

## DAILY PRACTICE: The Witnessing Breath

Once a day (at least), take three slow breaths.

With each exhale, silently observe: "I'm creating."  
Softheartedly take in what you're thinking or feeling.  
No judgment. Just recognition.

## AFFIRMATION

"I'm the artist of this moment. Even in stillness, I'm shaping the story."

## MYSTIC ECHO

"... [T]he canvas is your mind, the brushes and colors are your thoughts and feelings, the panorama is your story, the complete picture is a work of art called 'my life'." - Innerspace