



Soulscape

The search for Self is an inward journey. Go in peace.

Let's explore our deep Inner Being-ness, reminding ourselves of our timelessness while having a temporary adventure in these Earthly human bodies.

Since we tend to mostly look outside of ourselves for answers, color this as a creative mindfulness activity. Set the intention to connect and converse with ourselves at our Soul level, to glean whatever insights and guidance that serves us best at this time.