

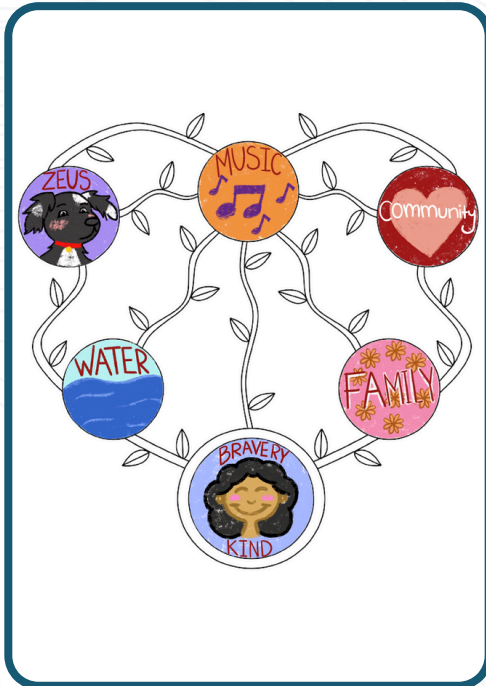
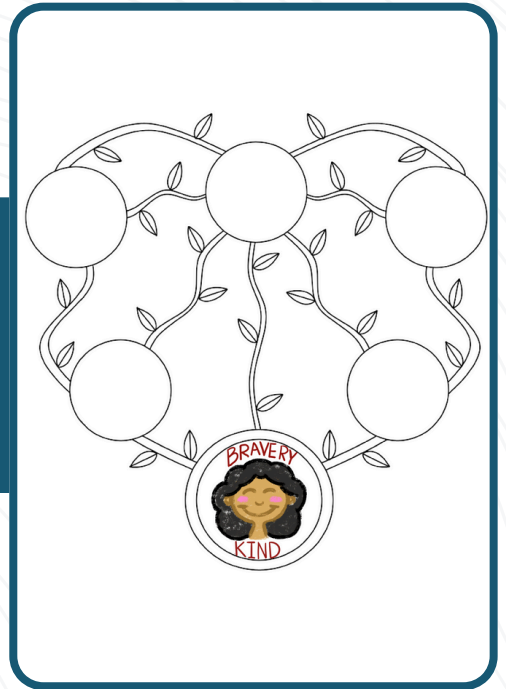
Suggestions for Creation



You're invited to select art materials that you feel will help you bridge the connection to your lineage of love or based on what you have readily available.

1

Imagine the bottom circle represents you. You can decorate this circle with words, colors, and symbols that best illustrate your strengths, values, likes and more.



2

The surrounding circles can represent your loved ones (human or non-human), or things that you access during difficult times. In these circles, you can color, draw, or use words to represent who these individuals are, the strengths they provide, and more.

3

Once you're finished with your creation, take a moment to feel the strength of your lineage. How might you utilize this art piece to fuel you in the future?



