



**COLOURING
WITH MY
INNER
CHILD**

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Welcome to the Colouring with your
Inner Child book.

I am so excited to have you here and I
look forward to hearing about your
experience with it.

This is a space for play, creativity,
curiosity and exploration of the self.

From my Inner Child to yours.

This is a FREE sample of the book I will be publishing soon and is for you to have a taster of what colouring with your Inner Child feels like.

The aim is for you to connect with the energy of wonderment and curiosity. Set aside judgement and allow yourself to go with the flow of colouring. Your Inner Child is the best person to help you reach this state.

On the book we will go on a deeper journey, but in this FREE sample, we are going to get you started and give you a few designs for you to start with.

To get you all set up, you are going to need to go shopping for colouring material with your Inner Child. They are an expert on what makes you happy and tingly, so allow them to take the lead.

Choosing type of colouring material

Go to a shop where there are different things on offer. As you will be printing the designs yourself, I am imagining you will be doing so in normal A4 paper, so I would advise you to choose between markers, pencils or crayons. They all offer a different experience and result, so allow your Inner Child to choose. Allow yourself to feel what excites them most and go for it. If you want to try all these different mediums and experience how each of them feels, then go ahead.

Choosing colours

In terms of colours, I would advise to get as many different colours as you can and are willing to invest at the moment. My Inner Child loves a wide variety of colours and I am guessing yours will like it too. Check with them anyway as different brands will offer different tones and this will make a difference in your experience.

My Inner Child loves markers, in particular Sharpies, because the colours blend really well and they are very smooth. She loves having a wide variety of colours to choose from. Colours make her happy.

When you have both printed the drawings and have the colouring materials, I have a couple of instructions that will help you dive in and let go of the pressure or judgement you may feel.

Guidance on how to colour with your Inner Child

Step 1

Take a couple of deeper breaths, inhaling through the nose and exhaling through the mouth. Make the exhalation slightly longer and even make a sound or sigh.

Step 2

Choose the drawing that really calls out to you. That is your Inner Child already helping you choose.

Step 3

Spread out all the colours you have in a way that you can see them clearly. Look at them as if you are looking at a box of your favourite candy. Allow yourself to look through the colours and notice when a colour jumps out at you.

Step 4

Use the same technique for choosing which part of the drawing you want to start colouring in. There are not rules, you don't have to start from the middle. You can start from wherever you want.

Step 5

Change and choose colours using your Inner Child and their excitement to guide you until you have nothing else to colour in.

Judgement and expectations

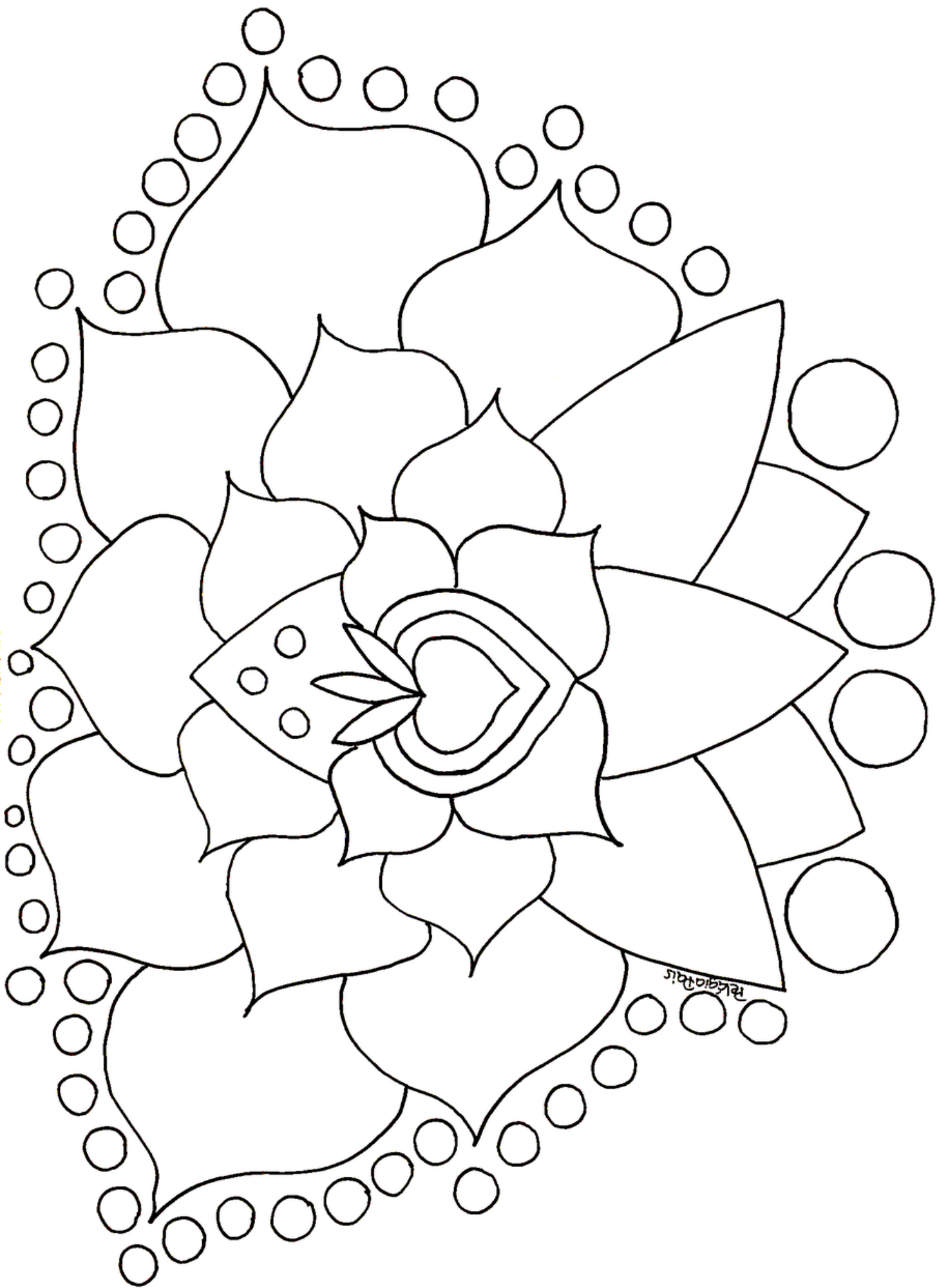
I want to invite you to leave these outside of this experience. Colouring with your Inner Child is an opportunity for you to connect to that child like willingness to just go for it, without limitations and expectations of how things are supposed to look. The best thing is to never strive for perfection and really connect with the adventure it is of not knowing how the drawing is going to come out in the end.

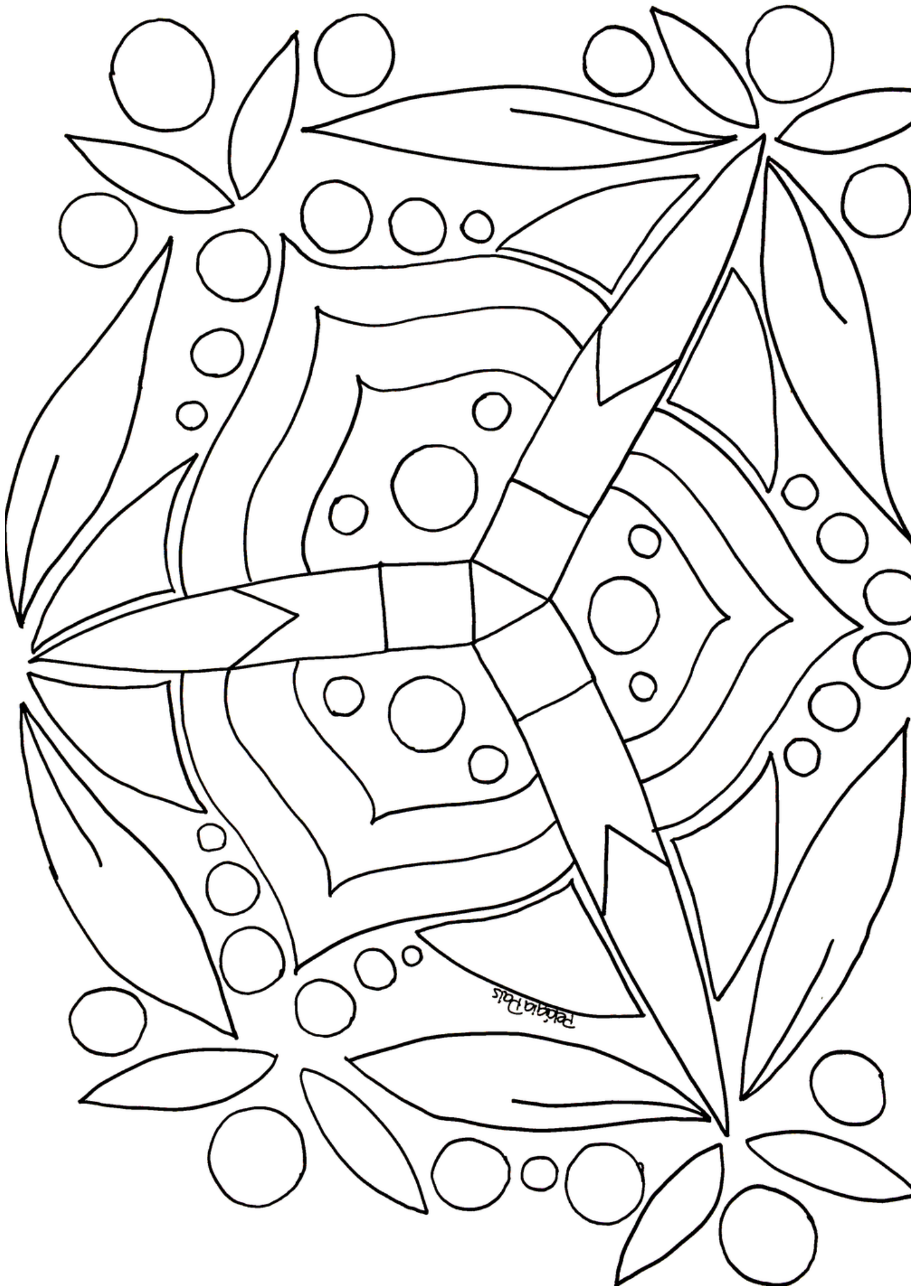
You can print and colour the same drawing as many times you want and you may find that the experience and the result may be different.

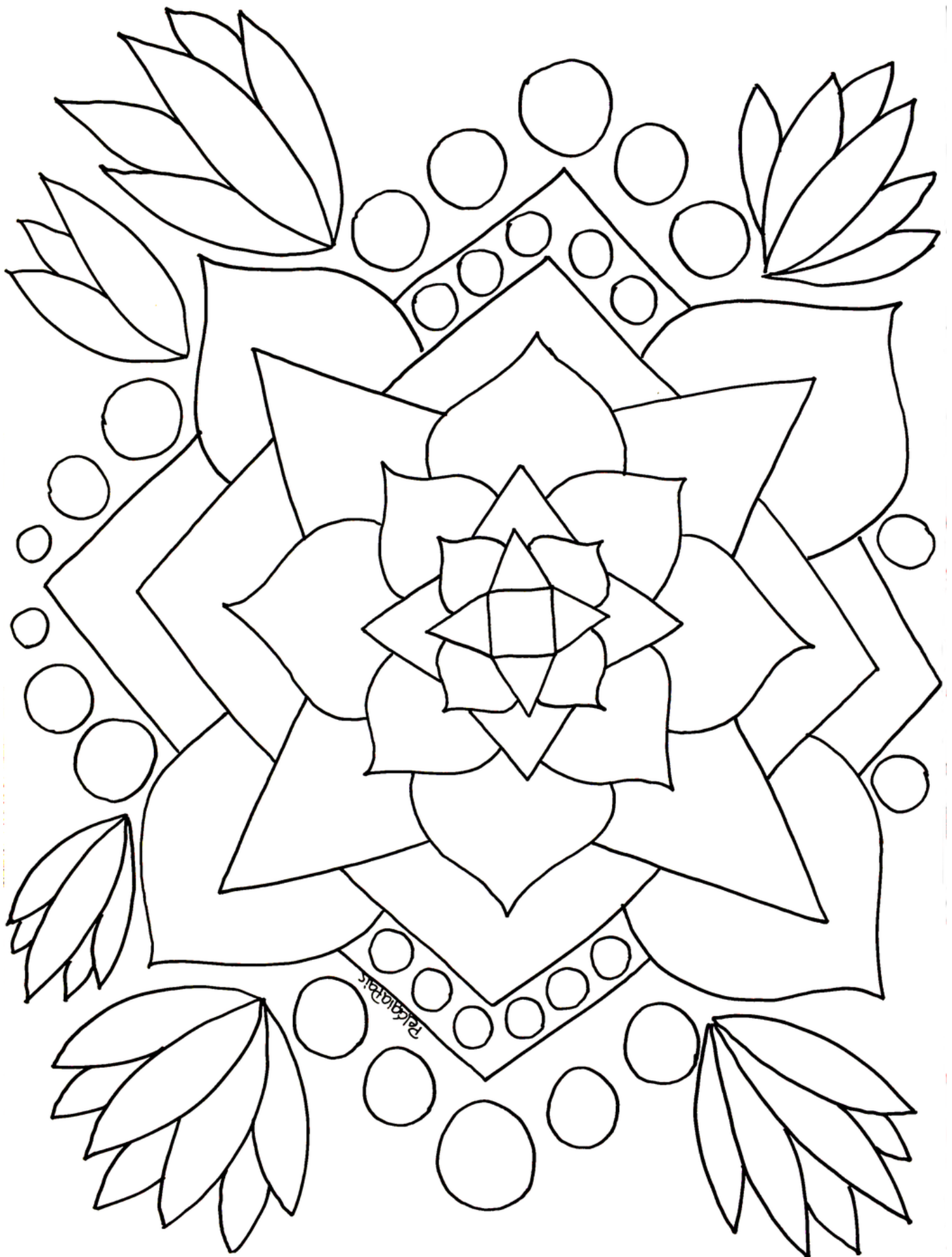
You may also at some point, use different patterns to colour in, in particular if your Inner Child loves a bit of detail. I will leave that to you.



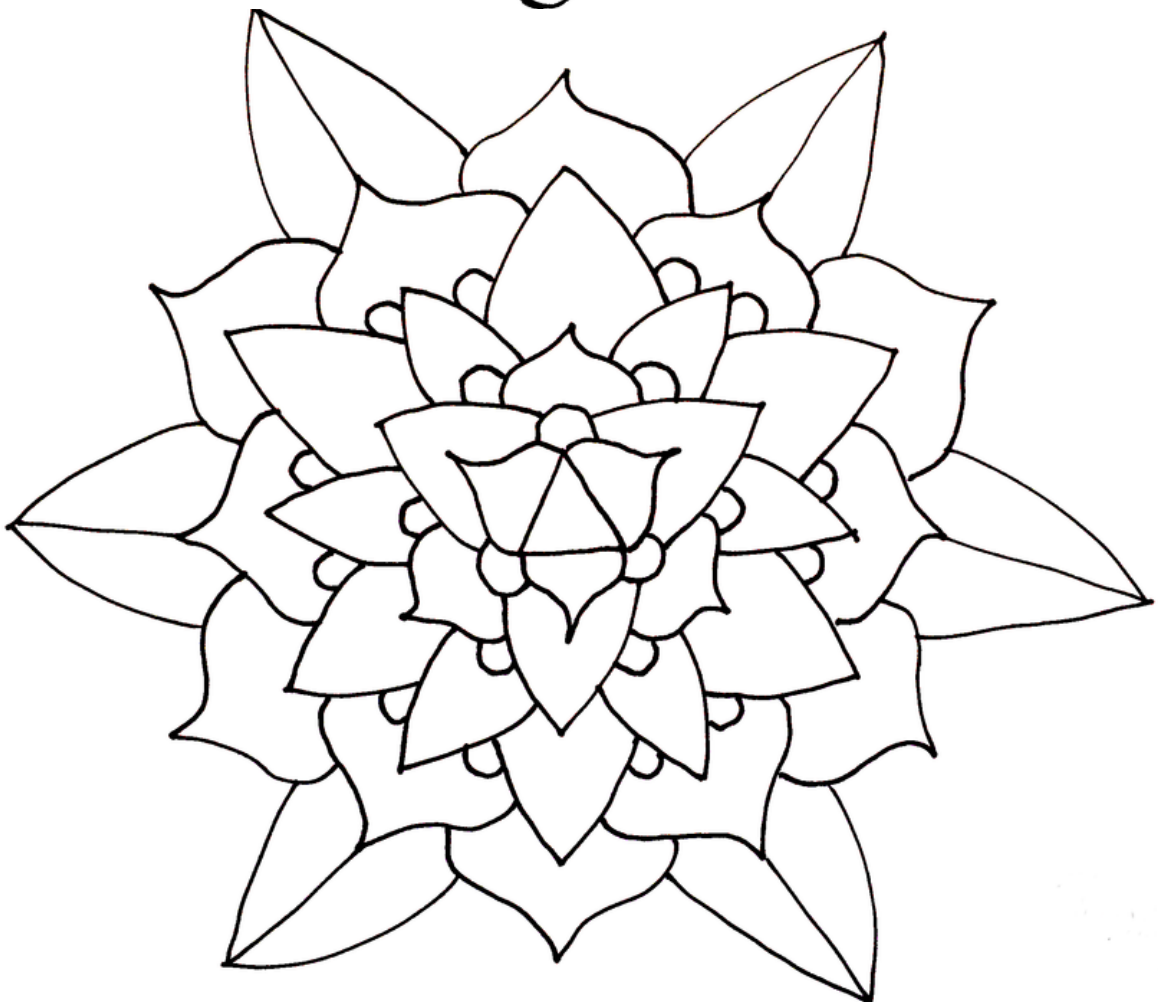
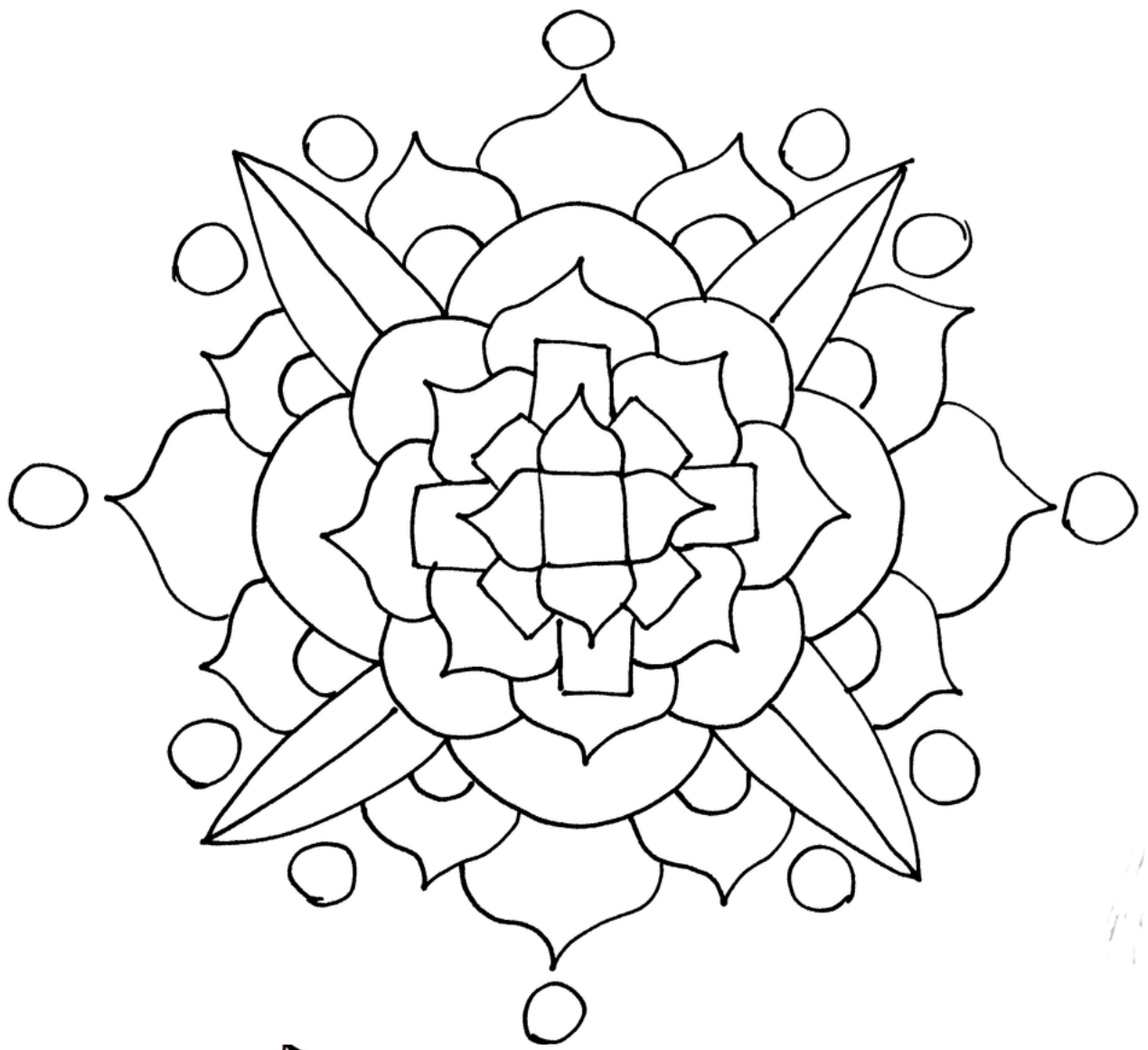
**Most importantly:
have fun
let go
and
immerse yourself in the
simpler world of
shapes, colours,
exploration and joy.**







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I would love to see some of the results as well as hear about your experience with the drawings and colouring with your Inner Child. Please come and visit my Facebook page and leave a guest comment and share some of your work, I would love to see it and read about it. If you are a little bit more on the shy side, you can email me or send a private message through Facebook.



Pelagia Pais is an Intuitive Artist and a Self Empowerment Coach. Part of her journey of self healing involved creating a lot of art. She embraced her Inner Child and just allowed herself to follow their guidance. The result are colourful pieces with bold shapes in a constant exploration of colour, space, a connection to her Inner Child as well as a deep connection within her.