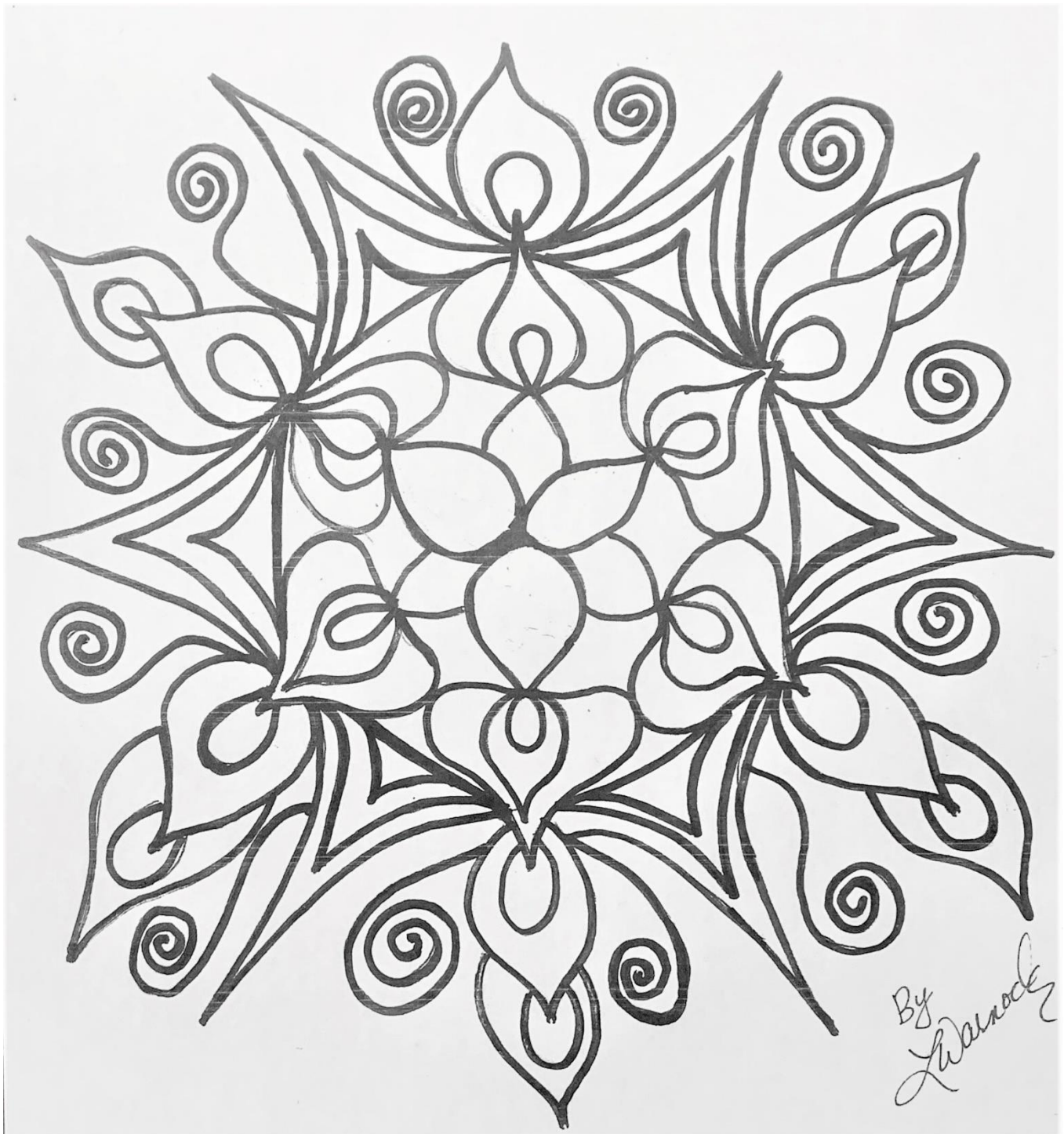


SPRIT SPRINT by Lois Warnock, Spiritual Psychic Artist
'Meditative Coloring Practice'

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!



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

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. 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!