

DEPTH IN DRAWING

A MOMENT FOR YOU!

Amanda Masterson



Reflections



This worksheet accompanies the guided meditation found at amandamasterson.com.

Do the meditation and then let yourself colour inside and outside the lines, scribble notes or doodle and let your mind wander as you reflect about what came up for you as we journeyed into the heart. Enjoy!

EXPRESSIONS STRAIGHT FROM THE HEART

Experiments to inspire expansion & connection.



MISSION

I work with new and ancient energy healing modalities such as deep listening, transformation coaching and soul work, symbology and dream work, art therapy (especially video & sound), channeling, light language, Reiki, meditation and tarot cards.

To walk my talk, I regularly share the light and shadow of my own soul work through video experiments and expressions from the heart. As much as it's been a challenge to bare my soul in this way, I keep sharing these expressions with the hope that they will inspire others to share their truest voices and experiences too.

It is my purpose and sincere pleasure to hold space for others to uncover and shine their light, so if you feel called to connect, please reach out. Book a session now or set up a free discovery call so we can see how my gifts may best be of service to you.

Lotsa love,

Amanda

