


# PositiveEnabler

Eugene, OR

In the age of digital (dis)connection,  
create or join a face-to-face group!

Host a coloring party!  
Practice the mindfulness of togetherness.

[PositiveEnabler.com](http://PositiveEnabler.com)

  [positiveenabler](https://twitter.com/positiveenabler)

[PositiveEnabler.Podbean.com](http://PositiveEnabler.Podbean.com)

radical  
authenticity

real  
community

## ART OF CONNECTING

... the dots ... to each other ... with community ... and joy  
playful workshops • individual • couples



# Mindfulness

## COLORINGBOOK AND JOURNAL



ARTISTS:

AJ MORETTI

ASHLEY STARK

HANNAH BYERS

JESSICA SARGENT

MERRI MORNINGSTAR

# PositiveEnabler

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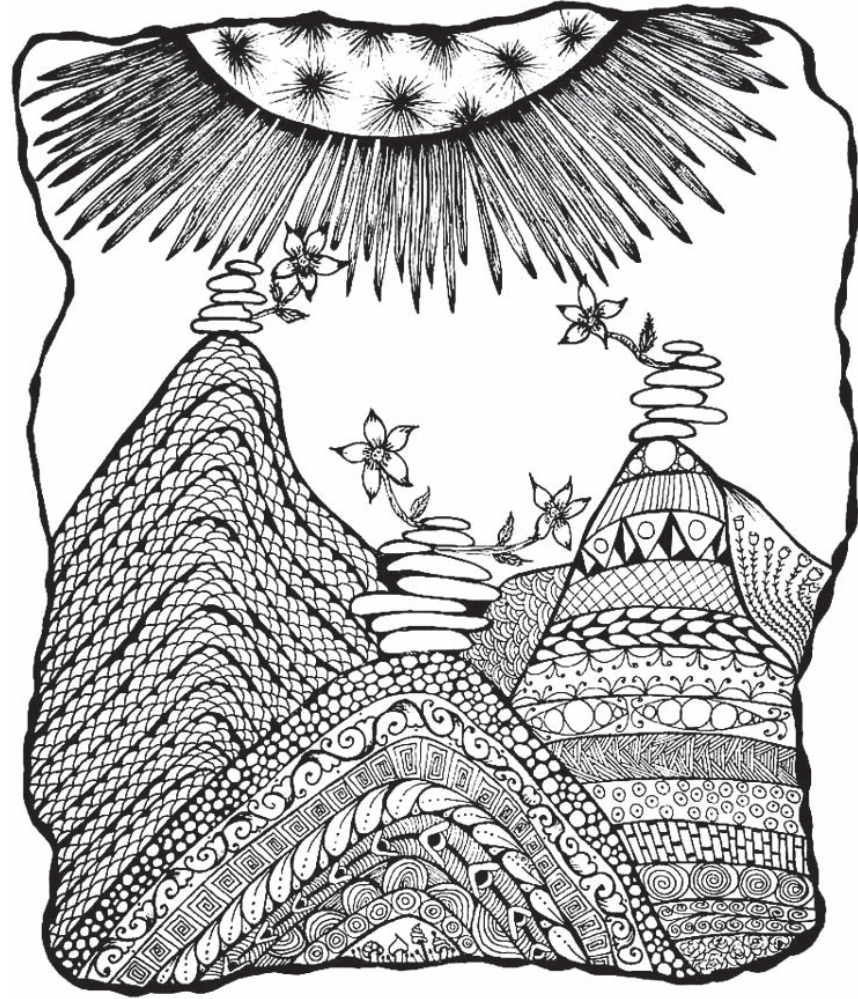
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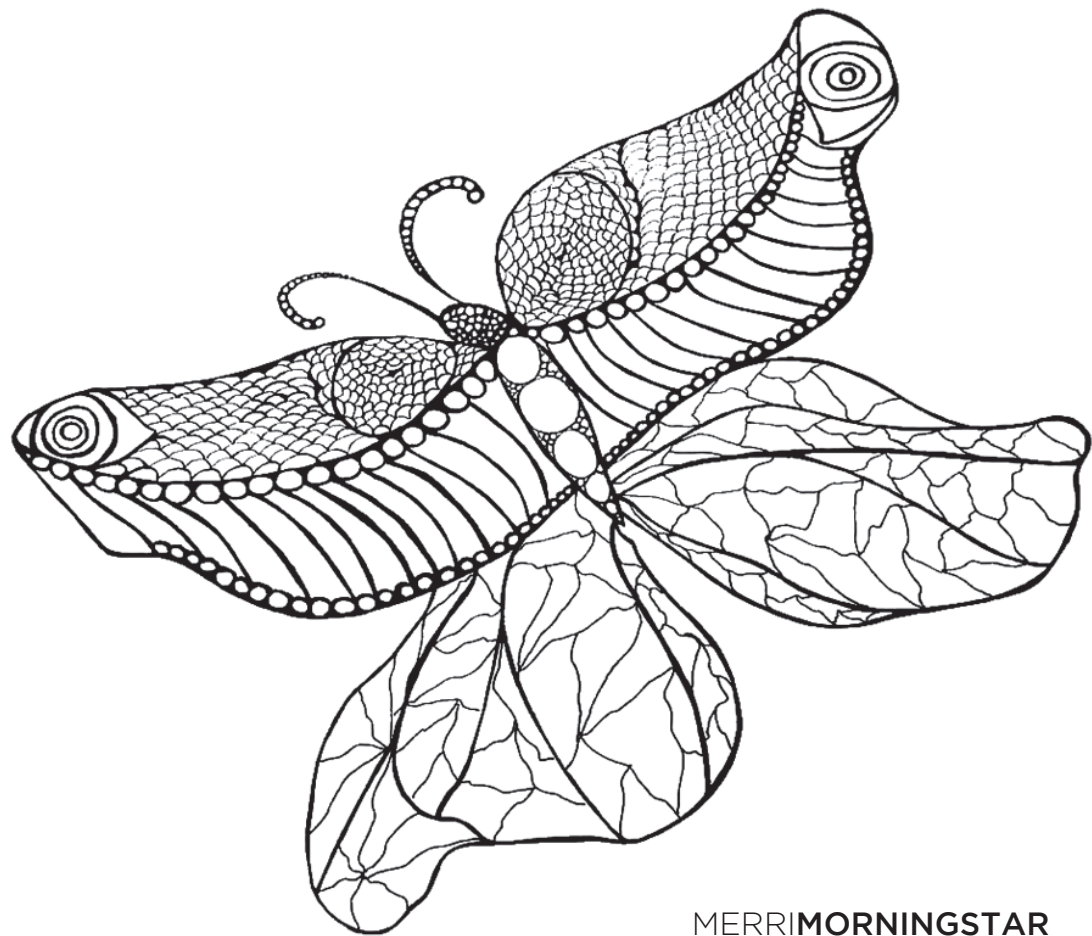
First Edition: February 2017



Make a list of what's really  
important to you.  
Embody it.

*Jon Kakat-Zinn*

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

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MERRIMORNINGSTAR



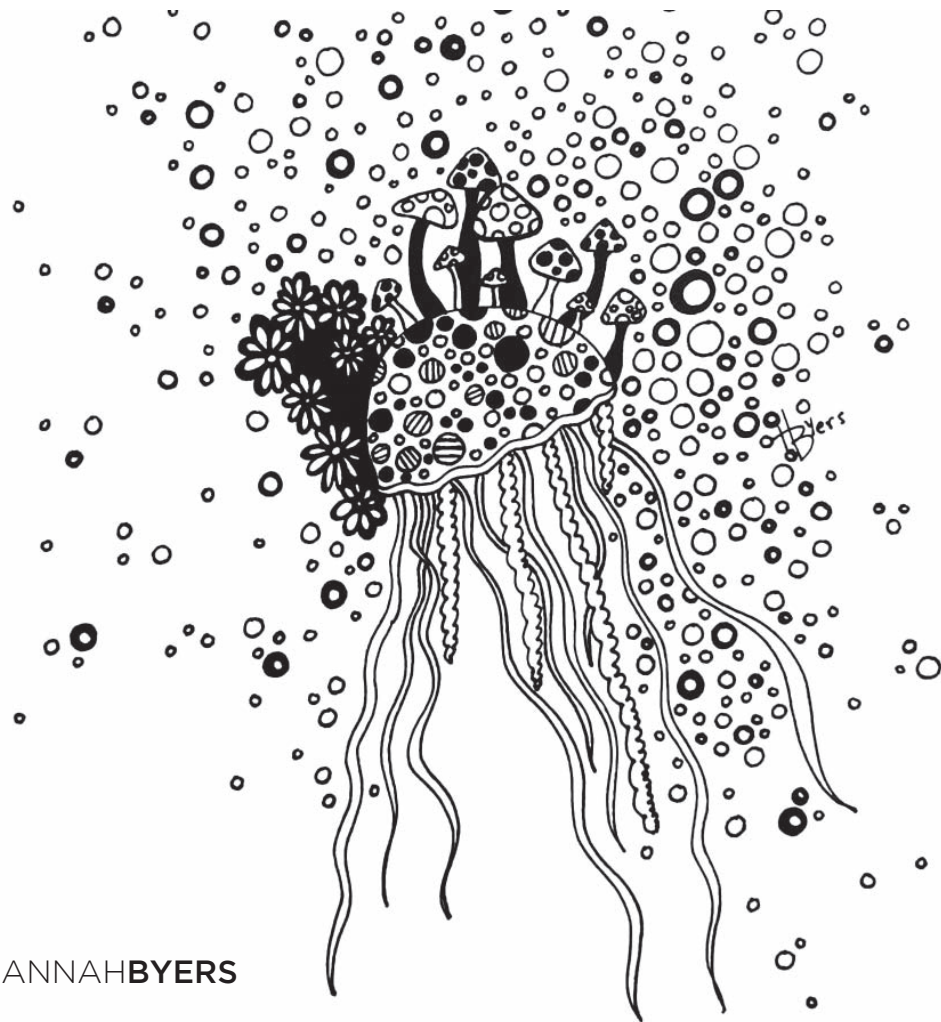


You are the aperture  
through which  
the Universe is looking at itself.

*Alan Watts*



HANNAHBYERS

[illegible]

HANNAHBYERS





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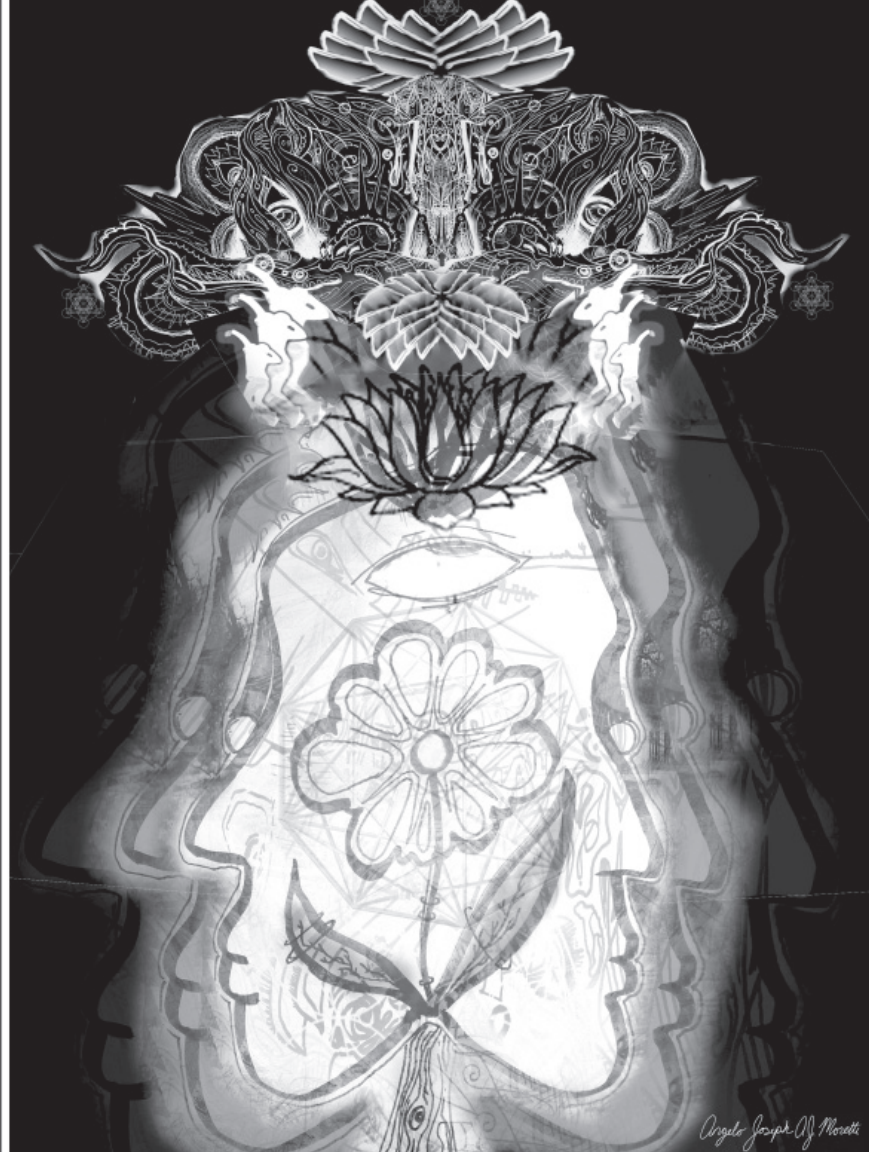
HANNAHBYERS

[illegible]

Take a mindful moment to wonder,  
What does it feel like to feel alive?

## Positive Enabler

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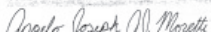
AJ MORETTI



Handwriting practice lines consisting of 20 horizontal lines.



AJ MORETTI



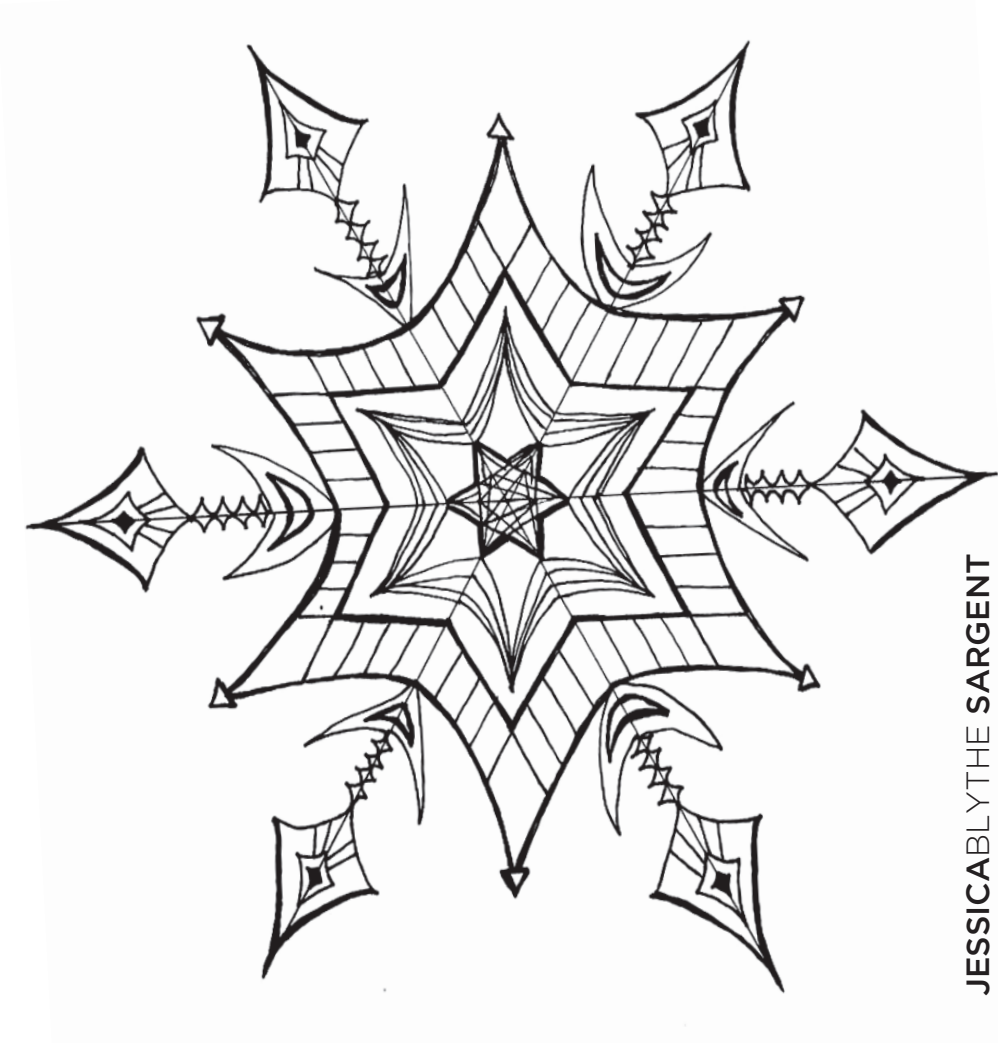
AJ MORETTI

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A dream you dream alone is only a dream.

A dream you dream together is reality.

John Lennon

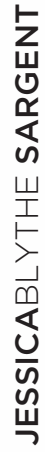


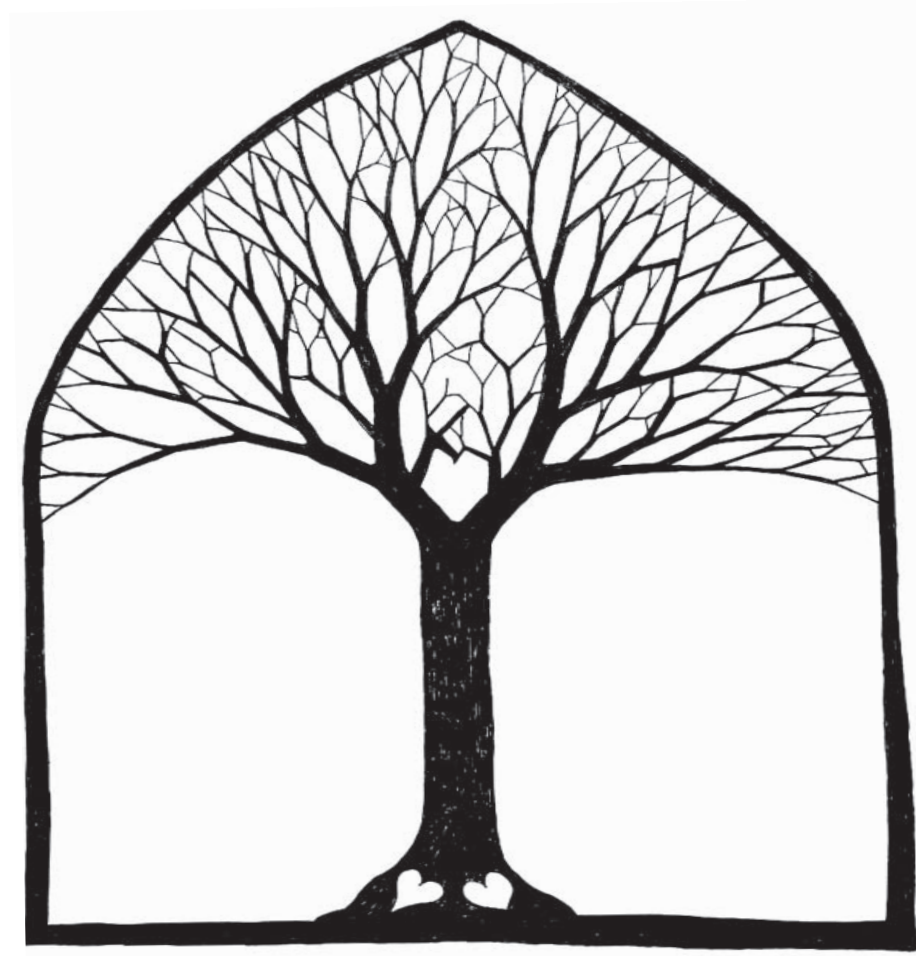
# JESSICA BLYTHE SARGENT



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**JESSICABLYTHE SARGENT**

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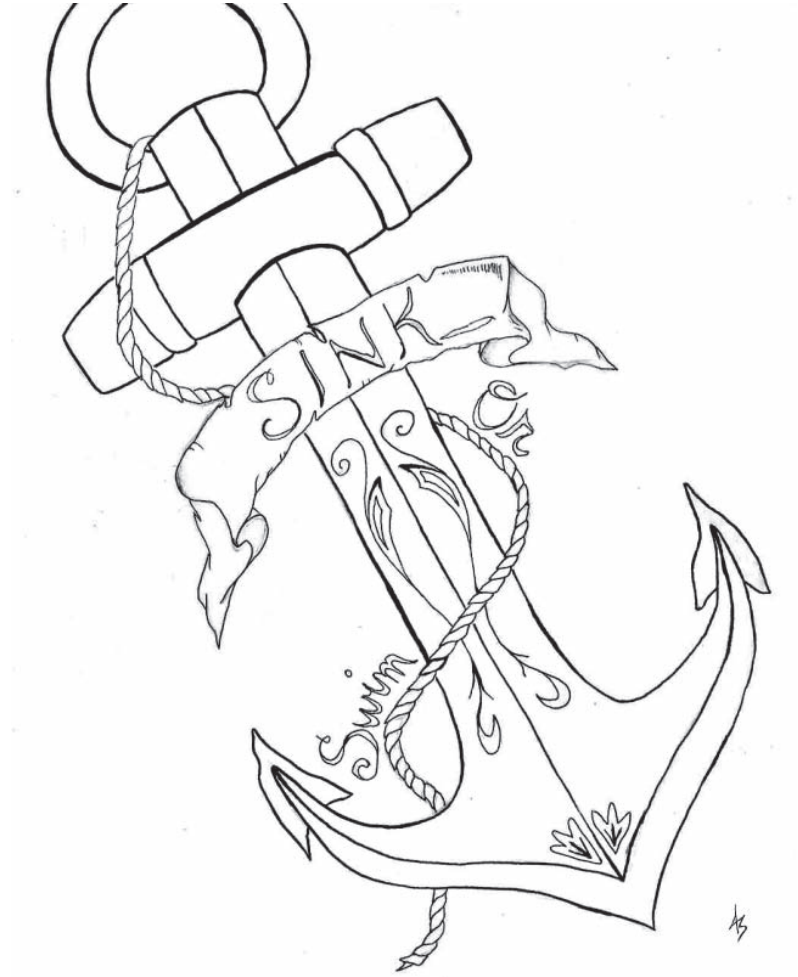
Would you rather live  
in the world you're used to,  
or the world you want to?

The world we're used to  
is the world we used to.

## Positive Enabler

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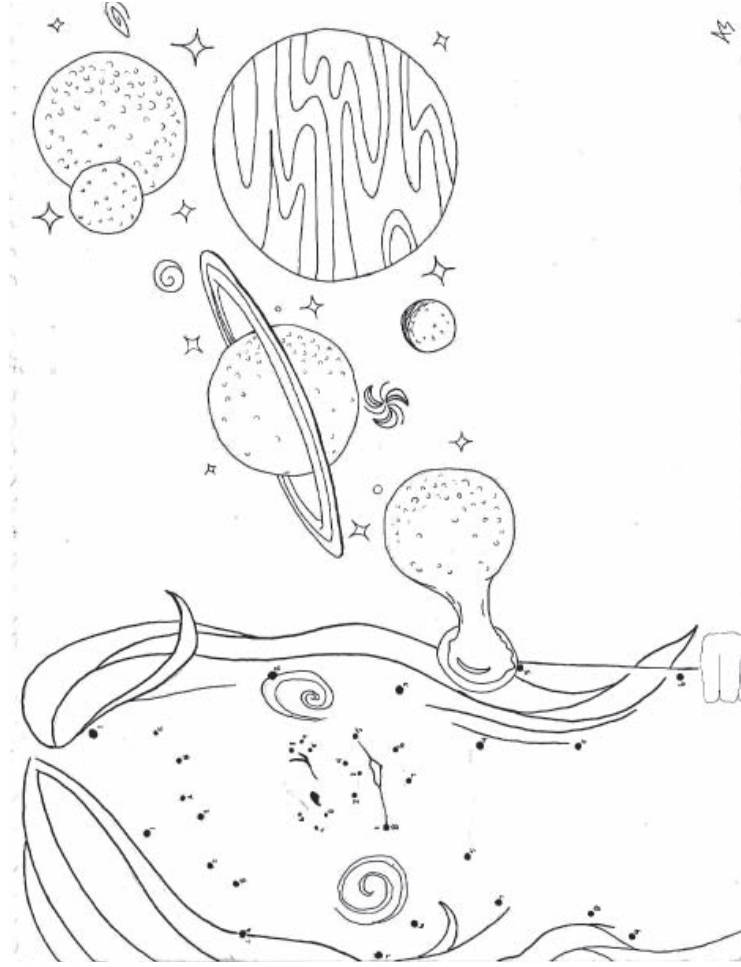
**ASHLEY STARK**



**ASHLEYSTARK**







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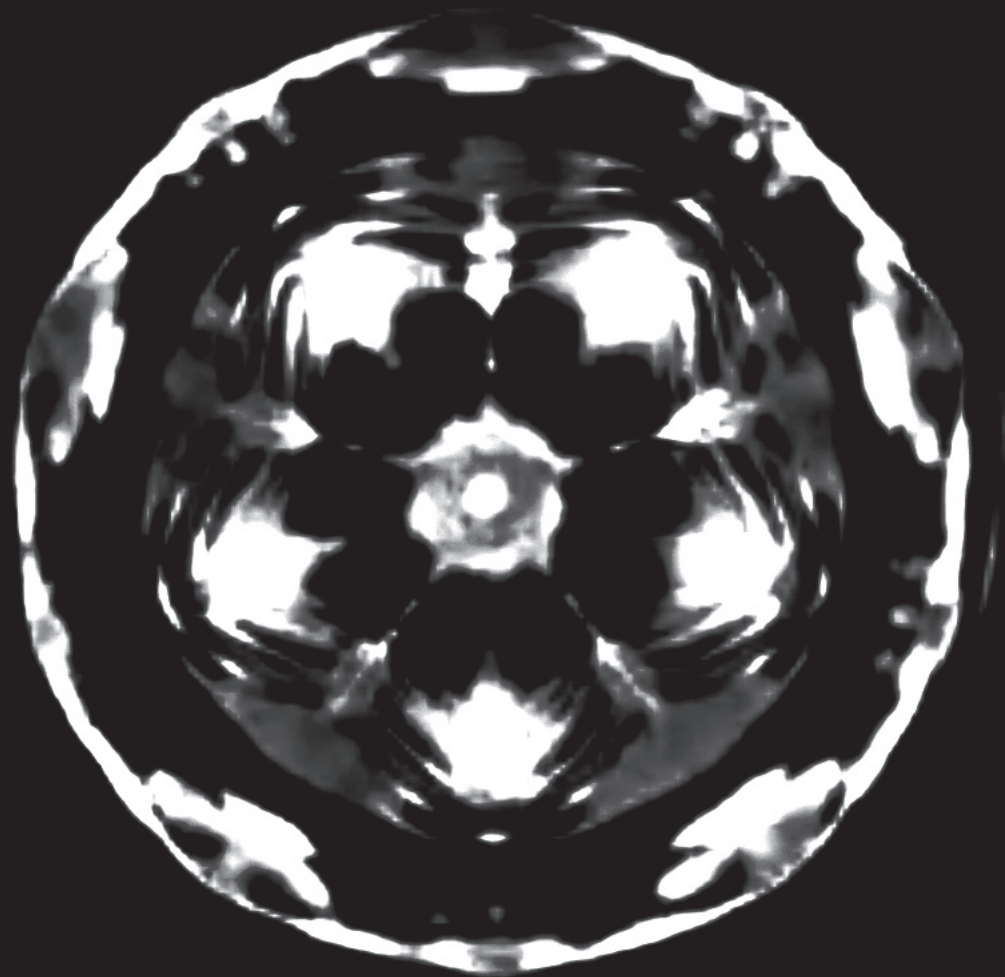
Conscious fear leads to healthy boundaries.

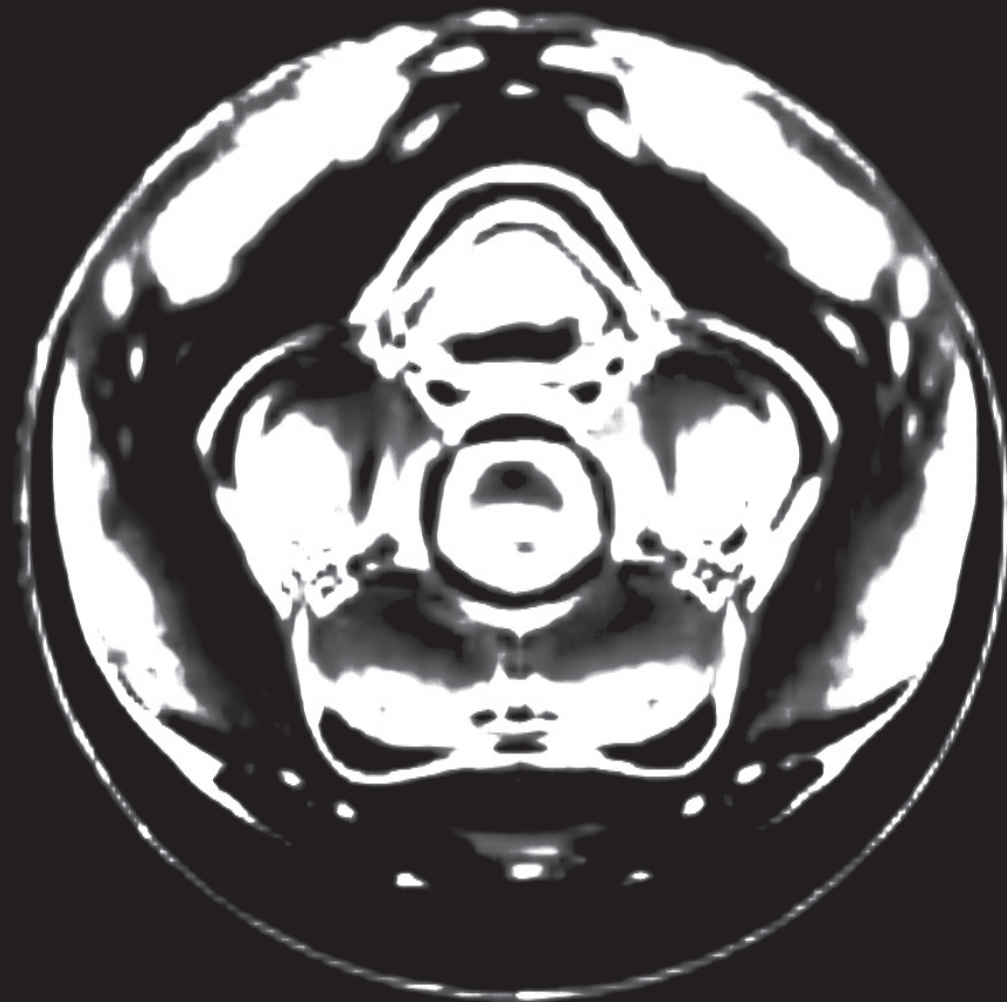
Conscious anger leads to  
self-awareness.

Conscious hatred leads to  
integration of your Shadow Side.

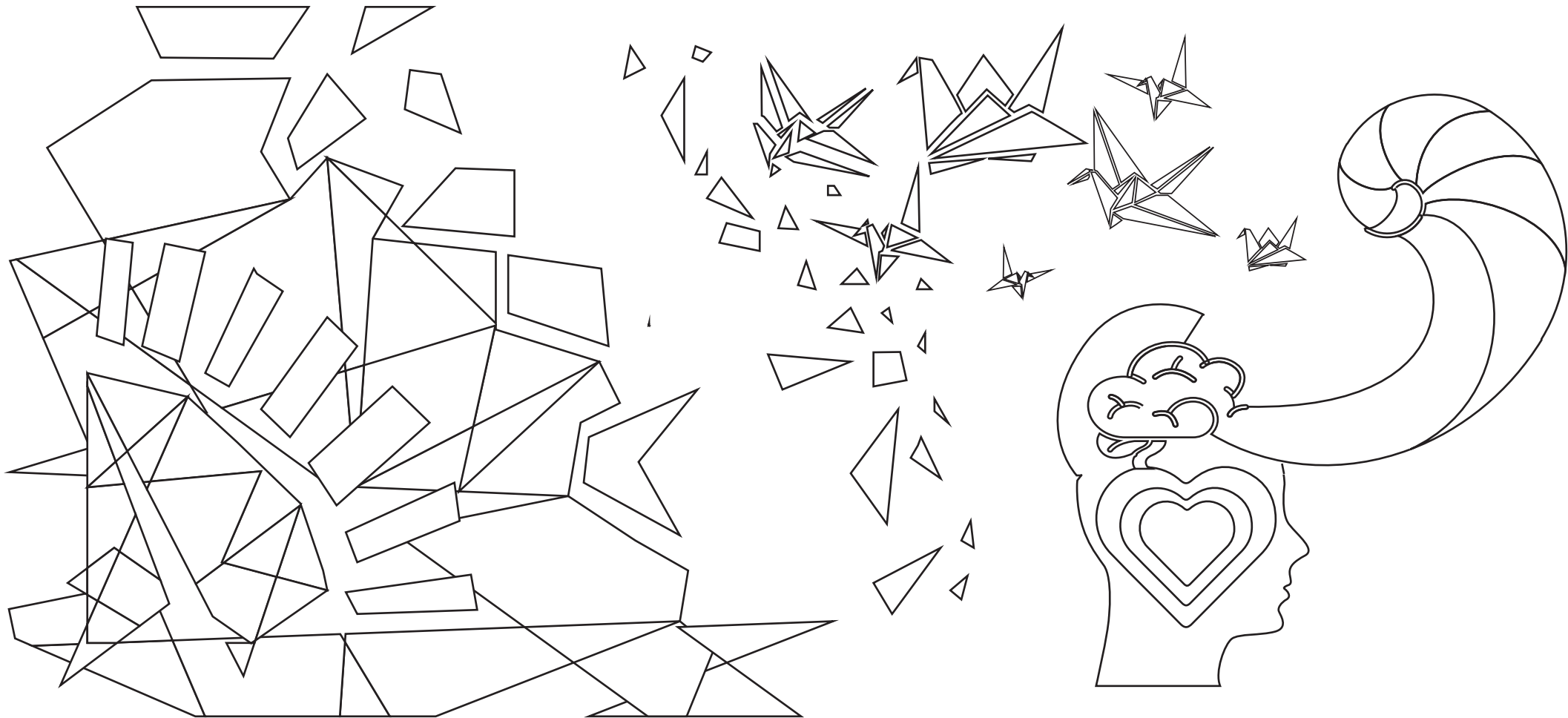
Conscious suffering leads to  
the release of suffering.

RealitySandwich.com





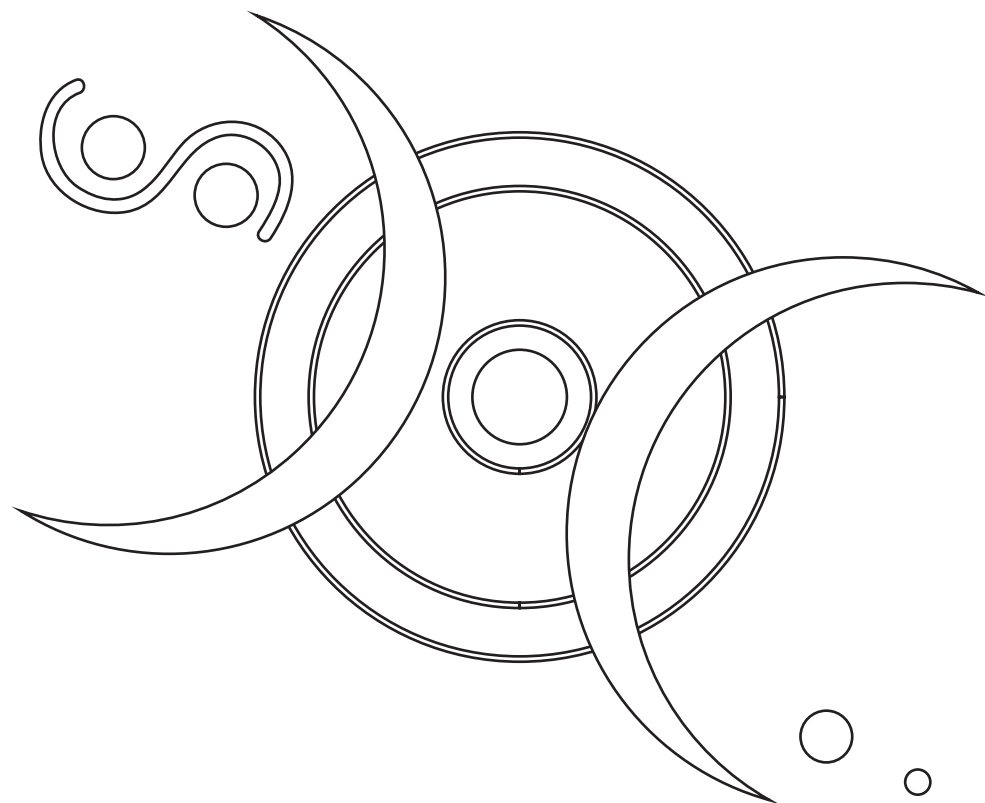


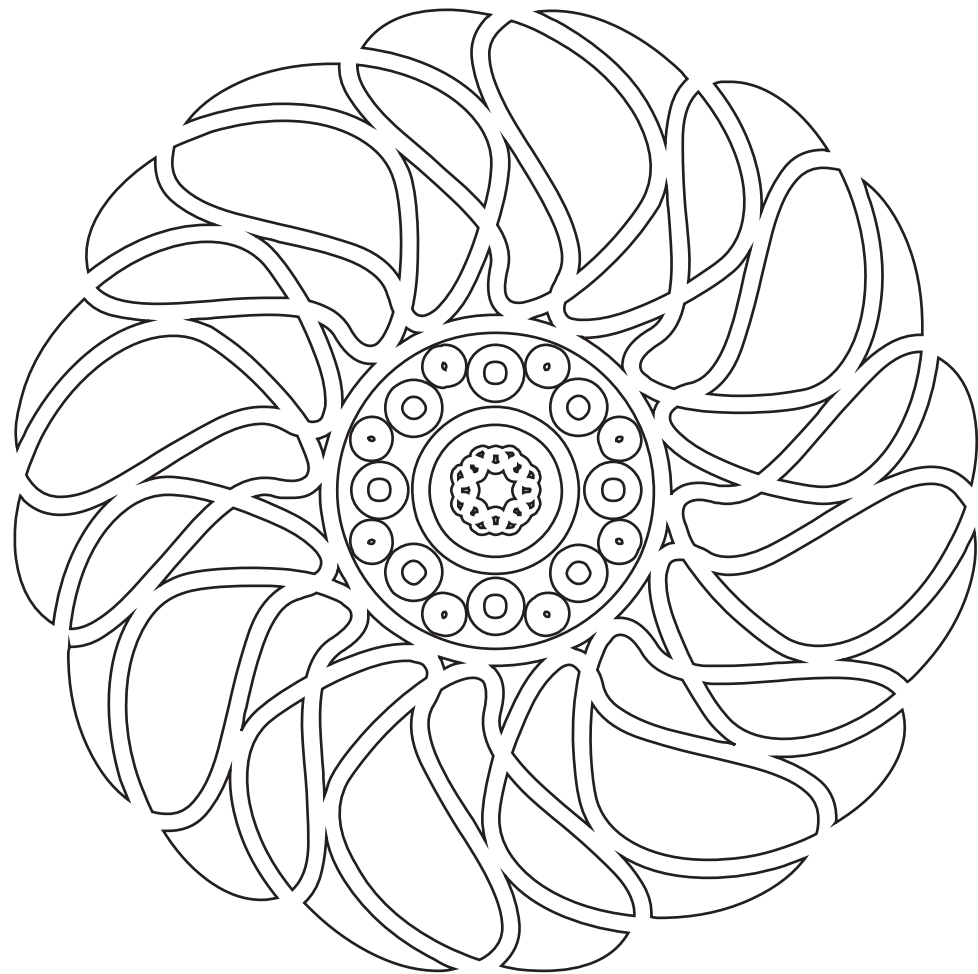


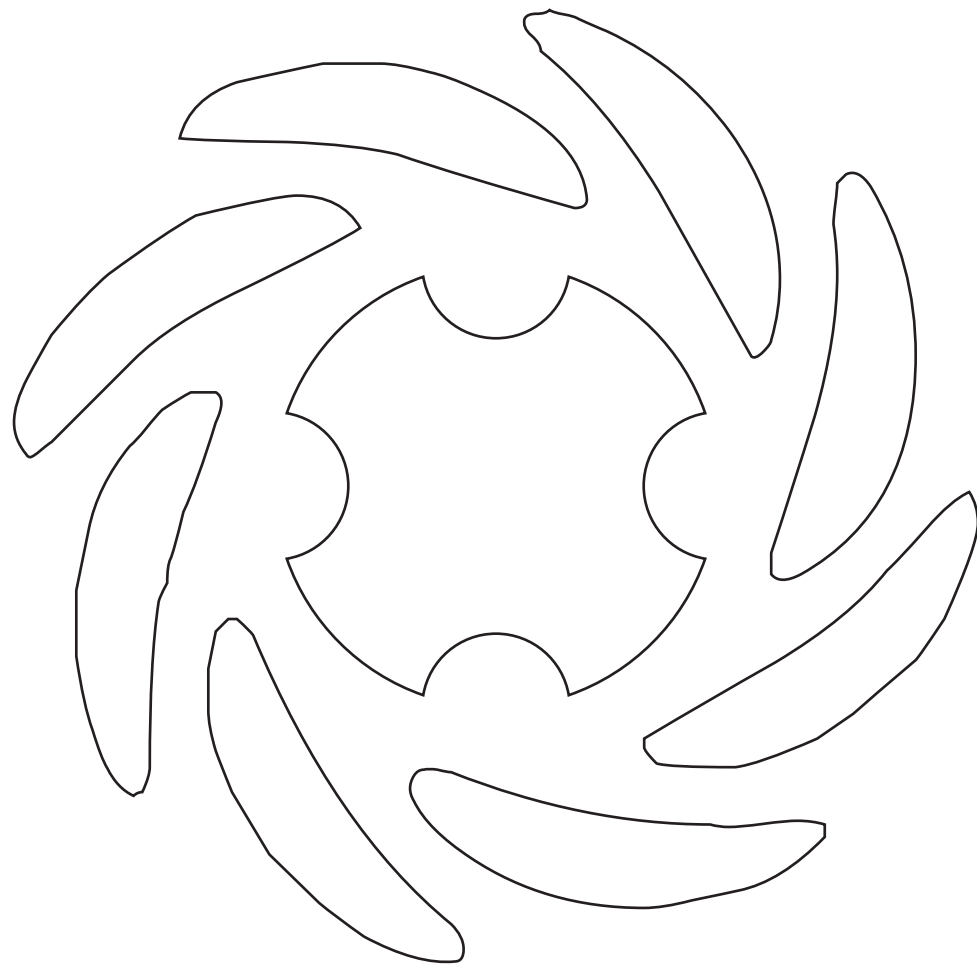
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The effect you have on others  
is the most valuable currency there is.

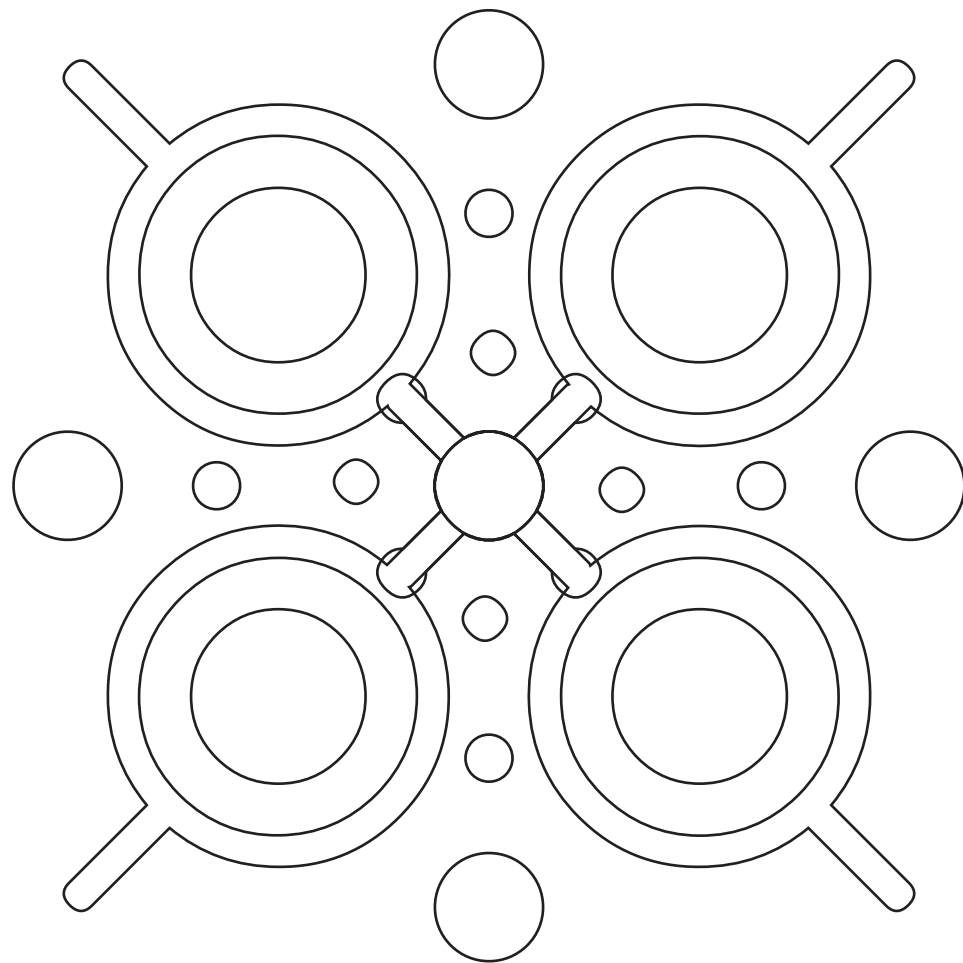
Jim Carrey

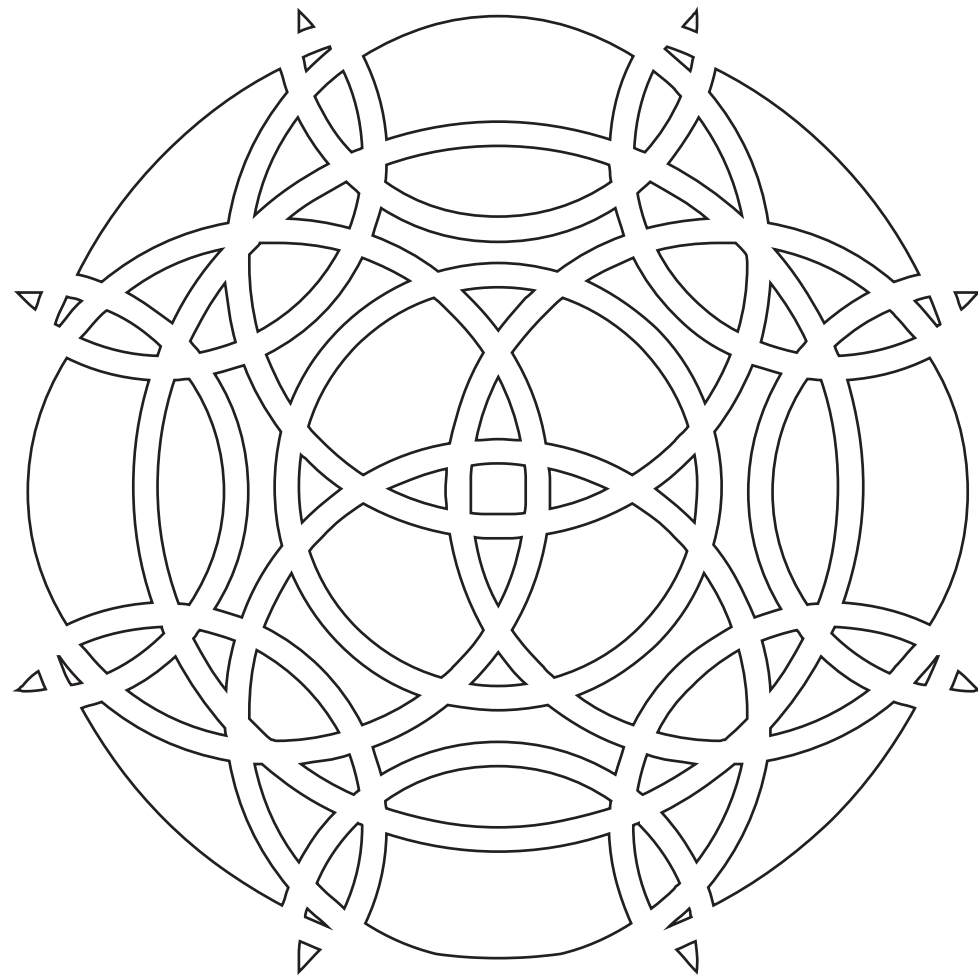
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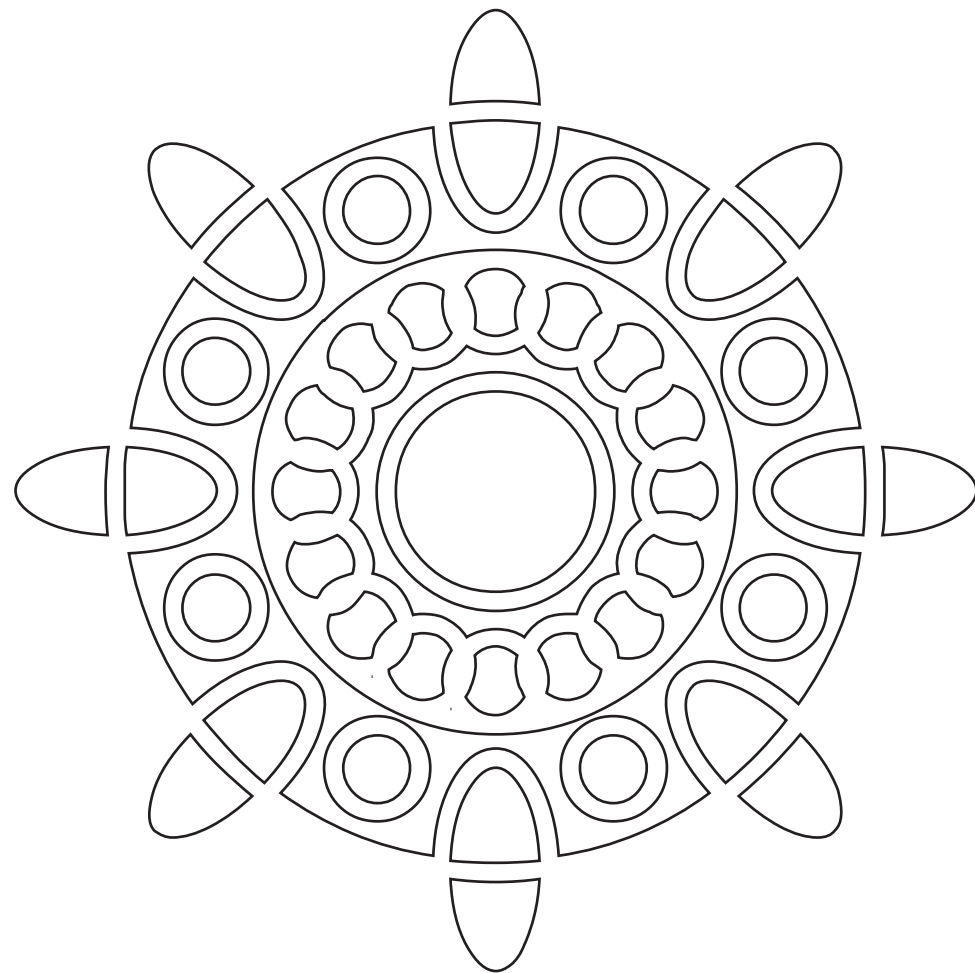
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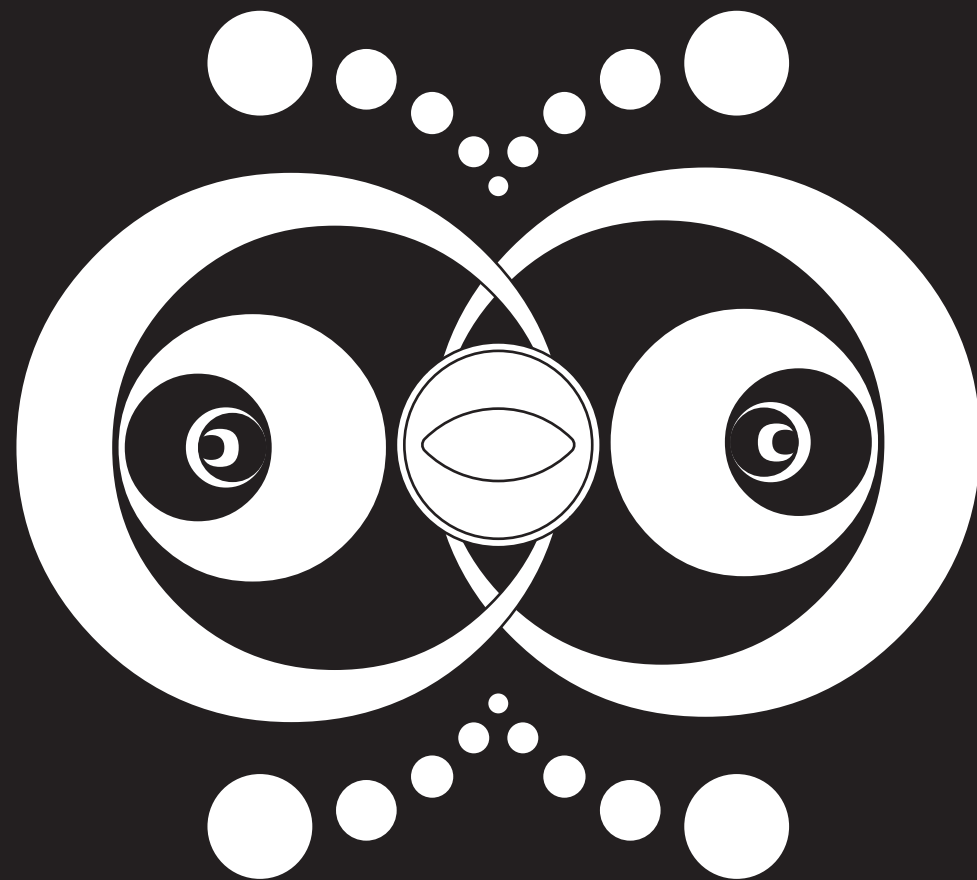
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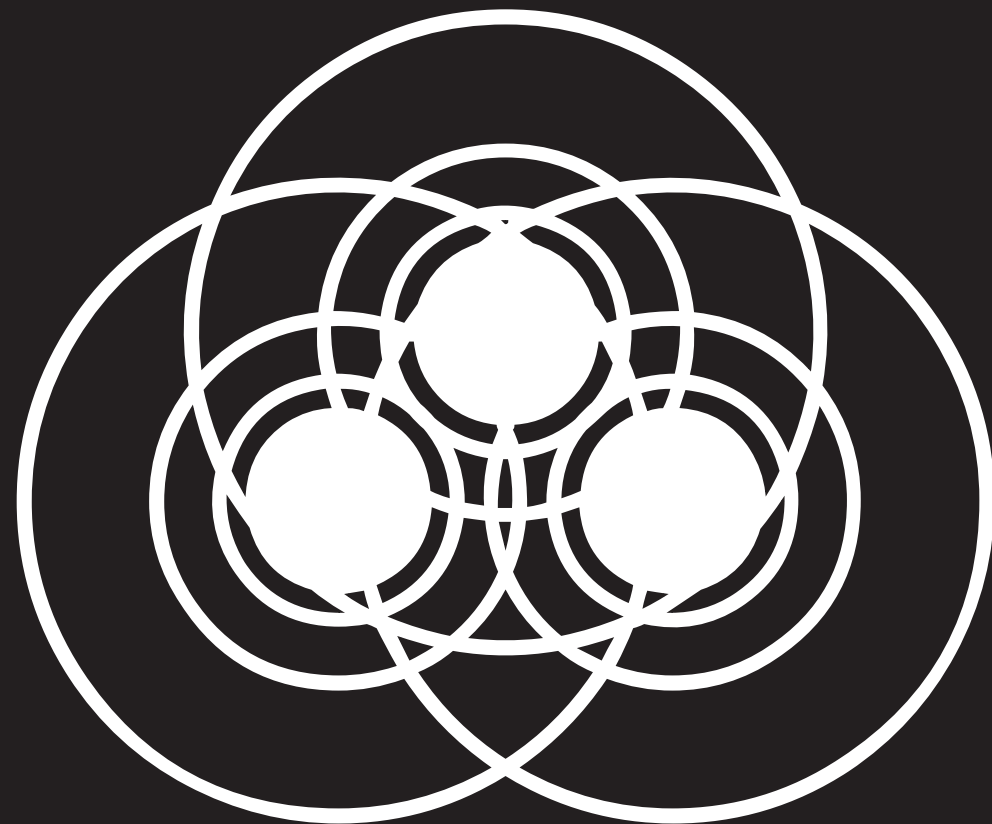
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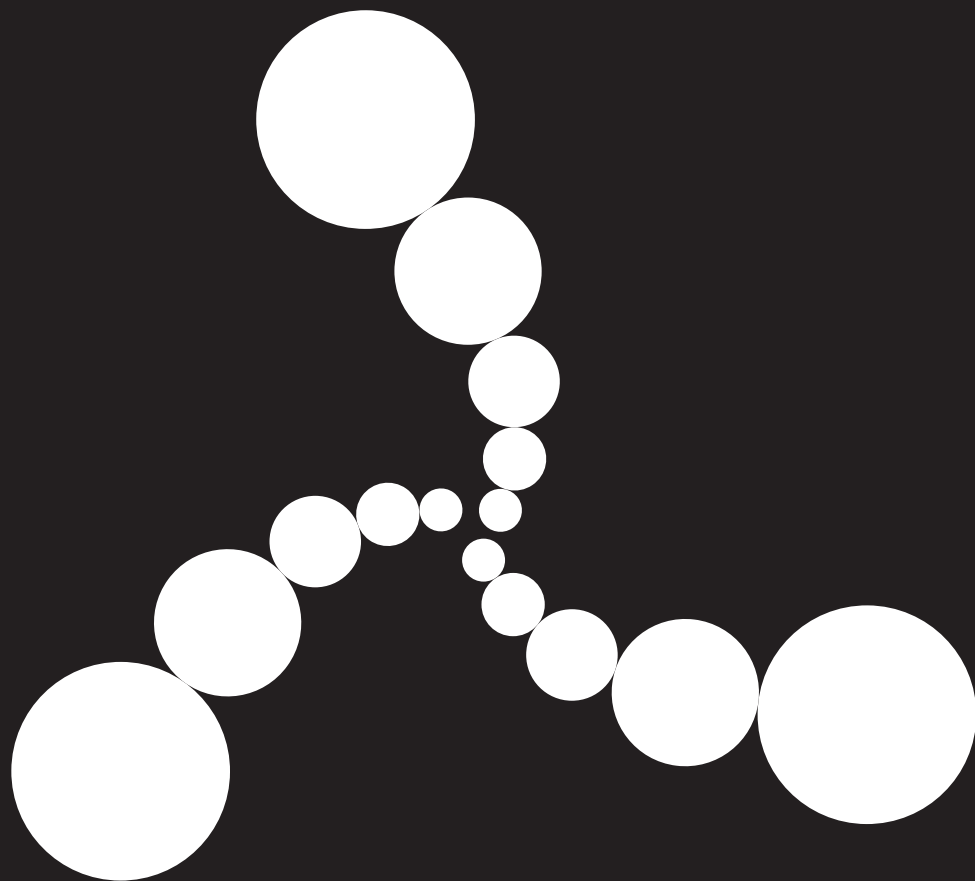
There has to be a revolution.  
And it has to be a  
revolution of consciousness.

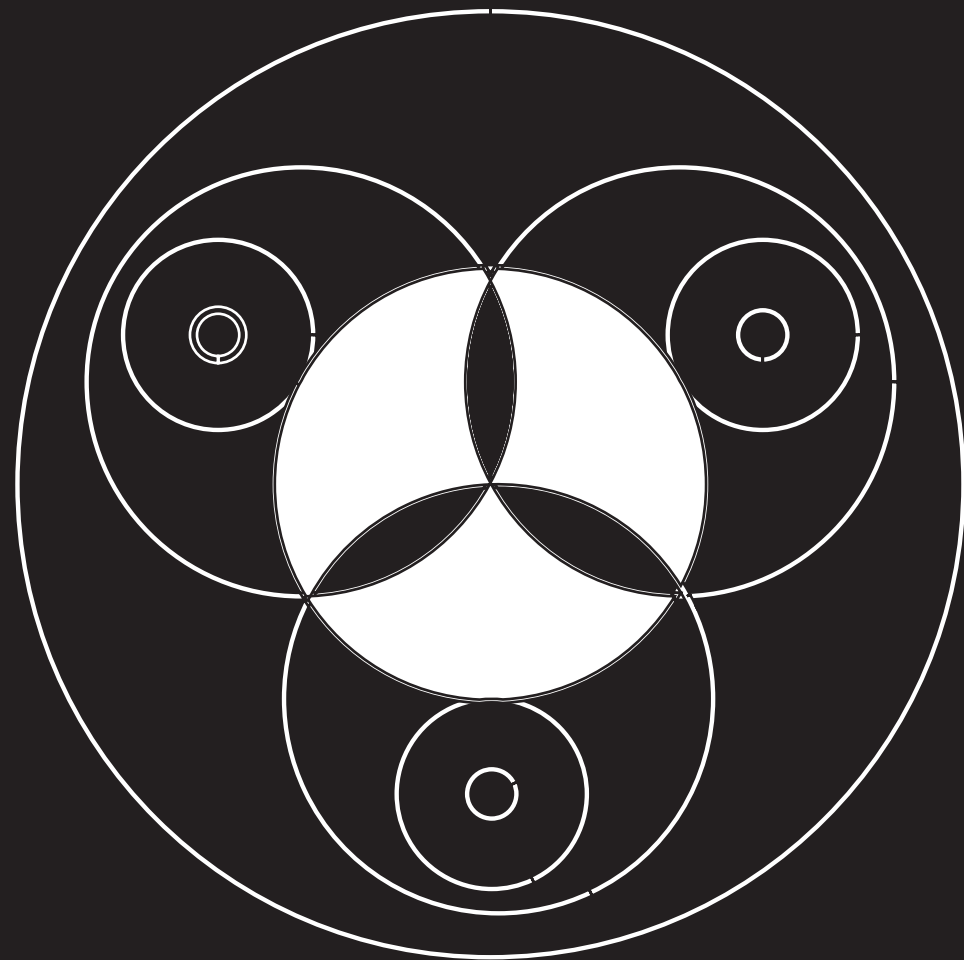
*Russell Brand*





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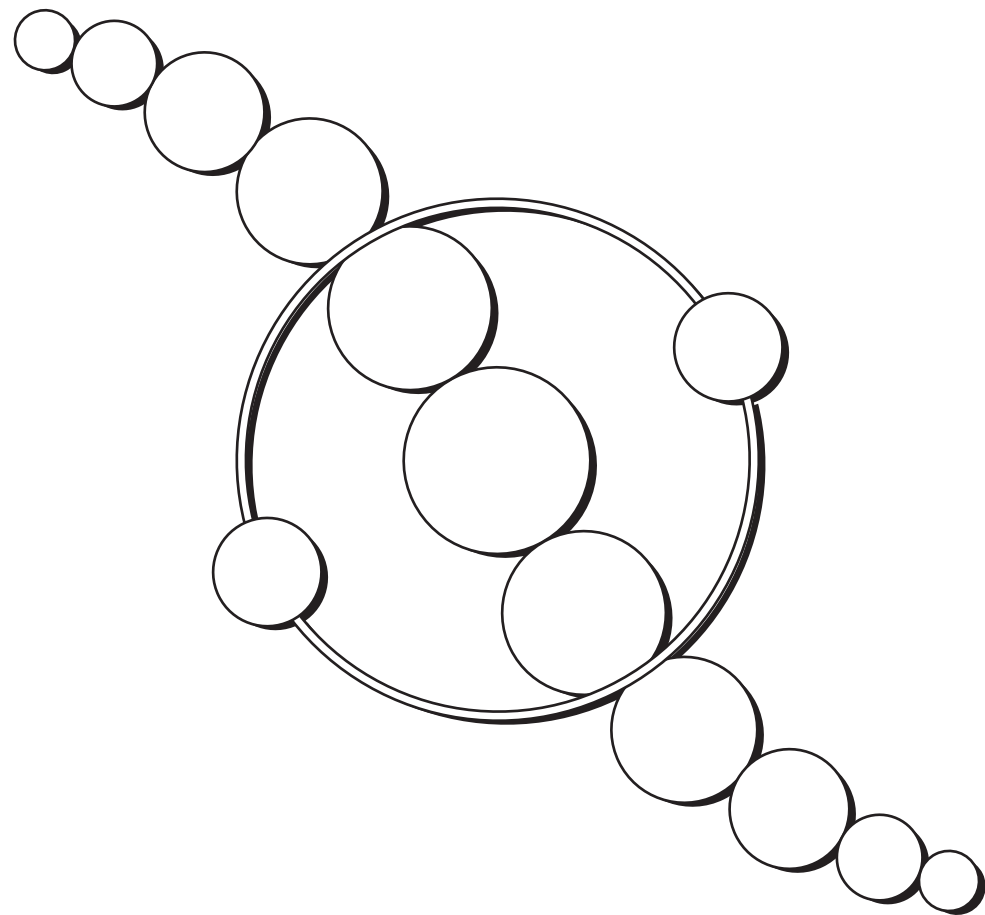
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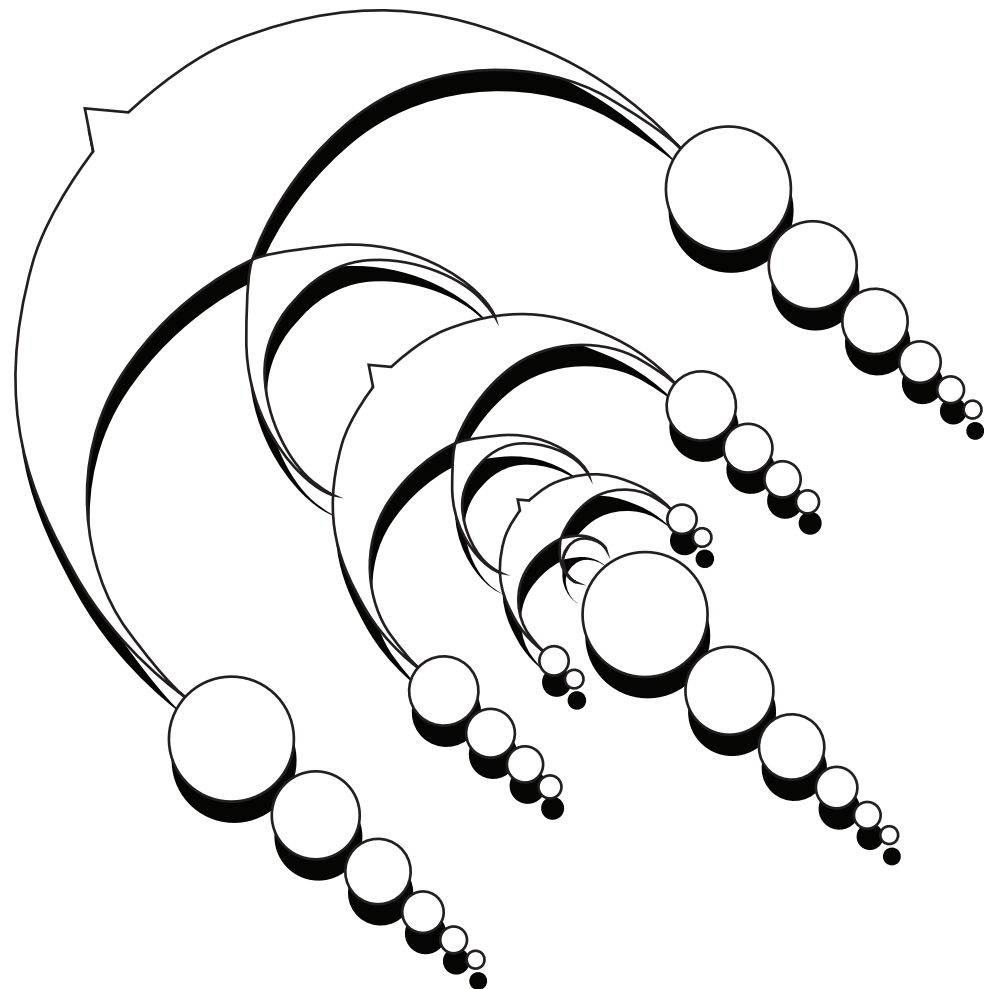
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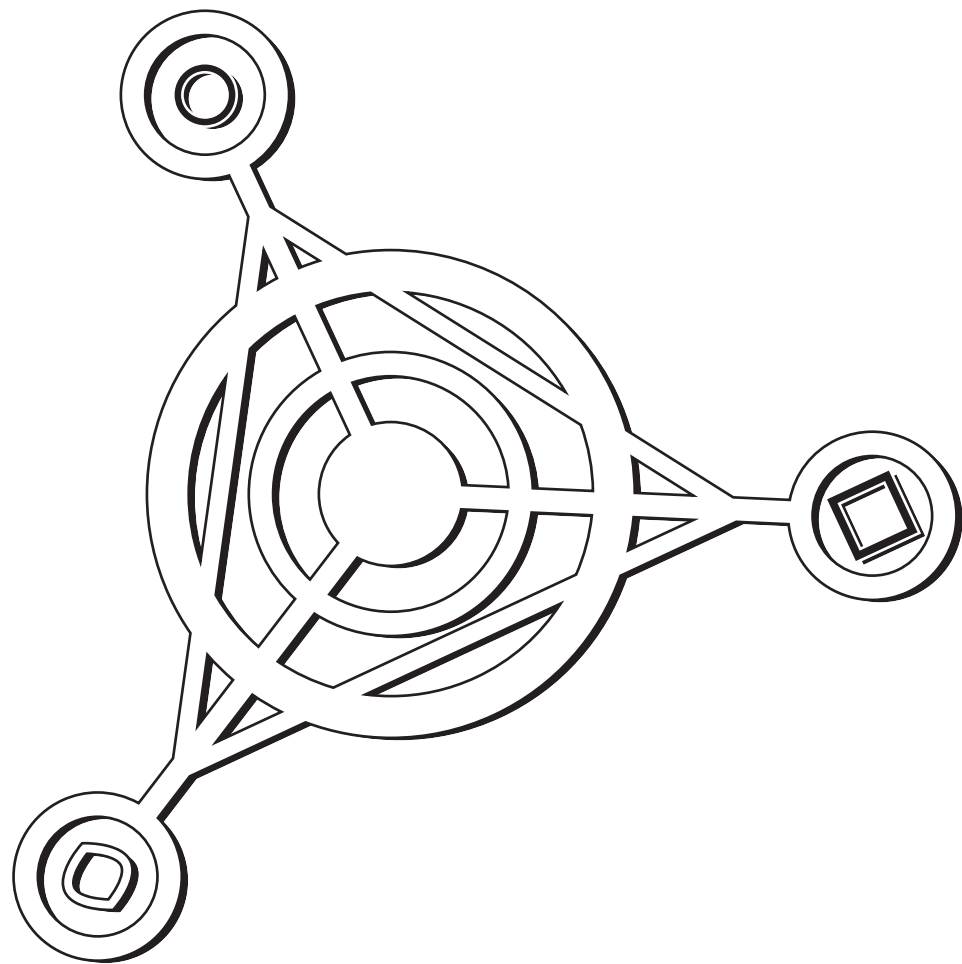
You are enough.

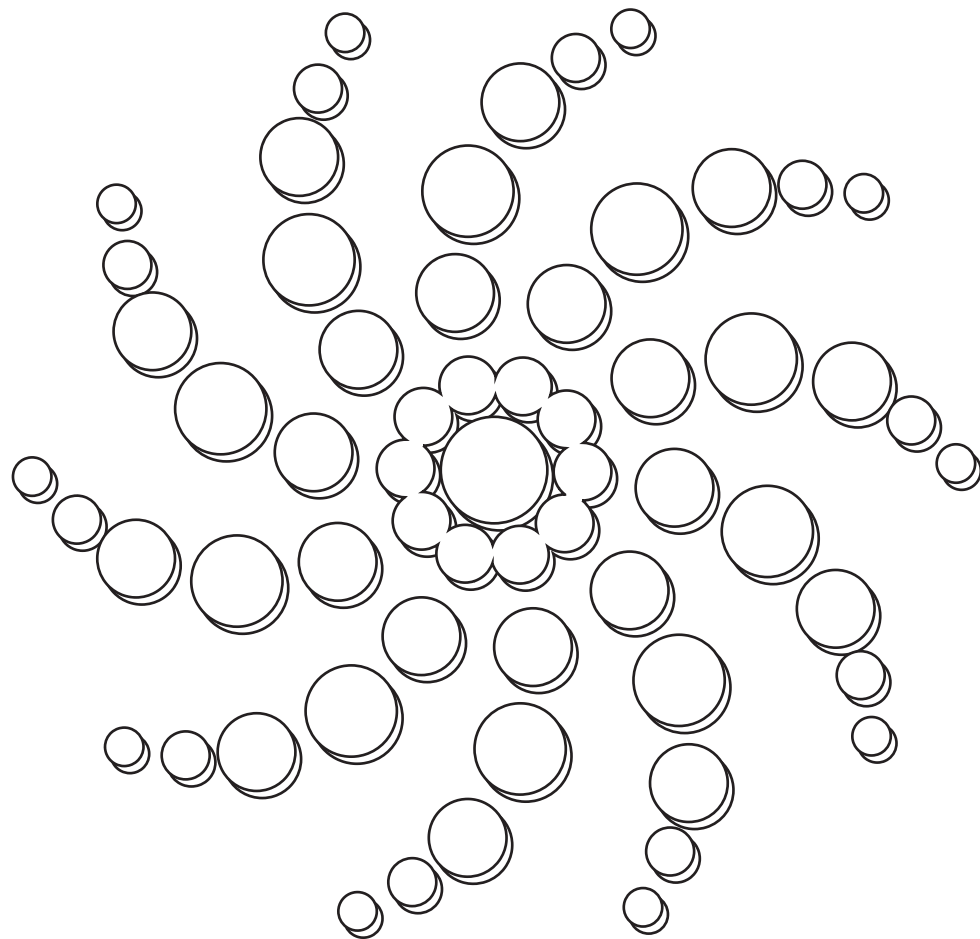
Brené Brown

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[illegible]

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