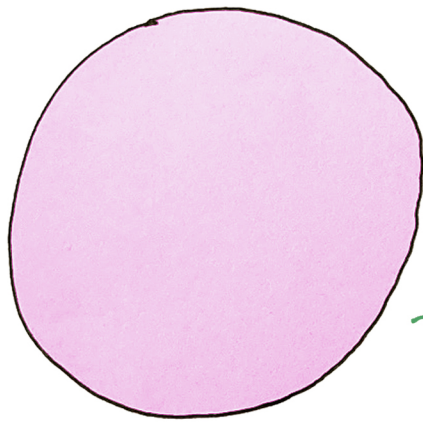
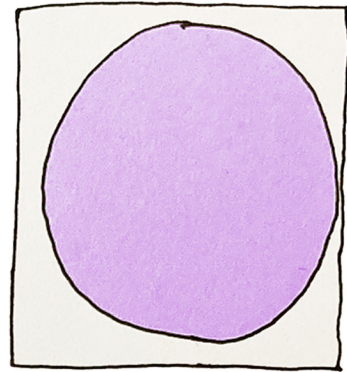
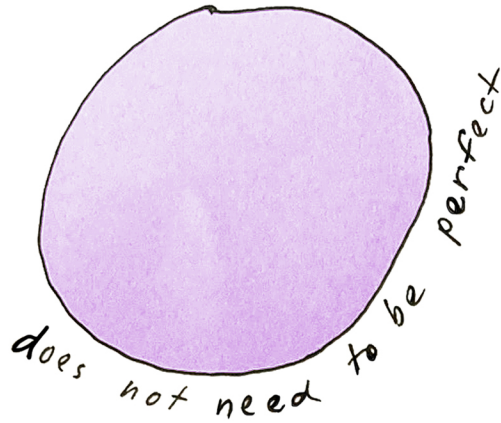


# a little intention containing for the ✨

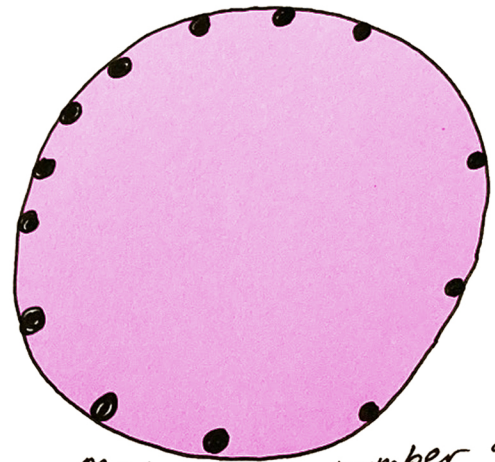
new year

- paint or draw it
- focus on the experience of making
- notice thoughts, feelings, sensations, associations
- no wrong words, surprise yourself.

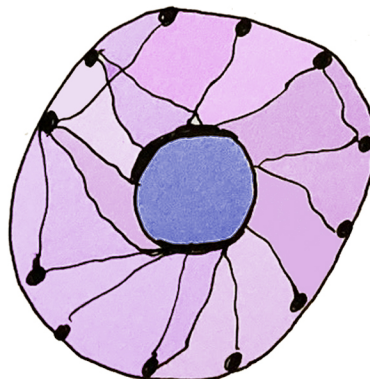
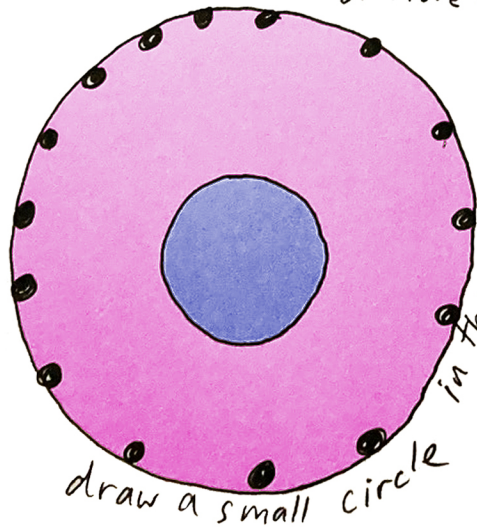
## ✨ first a circle



pick a number from 1-12  
pick the number you like



or more dots...



connect the dots to center circle  
take your time...  
see if some words have come to you & write them in the center circle.  
or a word.