SPIRIT SPRINT by Lois Warnock, Spiritual Psychic Artist 'Meditative Coloring Practice'

I invite you to sit quietly, with some gentle favorite meditation music and color a copy of the mandala painting below. As you color, breathe a violet mist in gently and notice your breath – connecting to your mind, clearing anything that no longer serves you. Once you are finished, move to the Spirit Sprint on the next pages. You are ready!



SPIRIT SPRINT By Lois Warnock, Spiritual Psychic Artist

Welcome to my 'SPIRIT SPRINT' play sheets! These spirit guides come to you from the Spirit Guide Soul Divination Oracle Deck I created from the many channeled sessions for clients. The spirit guide offers you a message along with their favorite crystal with guidance and a mantra to connect. This is an opportunity for expansion. Have fun!



PAPA PIERRE: Creative Expression

Papa Pierre is my Spiritual Psychic Art Guide. He is one of the first group of guides that I was introduced to when I began my spiritual journey. It took several months before I was ready for him to appear on the paper! It was a life altering experience as his image came through within 10 minutes as I 'removed my physical self' from the process and allowed spirit to guide the pencil! He comes forward to assist all artists, writers, musicians, and creatives to 'OWN their abilities'.

CRYSTAL: Amethyst (Wind) - Protection, purification, intuitive and psychic abilities, connect to spiritual realms, opens/clears 3rd Eye Chakra.

MESSAGE:

You are the artist or your life! You only need to call me forward and I will assist you in finding that connection to your spirit team. This will lead you to your creative dreams.

Set your sacred space, find some relaxing music or the 'Om' and begin. Allow your pencil to flow with words, symbols, drawing or other communication.

MANTRA: I AM CONNECTED TO THE DIVINE.

Lois Warnock, Spiritual Psychic Artist Blank page for your creative expressions or messages! Lois Warnock, Spiritual Psychic Artist:

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connect. The 'SPIRIT SPRINT' is an opportunity for expansion. Have fun!

ARCHANGEL GABRIEL: FAITH – HEALING ENERGY

Archangel Gabriel comes through in the feminine energy for me. I have had the masculine energy come through for clients. Whatever energy that 'you' need will appear. She is ever present when I offer Angelic Reiki or other healing energy to clients. She leads my angelic team for many connections.

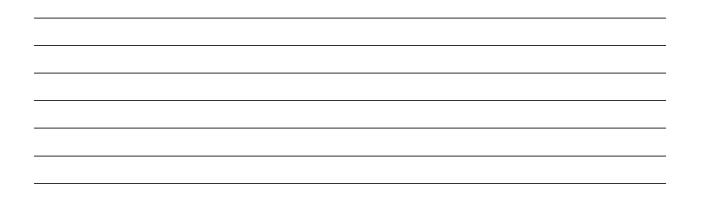
CRYSTAL: Blue Lace Agate (Water). Communication with higher guides. Speak your truth with gentleness. Harmony & Diplomacy.

MESSAGE:

May appear feminine or masculine. Be your own health advocate. Have faith. Call in your angelic healing team.

Close your eyes. Image your angelic guide – describe the vision through words and perhaps a creative image? What do you notice? The wings? The color? Your angel awaits to connect.

Mantra: I AM CONNECTED TO THE ANGELIC REALM. I AM IN PERFECT HEALTH.



Lois Warnock, Spiritual Psychic Artist: Blank page for your creative expressions or messages!