

Week 3 – A Safe Place Within

Intention: To cultivate inner safety and stability.

Materials

- Paper
- Colored pencils or pastels

The Practice

- Picture a place where you feel safe — real or imagined.
- It may be a room, forest, shoreline, or abstract light.
- Begin with the background. Build slowly. Add details that create comfort: texture, warmth, enclosure, light.
- Notice which colors feel protective or grounding.
- There is no need to include yourself in the image unless it feels right.

Reflection

- What makes this space safe?
- Where do your eyes rest?
- What colors create protection?

Integration: When stressed, visualize one color or element from this image. Let it anchor you.

If this practice stirred something in you...

In my book, I explore the emotional language of color and how our creative choices can mirror the subconscious in quiet but meaningful ways. These weekly exercises are small openings into that deeper conversation. If you feel curious, the fuller framework and guidance live there.