



Zen Coloring Pages

A fun and relaxing way to get peaceful

MY BRIGHT-HEARTED CREATIVE FRIEND,

SOME DAYS WE NEED TO TAKE A BREAK, GIVE OUR OVERACTIVE BRAINS A LITTLE REST, AND DO SOMETHING.... DARE I SAY IT? **FUN**. MAYBE YOU'VE FORGOTTEN THE MEANING OF THAT WORD, BUT YOUR INNER SIX-YEAR-OLD HASN'T.

MAYBE YOU FEEL THERE ARE FAR TOO MANY OTHER MORE PRESSING AND IMPORTANT MATTERS TO ATTEND TO. OR PERHAPS YOU FEEL GUILTY FOR TAKING A LITTLE TIME FOR YOURSELF... ESPECIALLY TO DO SOMETHING THAT MIGHT FEEL A BIT FRIVOLOUS.

IN THAT CASE, I HAVE A QUESTION FOR YOU: WHEN WAS THE LAST TIME YOU TOOK TIME FOR YOURSELF? WHEN WAS THE LAST TIME YOU DID SOMETHING JUST-FOR-FUN? TAKING TIME FOR YOURSELF AND TIME FOR FUN ARE A VITAL PART OF SELF-CARE. WITHOUT THEM, LIFE TURNS A DULL SHADE OF GREY AND WE BECOME DEPLETED AND RATHER SAD.

PLEASE, PRETTY PLEASE, GIVE YOURSELF PERMISSION TO RELAX AND ENJOY LIFE FROM TIME TO TIME. STARTING NOW.

AND, IF YOU THINK ABOUT IT, COLORING PAGES CAN REALLY BE QUITE USEFUL. I USE THE FINISHED PIECES AS BIRTHDAY CARDS OR GIFT WRAP. YOU COULD CUT THEM UP AND USE THEM IN A COLLAGE, OR DECOUPAGE THEM TO MAKE A PRETTY STORAGE BOX... OR ANY NUMBER OF OTHER LOVELY, CREATIVE THINGS.

WHATEVER YOU DO WITH YOUR COLORING PAGES, I HOPE THEY BRING YOU JOY!

LOVE,

GRIER











































