



Figure 25: *Healing Energy*, by Jan

“This drawing began with a circle, and then I just continued to let it flow and expand. It started off as a drawing of grain. I see grain as very nurturing. I love the way grain blows in the wind. It forms a vortex in the center. This is an image that represents my energetic expression of physical and emotional healing. I would like to put this on my bedroom ceiling so that I could look at it every night and remember how good it feels to feel good.”

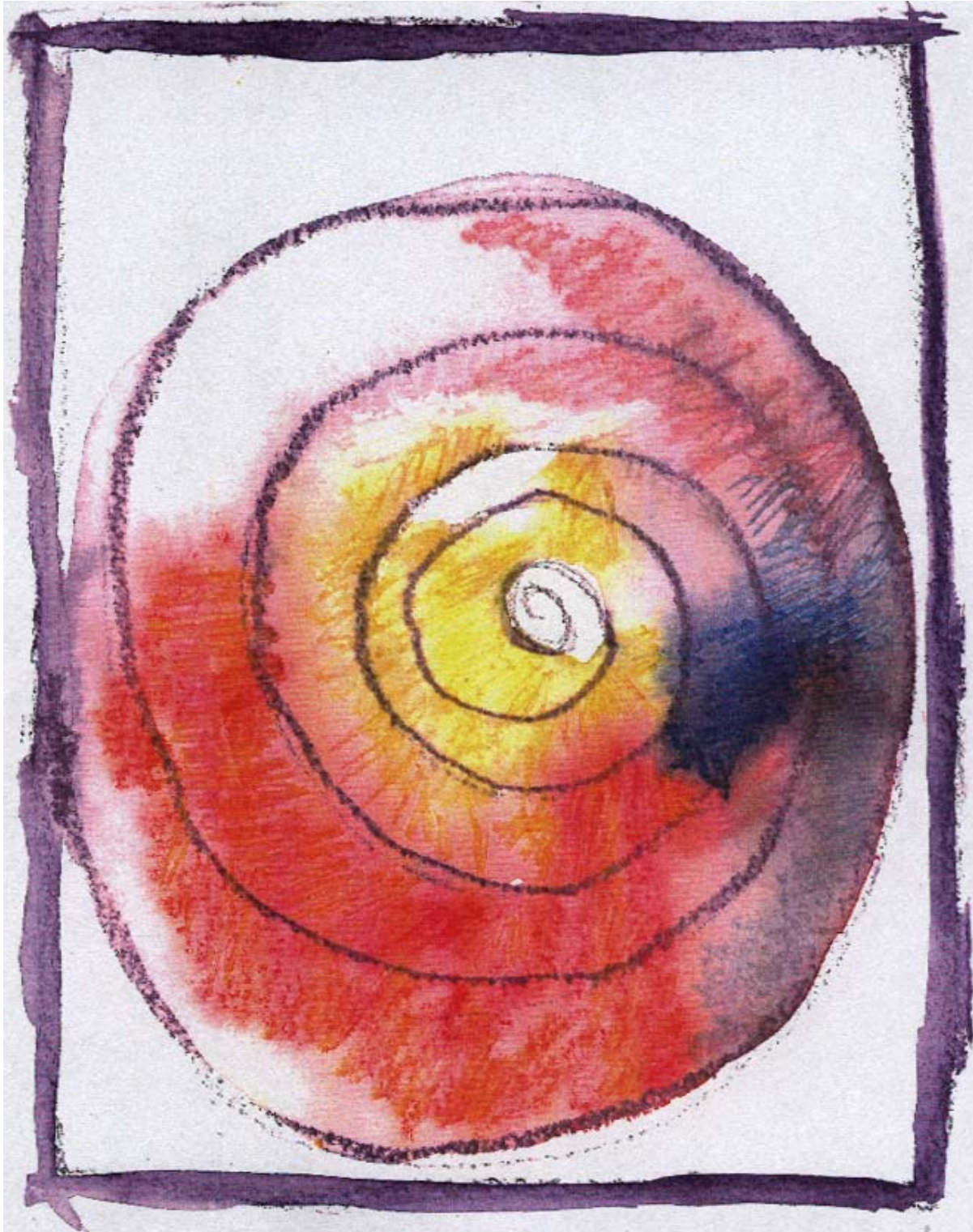


Figure 27: *Soul Spiral*, by Birgitta Grimm

“My soul feels walled in; it cannot expand. The red is my fear—invasion. The yellow is power—light. The blue is peace. The pink is lightness. The transparent places are joy, expansion, and hope.”



Figure 10: *The Heart Speaks*, by Diana Boehnert
(For a discussion of this picture, see page 13.)