



FIGURING
SLOWLY

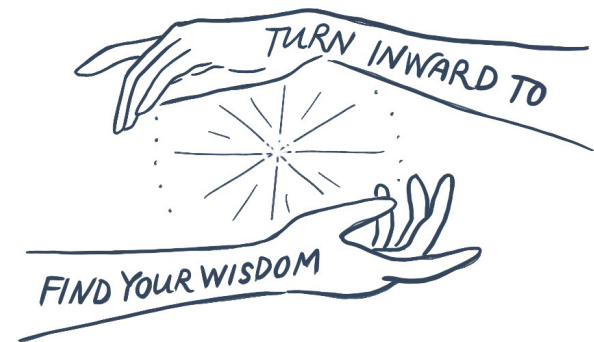


THERE'S BEAUTY IN THE FIGURING
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ARTWORK, WRITING & COMPILATION
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THESE THOUGHTS & FIGURINGS BELONG TO:

MONTH | YEAR



FIND STRENGTH IN YOURSELF
BE INTENTIONAL & GRATEFUL
BE MINDFUL & COMPASSIONATE

A Basic Meditation:

SIT OR LIE COMFORTABLY.
MAKE NO EFFORT TO CONTROL
YOUR BREATH; JUST BREATHE NATURALLY.

FOCUS YOUR ATTENTION ON YOUR
BREATH AND ON HOW YOUR BODY MOVES
WITH EACH INHALATION AND EXHALATION.
NOTICE THE MOVEMENT OF YOUR
BODY AS YOU BREATHE.

NOTICE YOUR CHEST, RIB CAGE, SHOULDERS AND
BELLY AS YOUR BREATH COMES IN AND OUT.

NOTICE YOUR BREATH WITHOUT
TRYING TO CONTROL OR CHANGE IT.

IF YOUR MIND WANDERS,
GENTLY REMIND YOURSELF TO
FOCUS ON YOUR BREATH AGAIN.
IT'S NORMAL FOR YOUR MIND TO WANDER.
BE GENTLE WITH YOUR THOUGHTS.

MAINTAIN THIS BREATHING MEDITATION FOR TWO
TO THREE MINUTES TO START, AND THEN TRY IT
FOR LONGER PERIODS AS YOUR ABILITY INCREASES.

YOU MAY FIND IT HELPFUL TO COUNT
"ONE BREATHE IN, ONE BREATHE OUT."
TWO BREATHE IN, TWO BREATHE OUT."
THIS KEEPS YOUR MIND FOCUSED ON YOUR
BREATHING AND LESS ON YOUR THINKING.

WHAT DID I NOTICE AS I FOCUSED ON MY BREATHING
AND TRIED TO STILL MY MIND?

DAYS WHEN I MADE
TIME FOR STILLNESS:

WHAT DID I NOTICE
ON THOSE DAYS?

DAILY INTENTIONS

ABOUT CONNECTION, HANDLING EMOTIONS, INNER STRENGTH...

DAY INTENTION

DAY INTENTION

DAILY GRATITUDE

FIND SOMETHING TO BE GRATEFUL FOR EVERY DAY...

DAY	GRATITUDE

DAY	GRATITUDE

DAY

SOMETHING I LOVE ABOUT MYSELF

DAY

SOMETHING I LOVE ABOUT MYSELF



I AM GOOD.
I AM ENOUGH.
MY VALUE IS NOT
IN THE SHAPE,
SIZE, COLOR, OR AGE
OF MY BODY.

I AM WORTHY
OF LOVE
AND BELONGING
EXACTLY AS I AM.

MORNING MANTRA

WRITTEN BY MARIN SMITH @MARINLOUISEY

Every morning I wake up and put my contacts in so I can see clearer. As soon as they are in, the first thing I see in the mirror is my face. My brain is so used to seeing filtered and photoshopped images that when I see reality, when I see my real face in the mirror, I feel disappointed. It is easy to see the wrinkles, the acne, the features of my face that are too large or too small. It is easy to be critical and not let myself see the good. I have decided to not do the easy thing anymore.

So now, I take a deep breath and close my eyes. Instead of looking at my face, I follow the breath as it comes in my nose. I watch how it feels. Slow deep breathing calms the mind. It cleanses the mind of negative thinking. It can help you feel safe. I watch the breath come in and soften the eyebrows, the cheek bone, the jaw. I watch the breath come in and soften the forehead and the ears. I try to let the whole face relax and be where it is.

Let it be what it is. Let your face be good. Let your face be enough. Let the breath remind you that your face is yours. No matter what it looks like, it is you. And you are worthy of love and belonging.

My face with all its imperfections belongs to me. It tells the story of what I have seen, who I love, how I feel, and what I need. This face is not filtered, it is real. There is power in reality. Society will try and sell me different creams, shots, treatments and injections. Society will tell me that I will be happier, that I will be whole, if I buy and use their product.

I find happiness and wholeness by waking up in the morning and taking a deep breath. I remind myself that my smile can help someone today. My ability to cry with someone can connect us through empathy. I remind myself that my long nose, which society would tell me is too big, can smell the beautiful smells of spring. The wrinkles on my face come from laughing and squinting so that I can see more. My imperfections can connect me with the people around me. My face is good, my face is enough, my face does not determine my value. My face is worthy of love and belonging. So is yours.

WHAT WILL BE MY MORNING MANTRA?

HOW HAVE I FOUND BEAUTY IN FIGURING OUT
THE UNEXPECTED THINGS IN MY LIFE?

I AM ENOUGH.



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