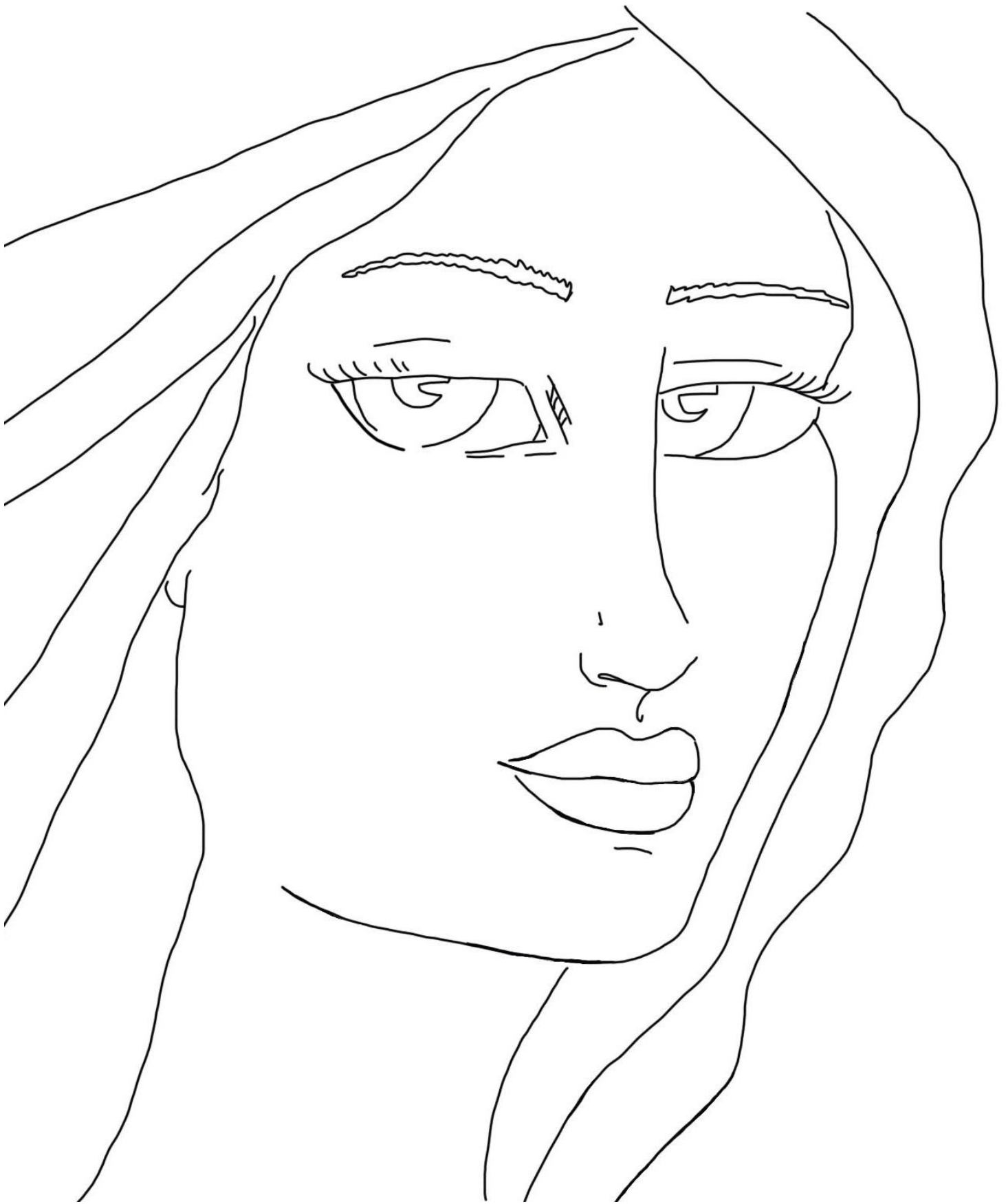
Perhaps everything that frightens us is, in its deepest essence, something helpless that wants our love."

- Rainer Maria Rilke



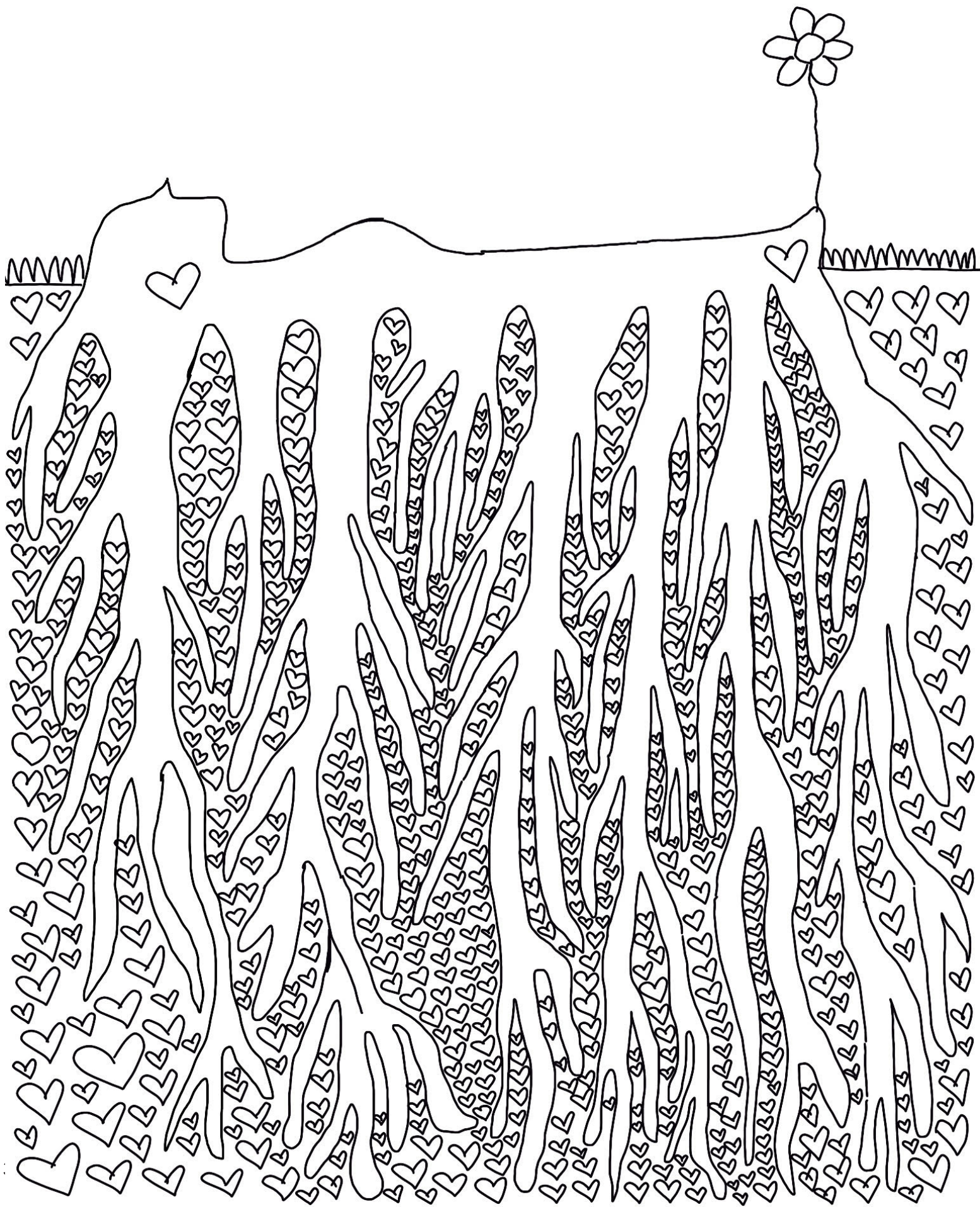


What can I do to grow my dream today?



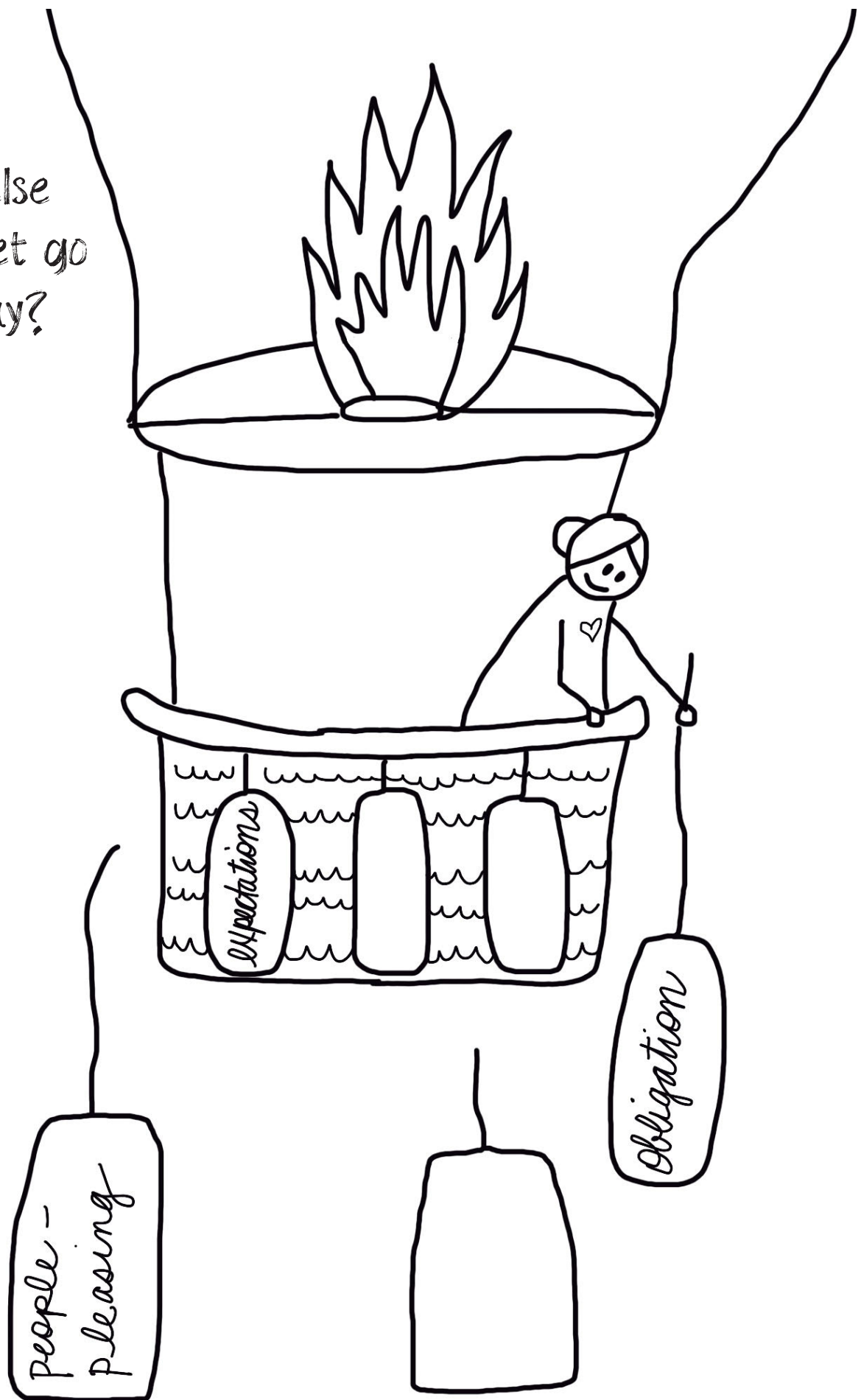
You are not too old, and it is not too late
to dive into your increasing depths
where life calmly gives out its own secret.
~ Rainer Maria Rilke







What else
can I let go
of today?



I am a work in progress

