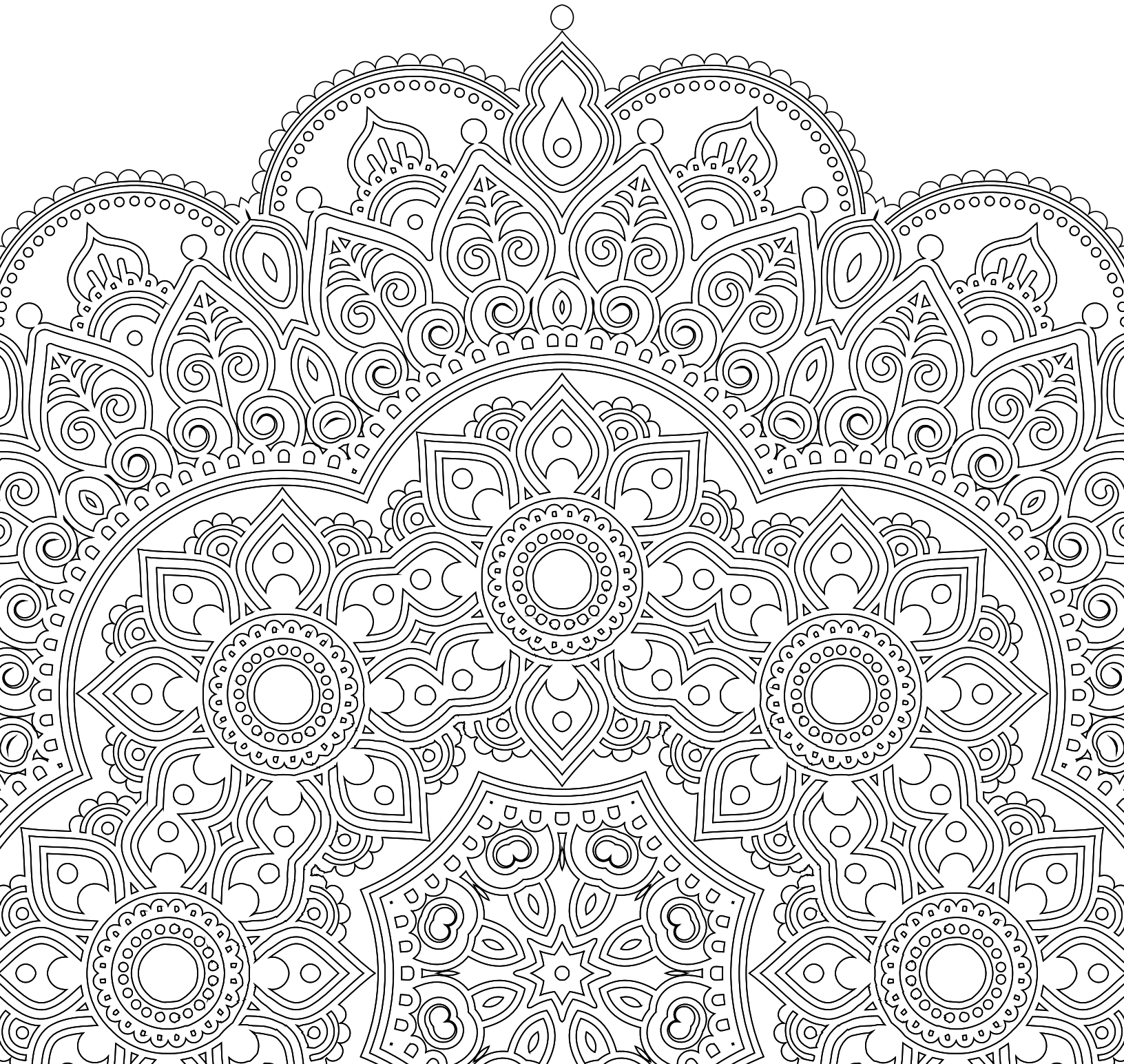


Calming Coloring



Accept everything about yourself -
I mean everything. You are you and
that is the beginning and the end -
no apologies, no regrets.

Henry Kissinger



To be yourself in a world that is
constantly trying to make you
something else is the greatest
accomplishment.

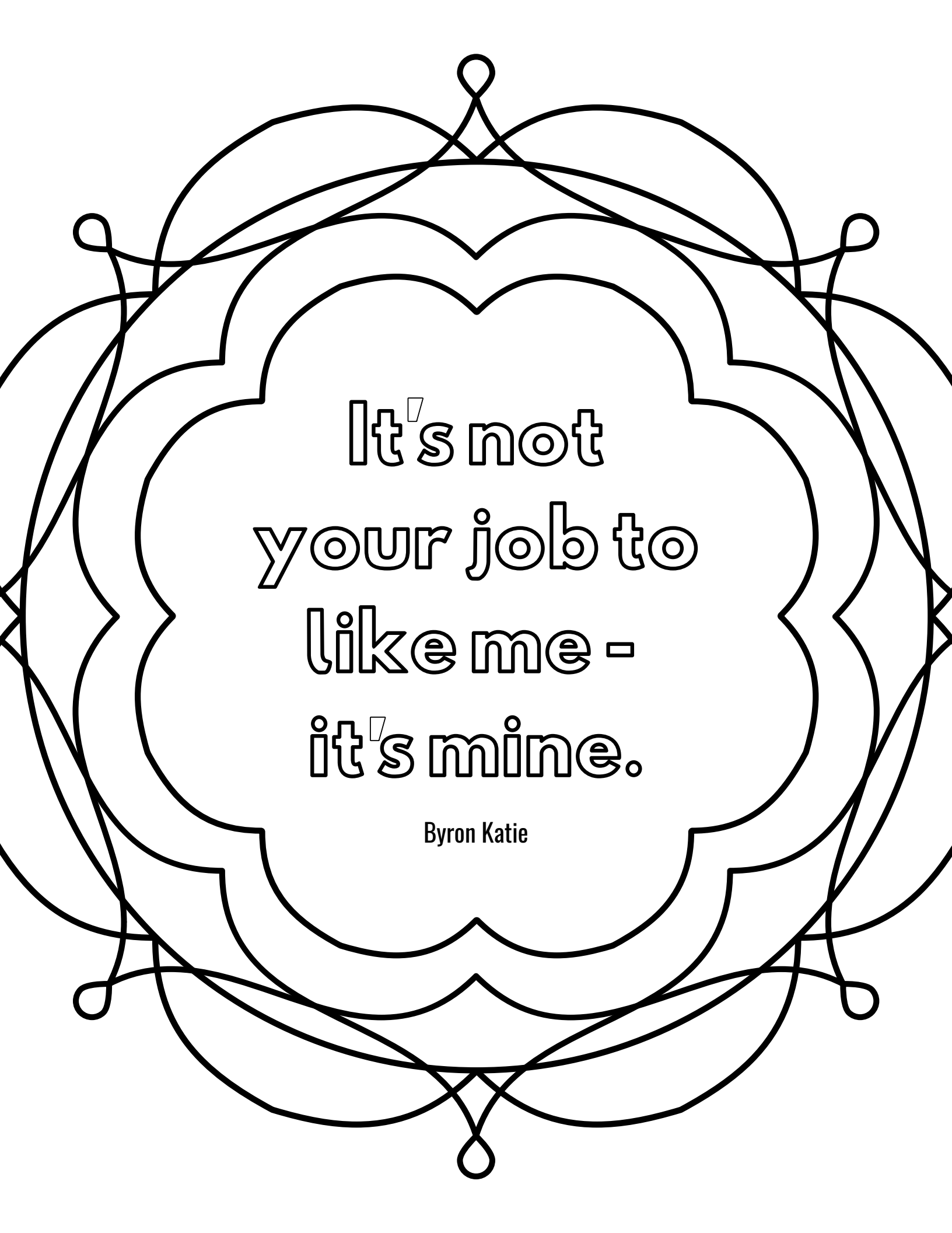
Ralph Waldo Emerson



The privilege of a
lifetime is being
who you are.

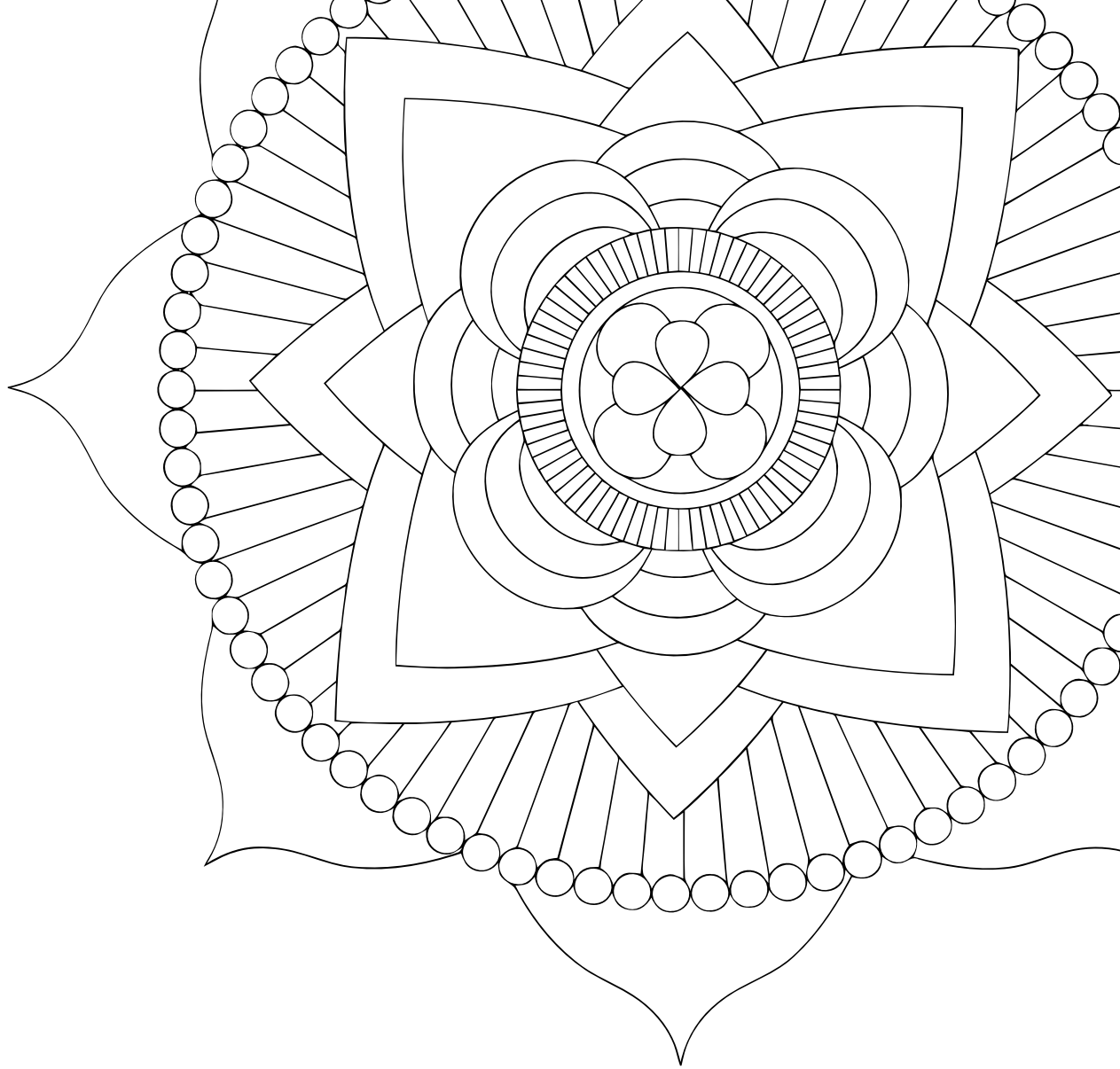
Joseph Campbell





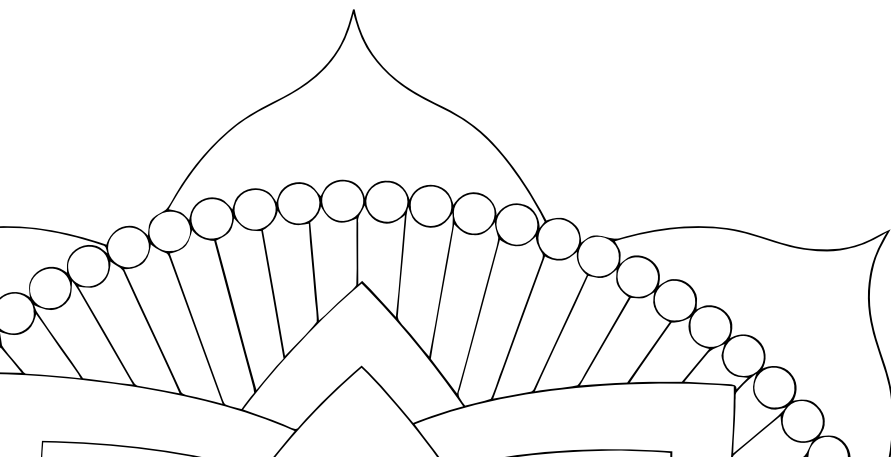
It's not
your job to
like me -
it's mine.

Byron Katie



If your compassion does not
include yourself, it is incomplete.

Jack Kornfield

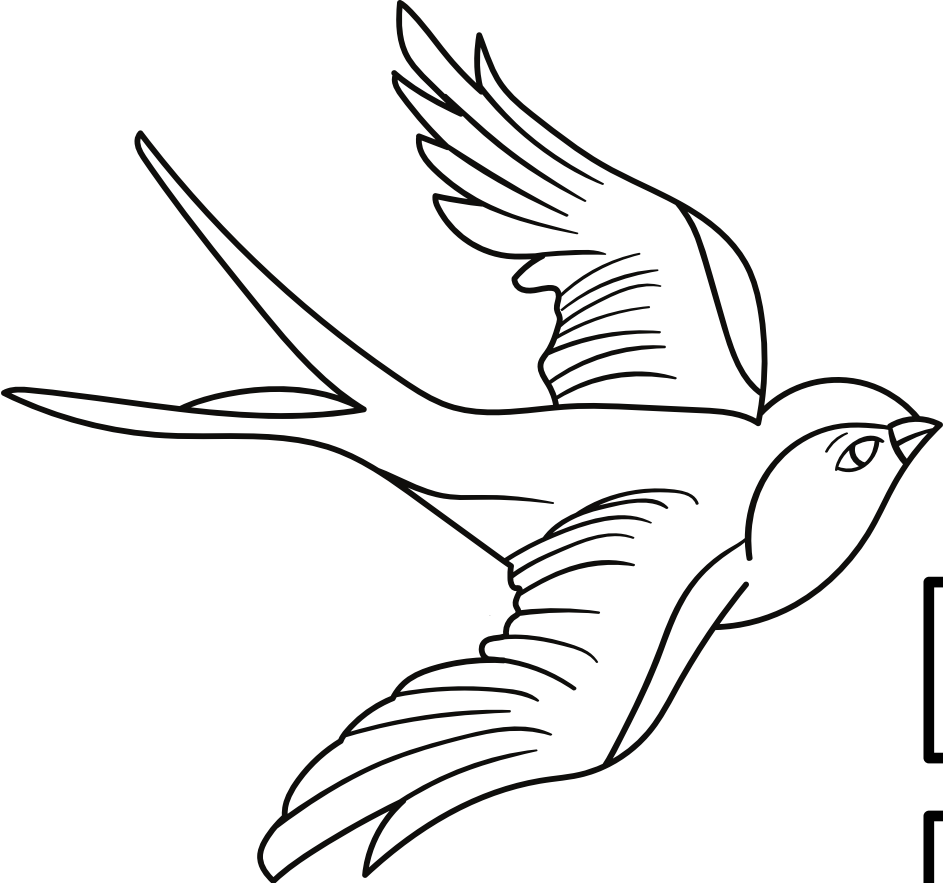




You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe deserve your love and affection.

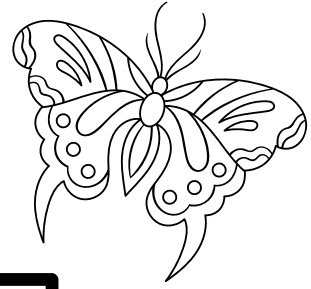
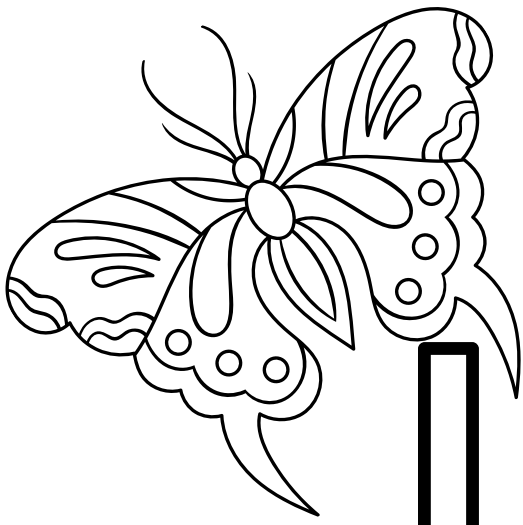
Buddha



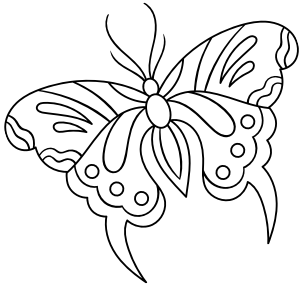


I AM
FREE.

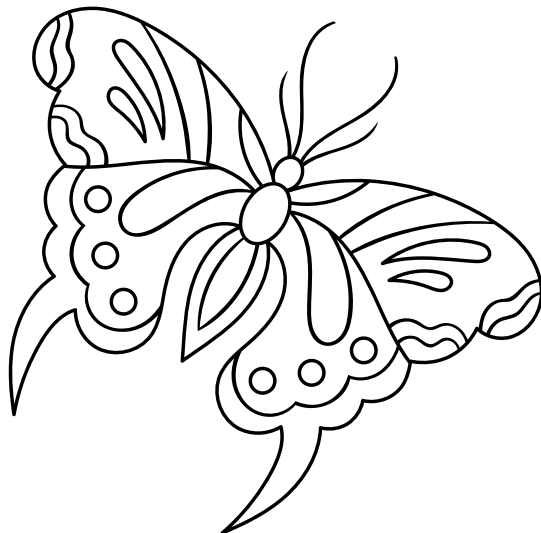


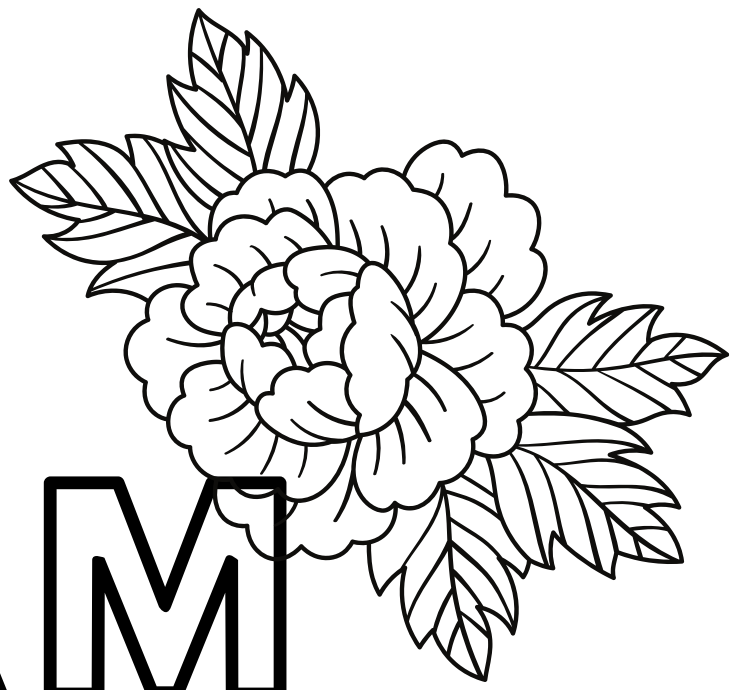


I AM
WORTHY.

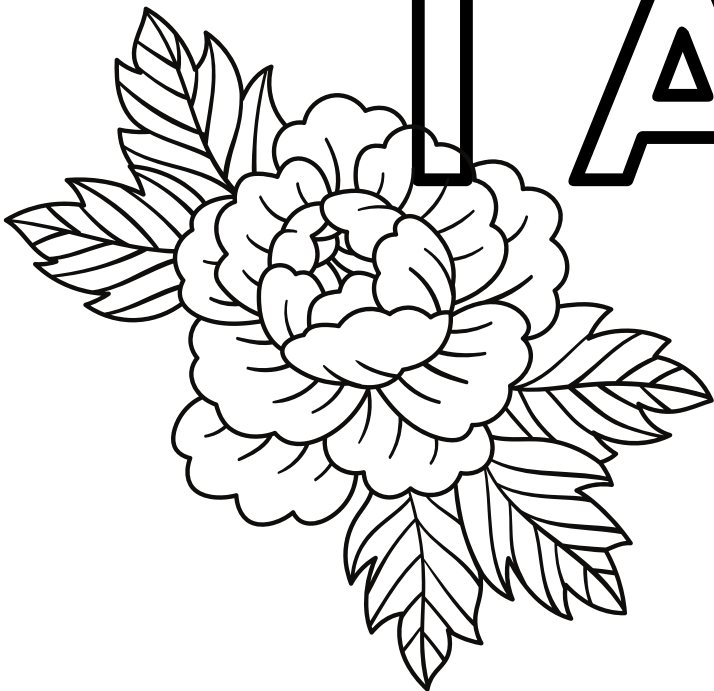


I AM
LOVED.

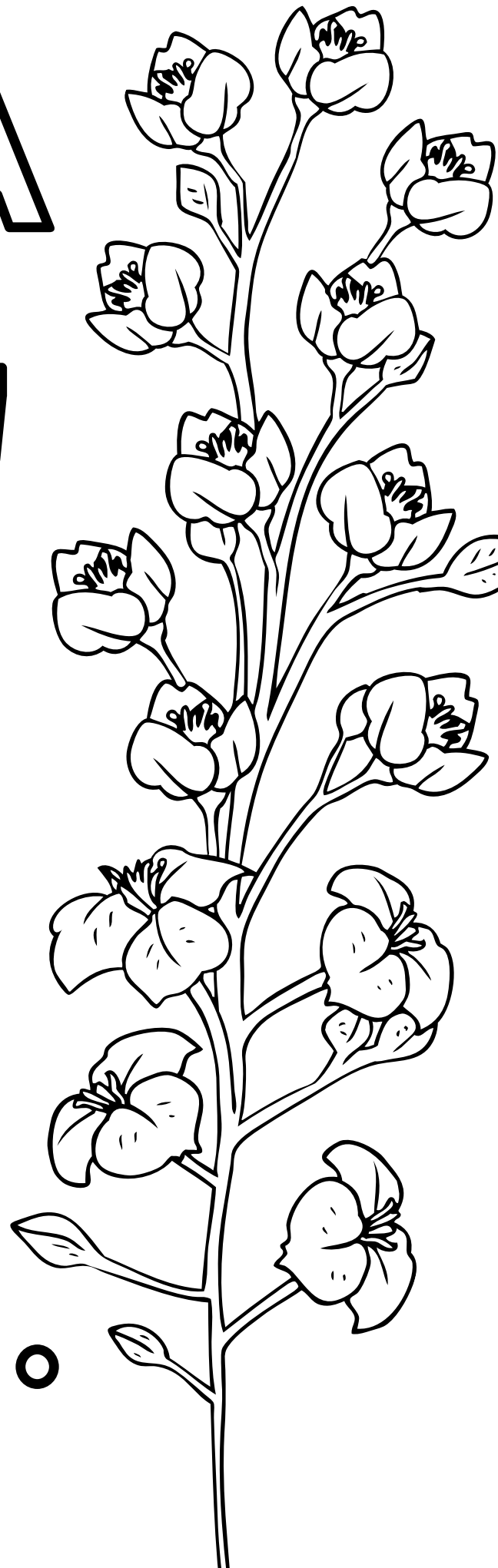




I AM
ENOUGH,
JUST AS
I AM.



I AM A
BEING
OF
LOVE
AND
LIGHT.



I LOVE
ME.



