

Color In Healing

MAYHEM PROJECT | COLORING BOOK SERIES

Self-Express into Nothingness

How To Use This Book:

We gave you pages in between art to create your own paradise. If you're inspired by each prompt, use colors to self-express, there's no rules to this



MAYHEM PROJECT

” Think about what makes you smile,

Jot a few of your favorites down.

How does your body feel when you're happy? ”



“

Sometimes the greatest thing we can do is just trust who we are at that exact moment in space and time.

Who are you today?

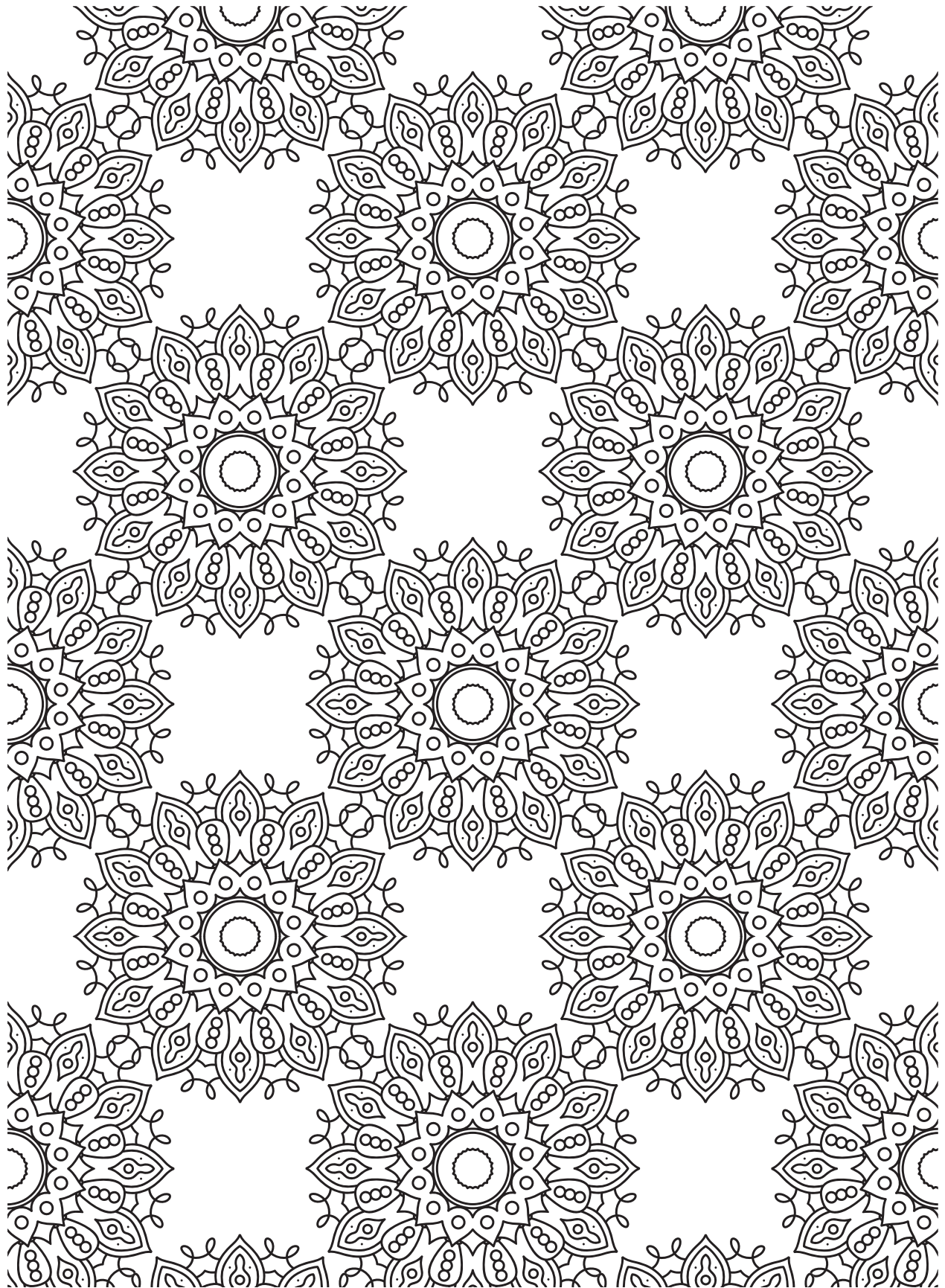
”



“

Attachment is the root of all suffering,
please allow yourself to feel + heal and
release what is unnecessary to carry

”



Your conscience doesn't
know the difference
when you're joking,
Always speak to yourself
with kindness + love

