

HOW COLORING EMPOWERMENT HELPS YOU HEAL AS YOU COLOR

THE OVAL - encourages a zest for life. Most of our coloring pages have the area to color contained with-in an oval. This format gives you a less stressful and more enjoyable coloring experience.

COLORS - influence our emotions. For example, red helps you to feel courage; blue calms you and green give you hope. When coloring use the color chart we provide to pick the colors that encourage the emotions you want to experience.

INSPIRING WORDS AND REPETITION - create aspiration. Adding positive and inspirational words or sentences to your coloring helps to reinforce your positive feelings. In the colored page you'll see the sentence "Find joy in your journey". This sentence was repeated through-out the whole page. When we see, say, write, or hear repeated positive words or sentences our brain kick-starts the desired emotion.

NATURE - has powerful health benefits. The majority of our coloring pages are nature focused. By coloring the beauty of nature a person can begin to feel its calming, healing aspects.

AWESOME
ACTION
ACCEPTANCE
ALLOW
ADORE
ABUNDANCE
AWARENESS
BALANCE

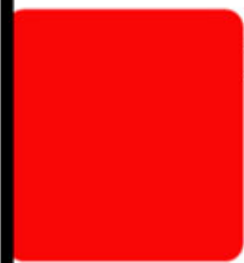
BEAUTIFUL
BELIEVE
BETTER
BREATHE

BRIGHT
CHANGE
CLARITY
CREATE
CARE

COMPASSION
CALM
COURAGE
CLARITY
COMFORT
DREAM
DESIRE
DELIGHTFUL
EXTRAORDINARY
FLEXIBLE
FORGIVENESS
FAITH
FULFILLMENT
GRACE
GRATITUDE
GROWTH
HAPPINESS
HOPE

HEALING
IMAGINE
LOVE
LAUGH
NUTURE
OBSERVE
PATIENCE
PEACE
POWERFUL
PURPOSE
REJUVENATE
RELEASE
SERENITY
STRENGTH
TRUST
TRUTH
UNDERSTANDING
WISDOM

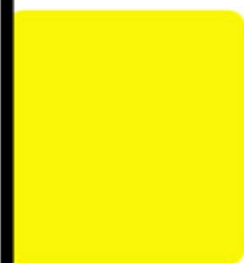
THE MEANINGS OF COLORS



Red gives courage and strength. It imparts energy.



Turquoise shows understanding and communication.



Yellow is the source of renewal. It encourages health.



Pink is tenderness. It reduces tension.



Blue is joyful and calming. It refreshes.



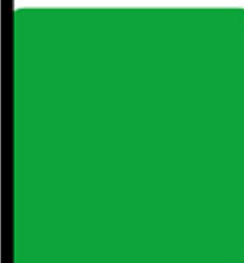
Grey is neutral. It shows a willingness to agree.



Orange gives the feeling of comfort and warmth.



Brown signifies stability and protection.



Green signifies growth and transformation.



Black is silence but also shows preparadeness.



Purple inspires creativity and positive thoughts.



White is purity, openness and truth.