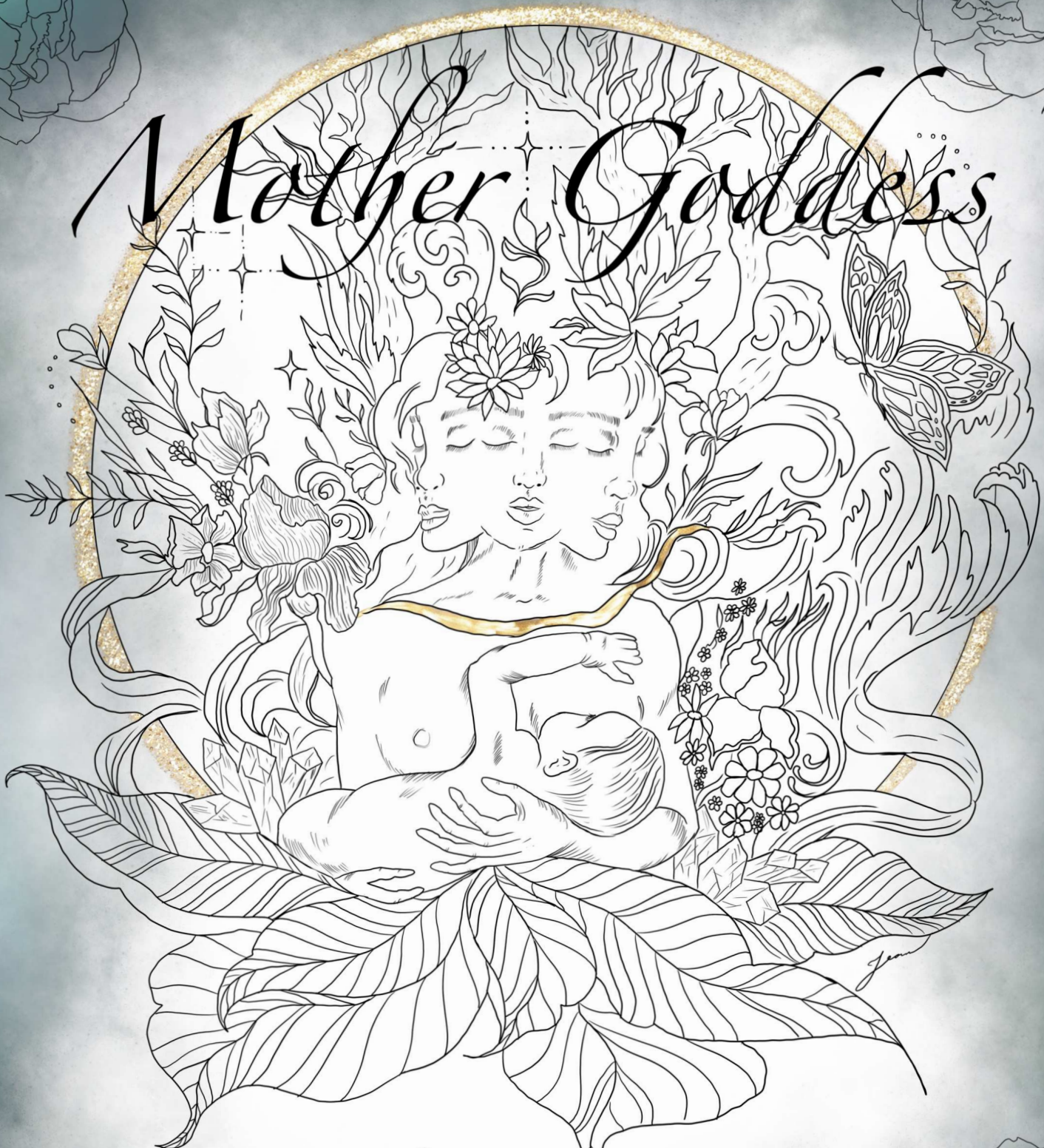


# Mother Goddess



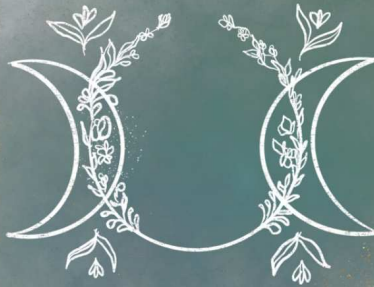
*mindfulness coloring book by  
Jeanne Beaudry  
art@yoga*



The Goddess is immanent, life  
honoring, body affirming and invites  
you to live in complete embodiment.

...

We all come from  
the Goddess and to  
her we shall return  
like a drop of rain  
flowing to the  
ocean.



Mindfull coloring ritual

Set up a safe, sacred space for yourself.  
Light a candle, sit on your favorie pillow or chair.  
Take a few deep breath, connect with your heart.  
Let your intuition choose a page. Trust your feeling, know that the one you  
choose is the right one.

Be here, now, in this moment.

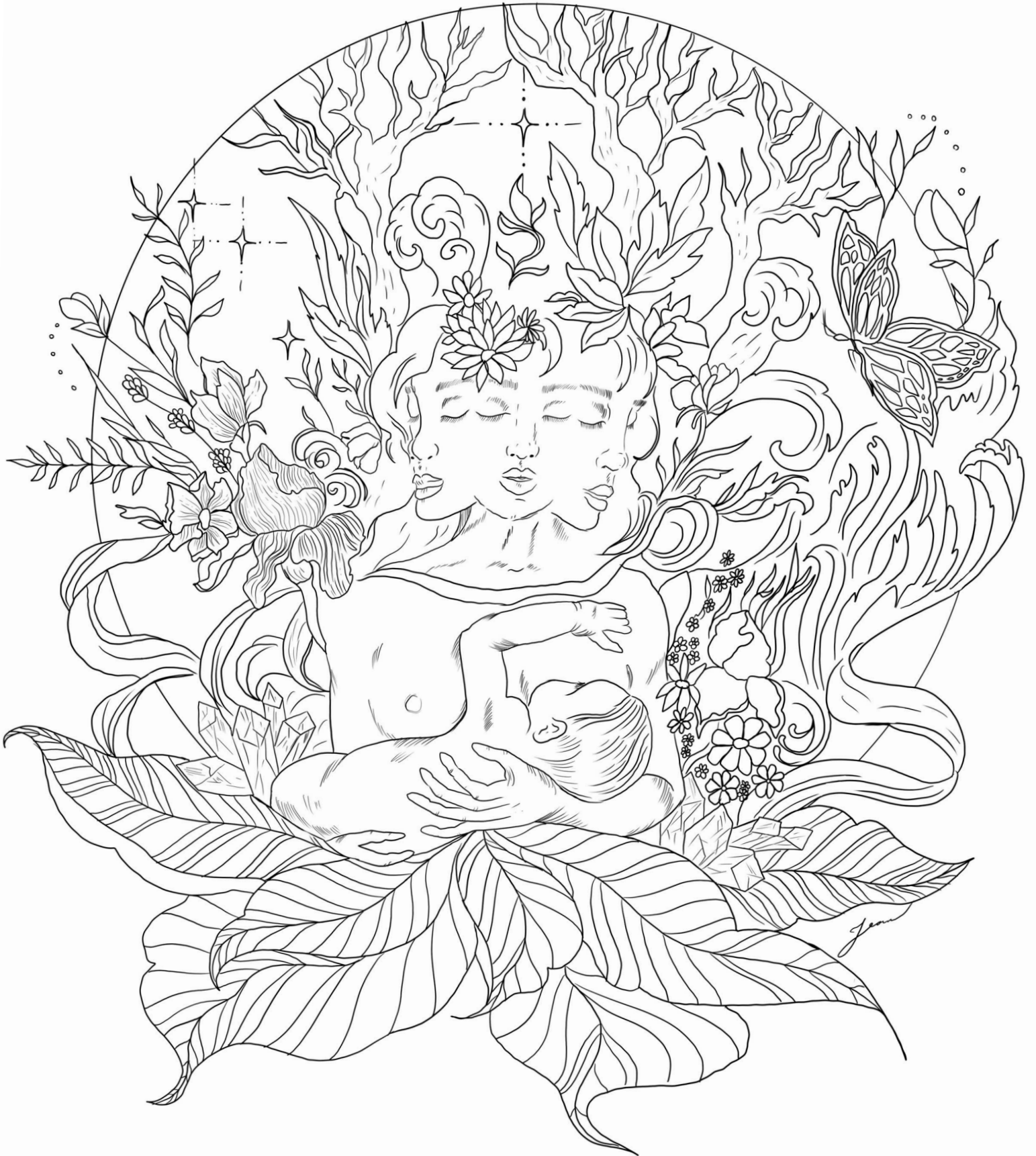
Look at your different colors and connect with your intuition.  
Use the one your feel called to and trust that you know exacly what to do.

Start coloring.

Enjoy this space your created for yourself.

Be fully connected with the movement of your hands on the page.  
Embrace this moment with your whole heart, your whole presence.

Fill out the journaling page on the back if you wish.





Date:



# Journaling

What came up for me during this mindfulness practice? How do I relate to the artwork, what did it bring up in me?

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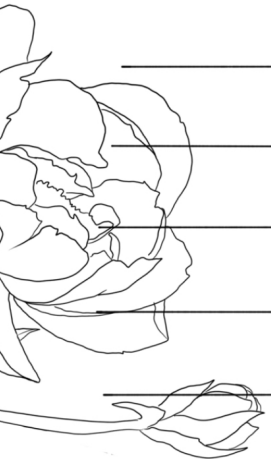
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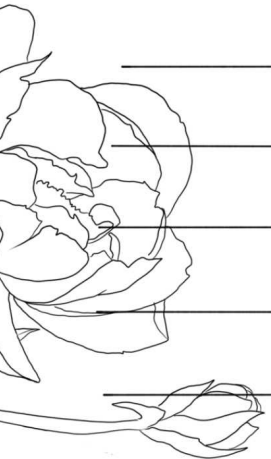
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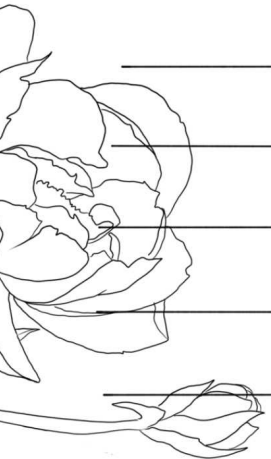
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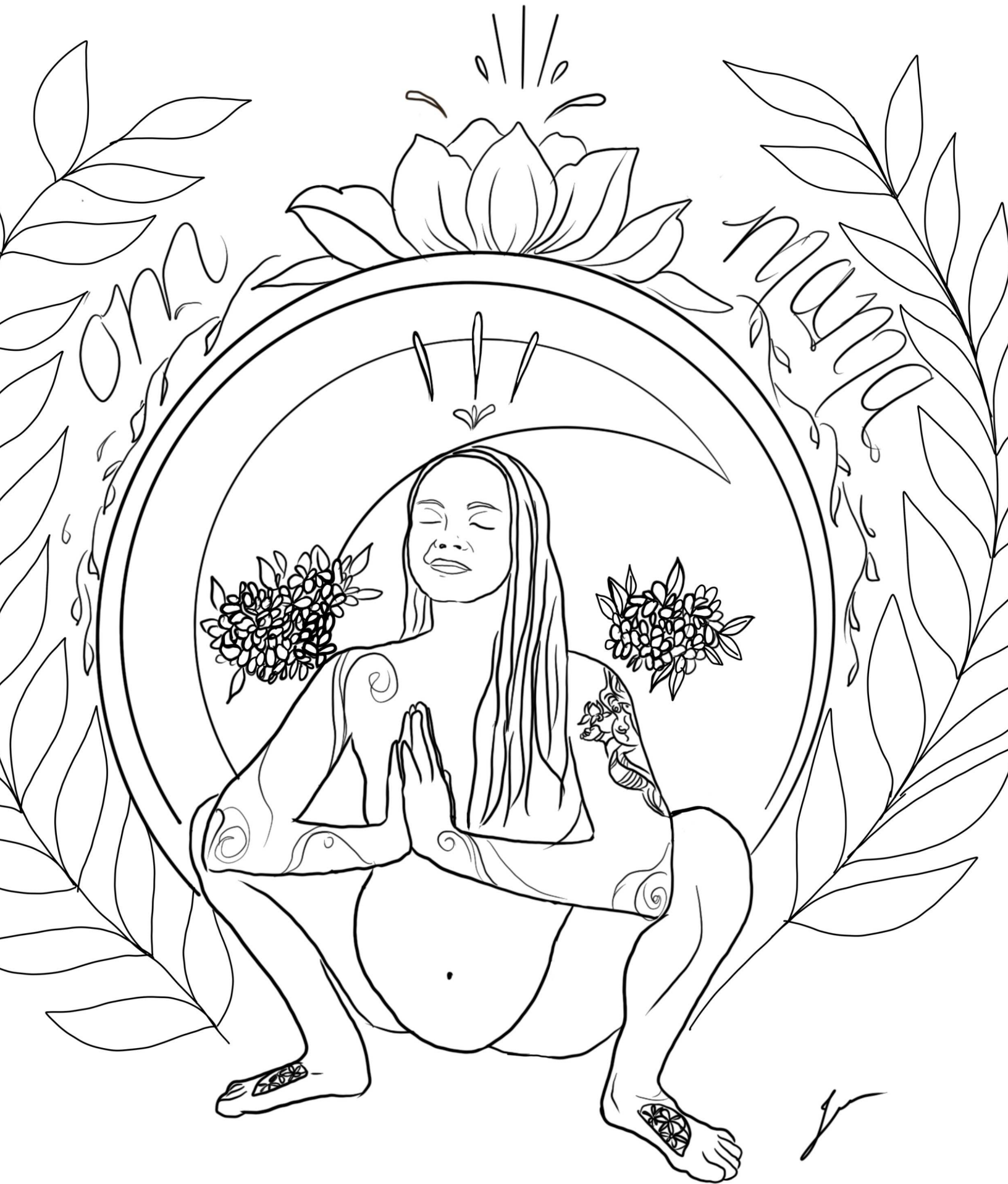
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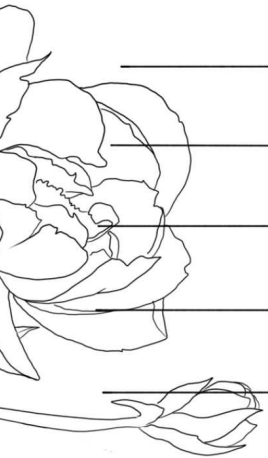
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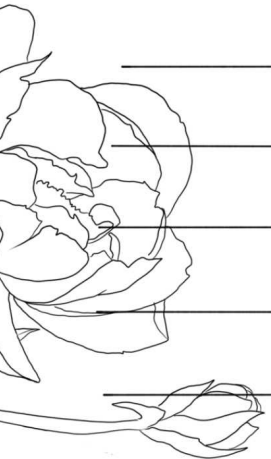
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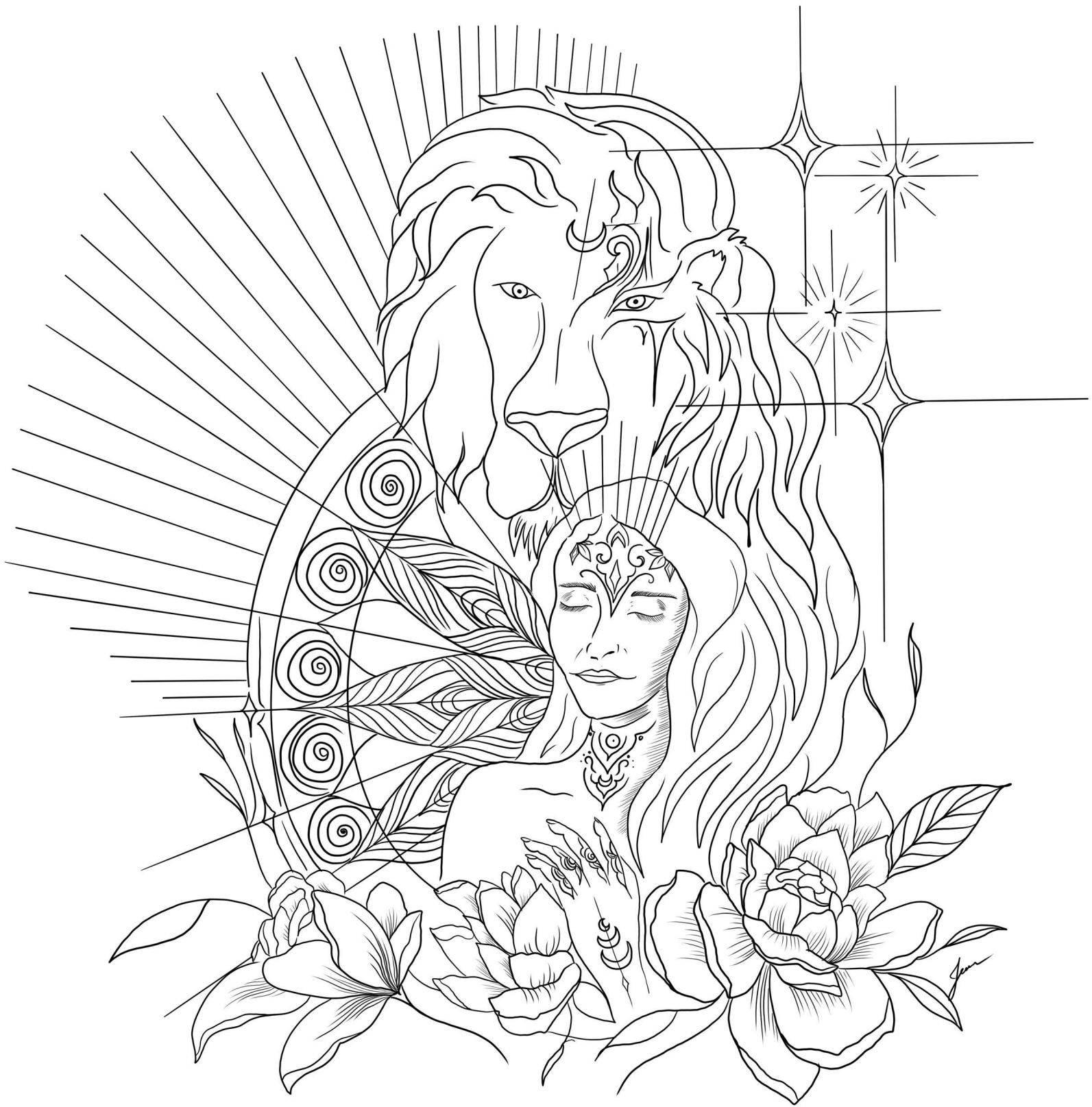
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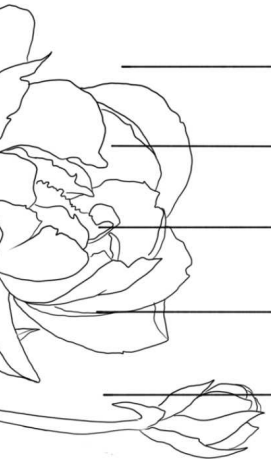
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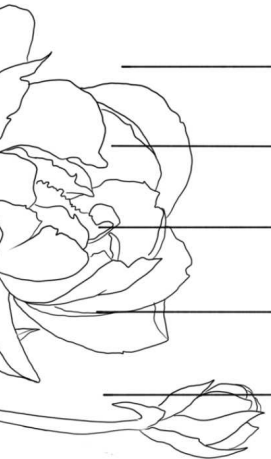
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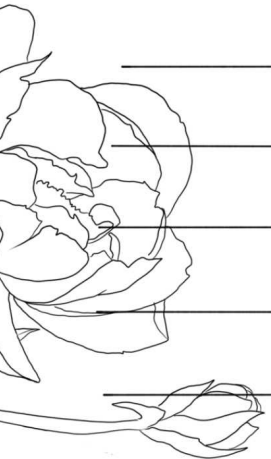
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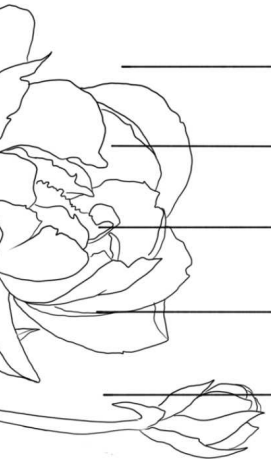
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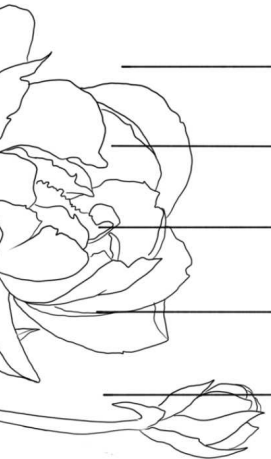
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# Mary Magdalene





Date:

# Journaling



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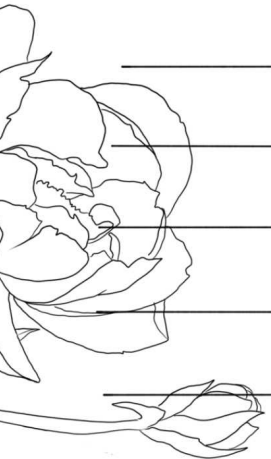
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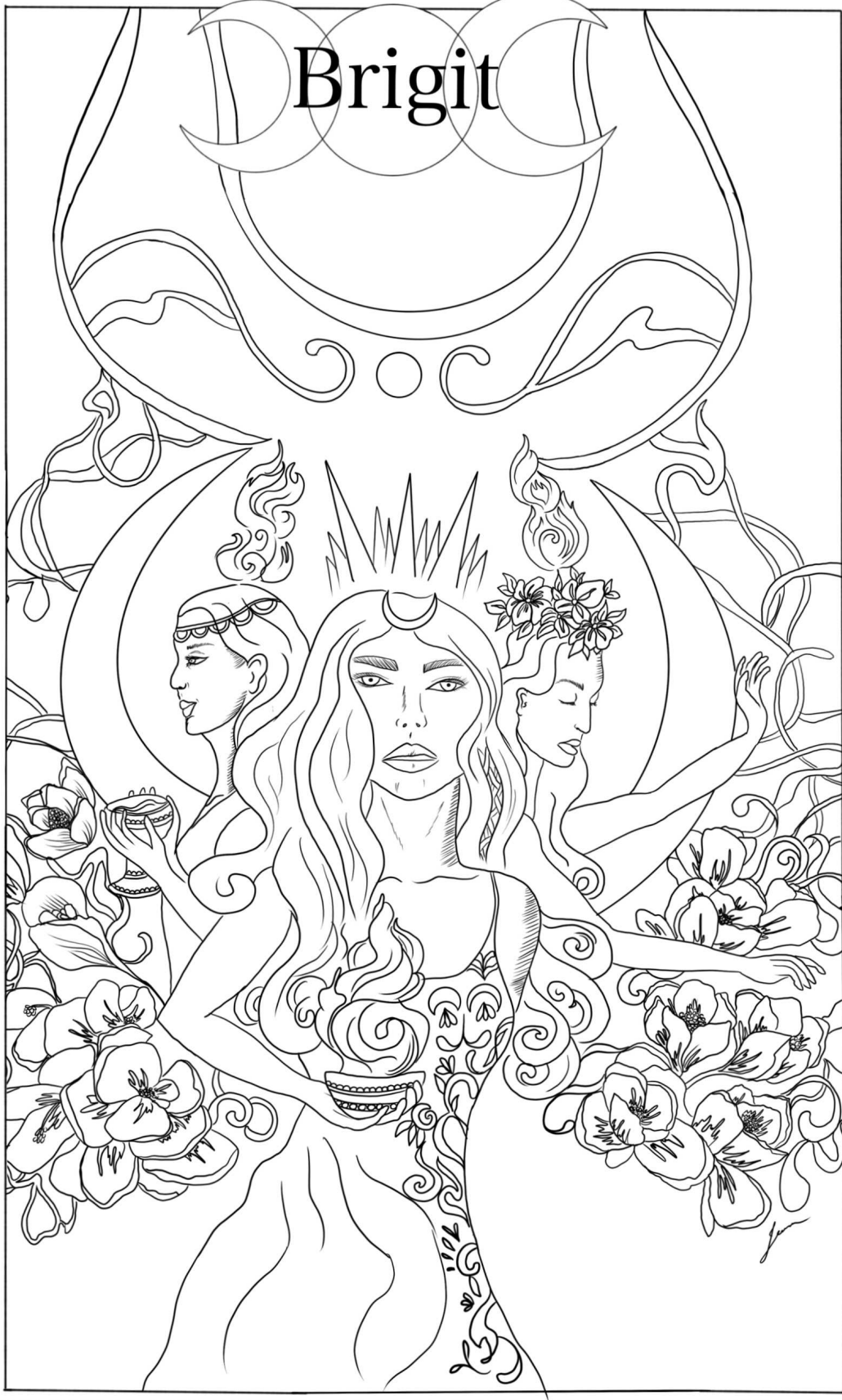
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# Brigit





Date:

# Journaling



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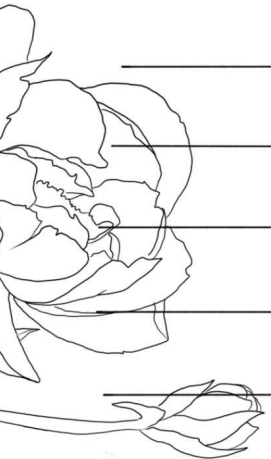
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Marie





Date:

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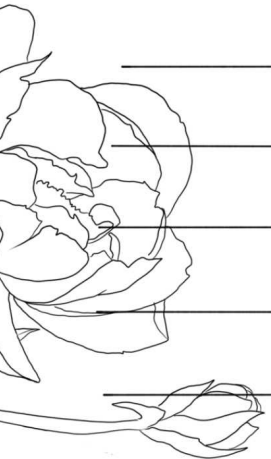
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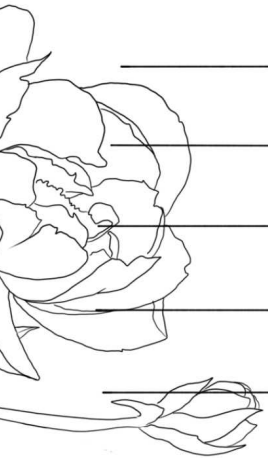
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# Inanna





Date:

# Journaling



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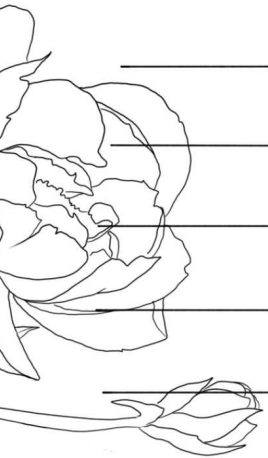
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Kali



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Date:

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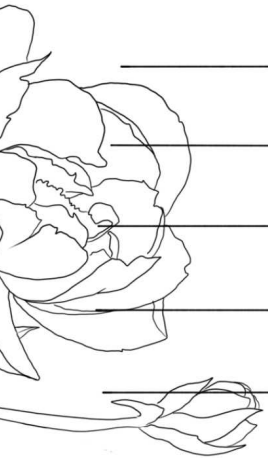
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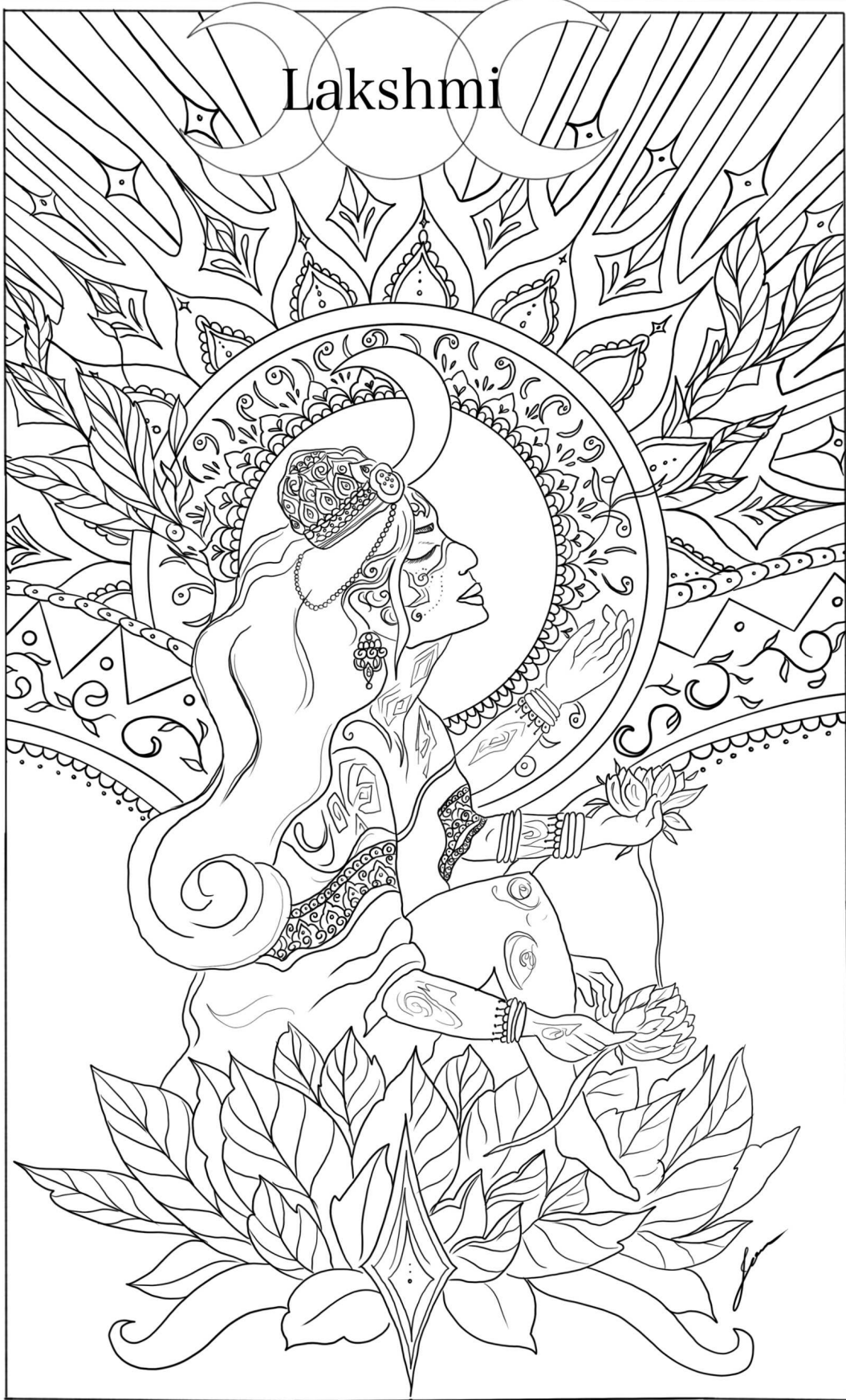
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# Lakshmi





Date:

# Journaling



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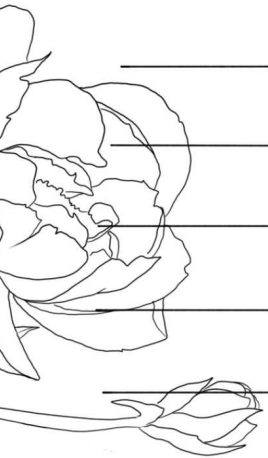
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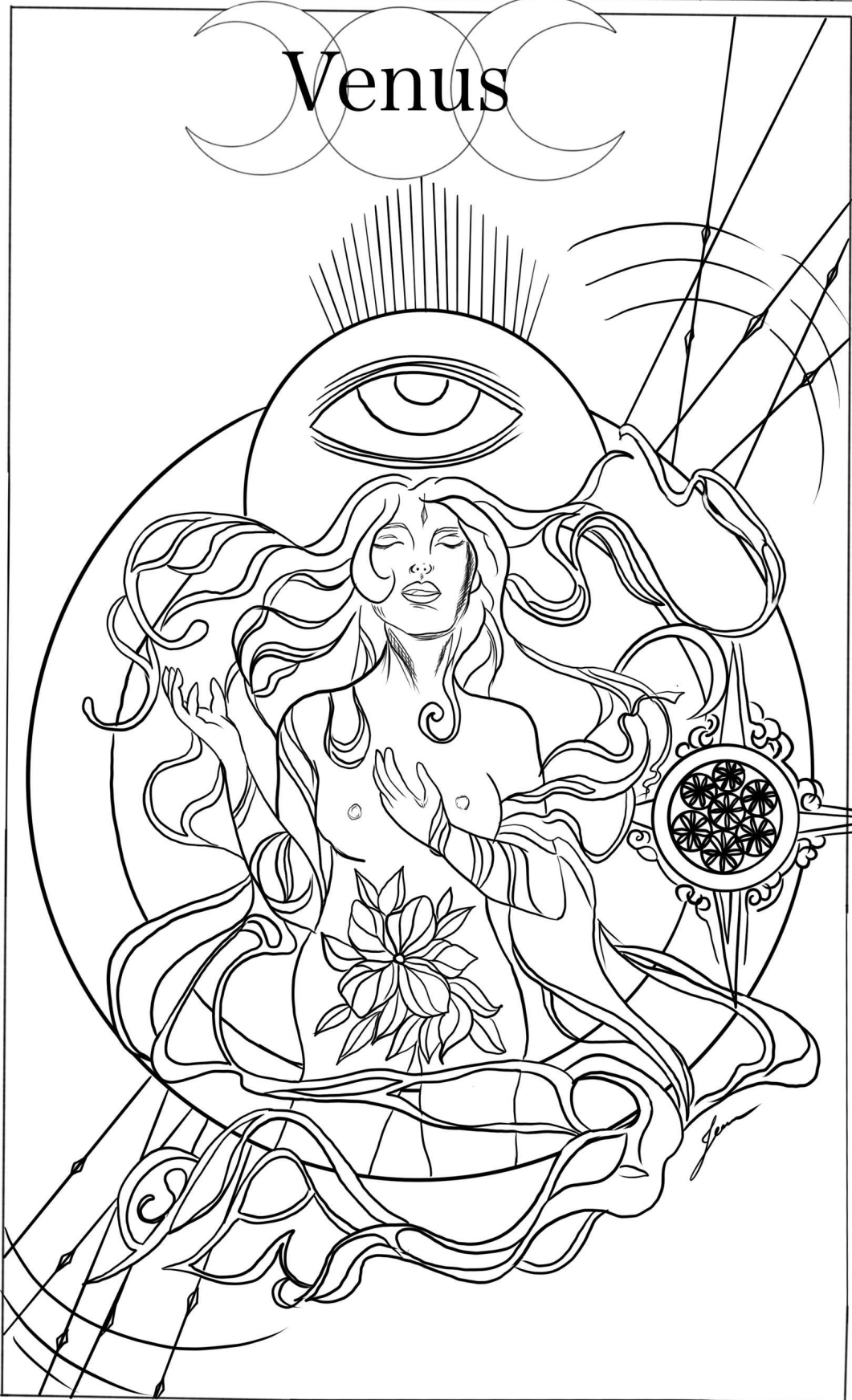
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# Venus





Date:

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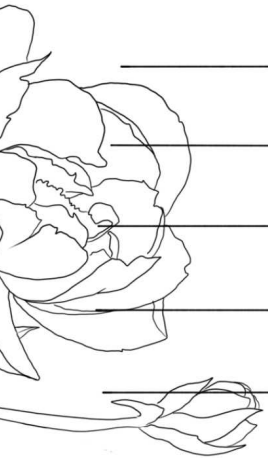
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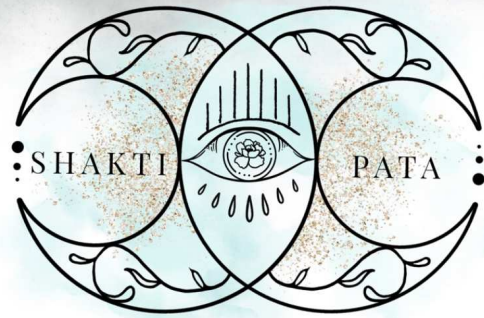
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*Jeanne Beaudry Art & Yoga*

*Spiritual artist and illustrator*

*Yoga teacher*

*www.jeannebeaudryartetyoga.com*

*@jeannebeaudryartetyoga*