

The Blooming Heart

A Garden of Color and Calm

This is a space to nourish your inner garden through creativity and reflection. Get out your crayons, markers or colored pencils and bring your color and creativity to these pages. This practice invites you to slow down, soften, and listen for your heart's quiet wisdom - this isn't about perfection, but about expressing what's alive within your heart. Allow yourself to draw 'out of the lines' and add your own pizzazz with color, symbol, or even words.

May each stroke help awaken awareness, connection, kindness, joy, and love.



















































































