

coloring

MEDITATION



Connect with the medicine of horses

Larissa Davis
LARISSADAVIS.COM



Hello journeyer,

Thank you for choosing to explore the free resources on my website. I am honored you chose to make this part of your journey.

I experienced the beginnings of my creative reawakening in my mid-40s after the abrupt and unexpected end of a corporate graphic design career. Not sure what to do, I pledged to find a way to connect to the quiet voice of wisdom within me to find my way forward. I recognized that I had a tendency to create change and chaos in my life as a distraction, so the actual

pledge I spoke aloud was "I will not make any major changes or decisions until I am unified." After six months of diligently retraining my mind to be still and quiet, I had a dream which showed me that I could use painting to heal what was broken in me and envision the future. As soon as I started painting, I felt connected with the inner peace and guidance I had been seeking. I love to create art that supports and celebrates our journey back to the truest version of ourselves, and to share what I have learned with the intent that it support others on their own healing journey.

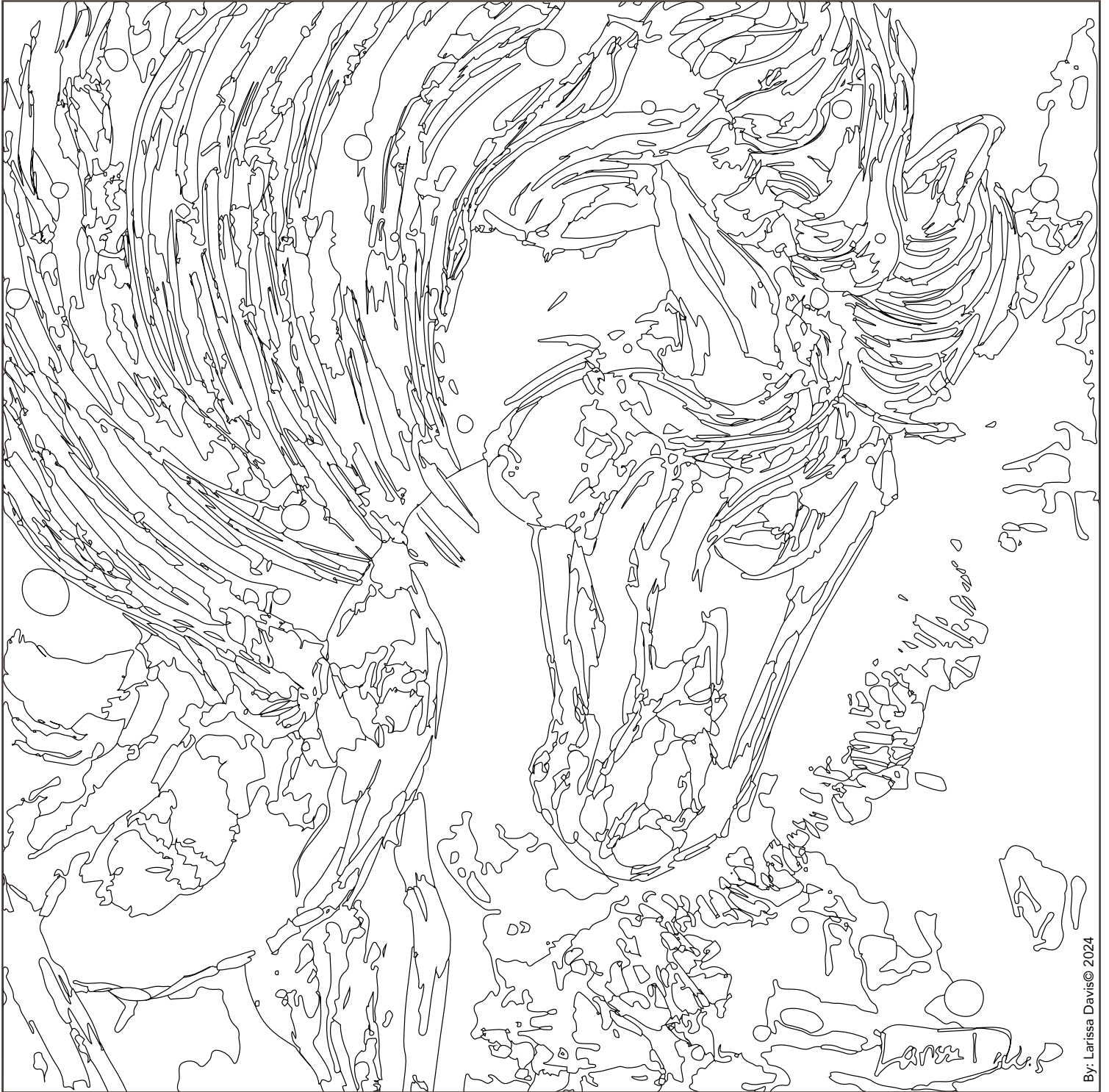
Enjoy your travels, may they be deep and rewarding,

A handwritten signature in purple ink that reads "Larissa". The signature is written in a cursive, flowing style.

Once Broken I

A COLOR MEDITATION

Created by Larissa Davis



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