

WA State Native American Coalition
Against Domestic Violence and Sexual Assault

MINDFULNESS



Coloring Book



Wisdom



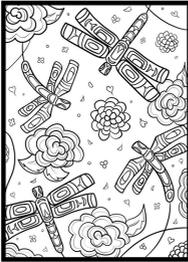
Strength



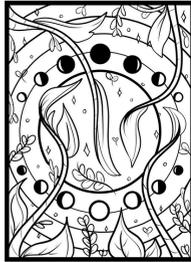
Connection



Contribution



Renewal



Alignment



Abundance



Sacredness



Happiness



Gratitude

THE COLLECTION

Concept Artist

Audrey Hirakawa

In Collaboration With

Dee Koester, MS
Executive Director

Anna Mayes, MAEd
Training Developer

Copyright © 2024

All rights reserved. This publication or any portion thereof may not be reproduced, transmitted, transcribed, stored in a retrieval system, or translated into any language in any form by any means without the written permission of WomenSpirit Coalition.



Indigenous Mindfulness

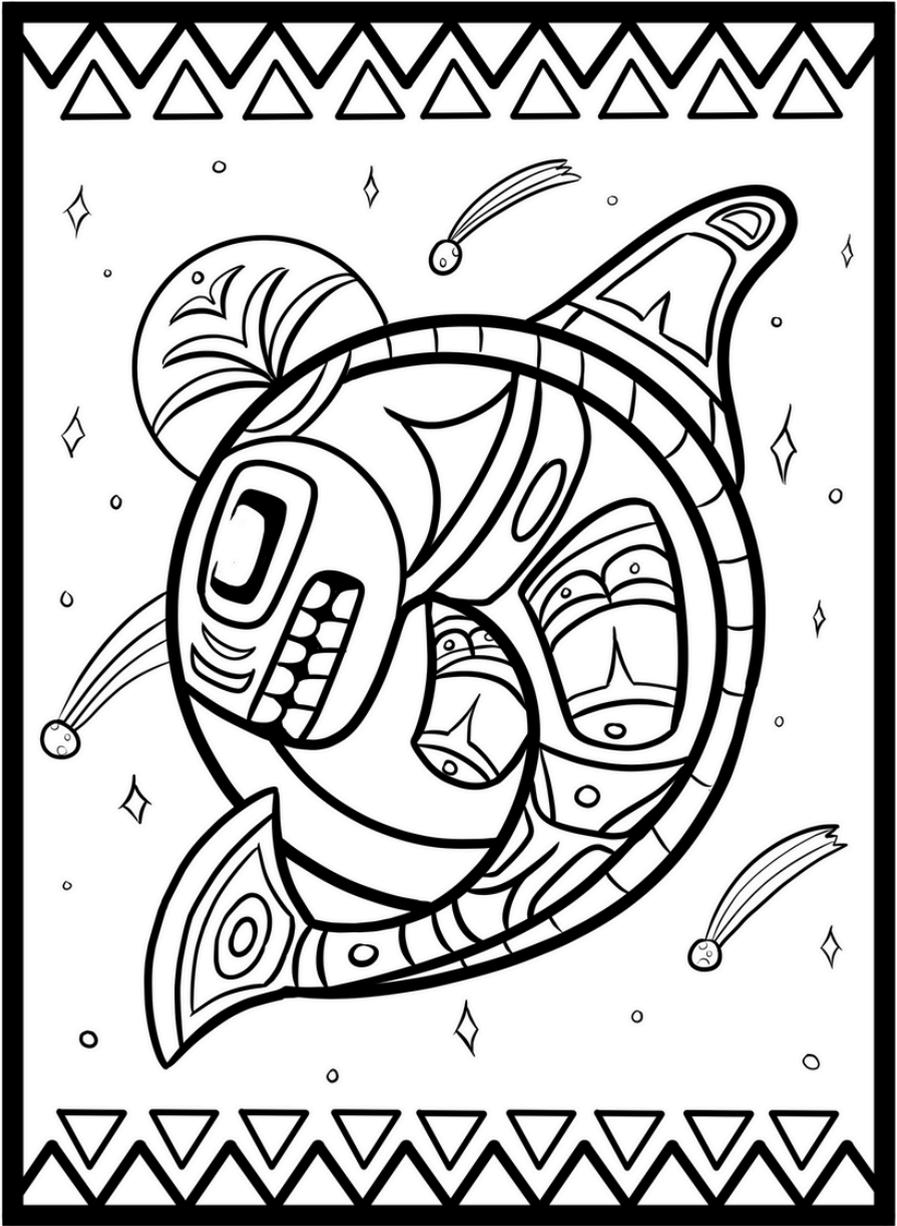
Emotional and spiritual effects on others are deeply ingrained in Indigenous spirituality. Native people hold traditional teachings about the energy they can transmit to others through daily activities such as creating, harvesting, cooking, singing, or dancing. It is important to infuse prayers with positive thoughts and feelings while preparing to share and hold space for our loved ones and community members.

The concept of 'mindfulness' is at the core of Indigenous cultural practice. Thinking about what we are doing and how we are feeling and then working toward a positive frame of mind that will benefit others is how Native people practice 'mindfulness.'

As you color each page, use it as a ceremonial practice of mindfulness. Pay attention to your feelings and thoughts and cultivate a positive mindset with each affirmation. You can also write down any extra affirmations that you think of to develop a good mind.



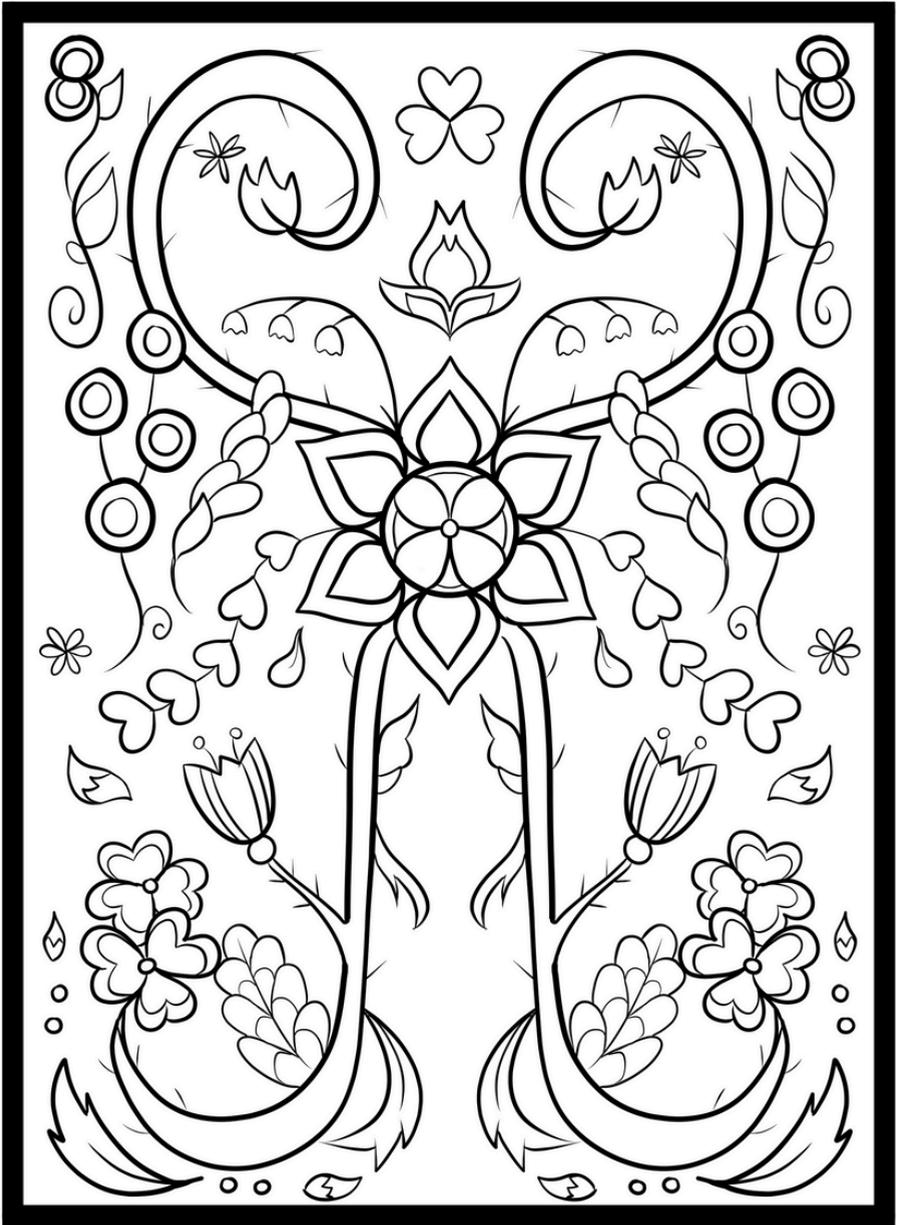
I CARRY THE WISDOM OF MY
ANCESTORS WITHIN ME



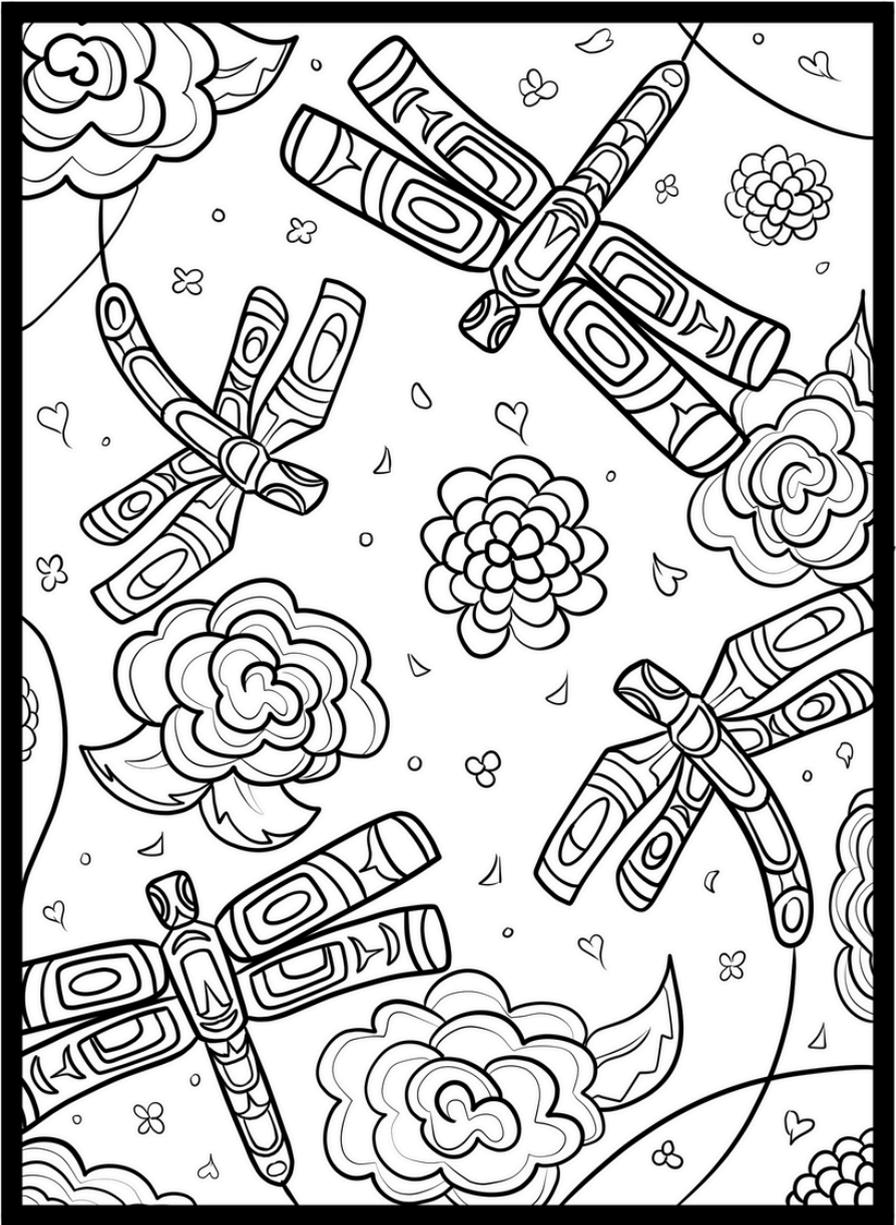
I AM STRONG ENOUGH TO HEAL
MYSELF AND MY FAMILY.



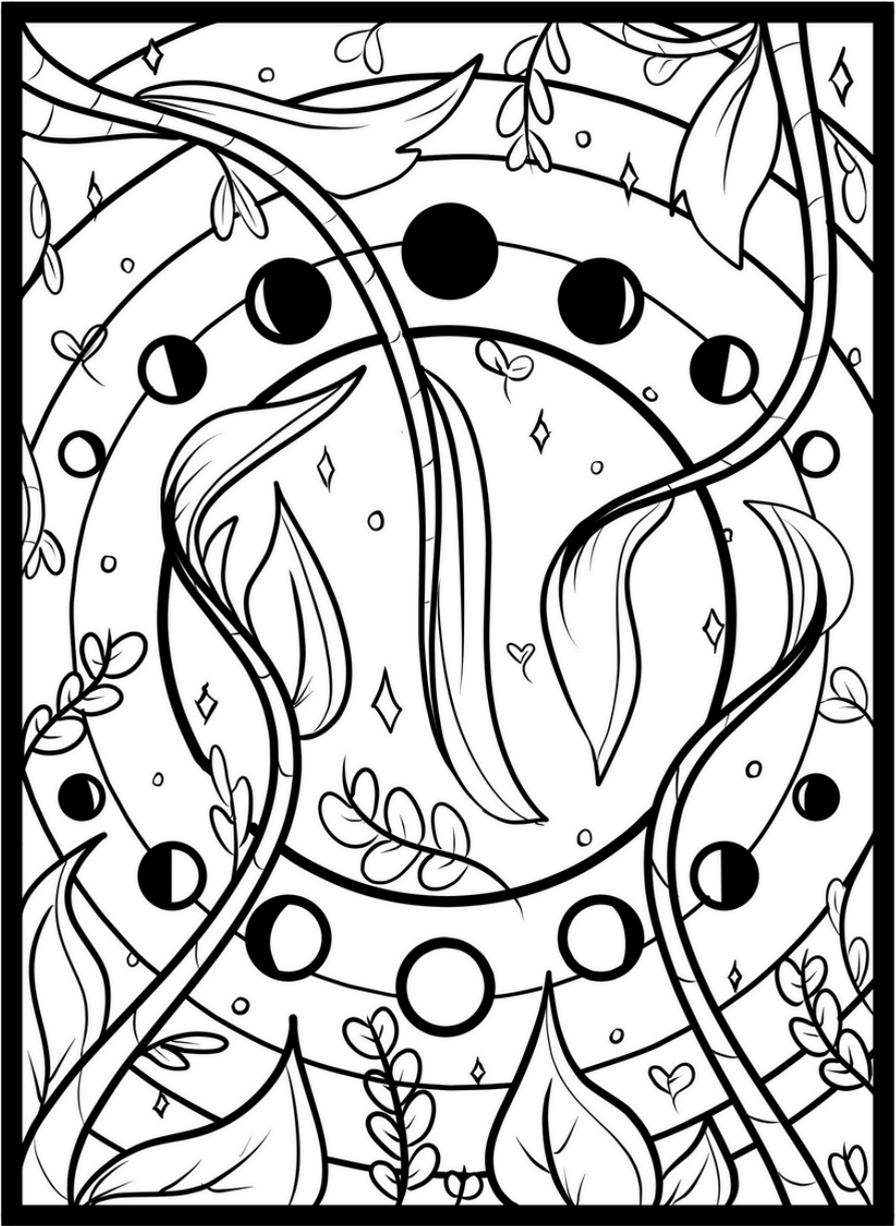
I CAN SIT AND LISTEN TO THE
NATURAL WORLD AROUND ME.



I HAVE A CONTRIBUTION THAT
SUPPORTS MY COMMUNITY.



I CAN RENEW MY MIND TO ADAPT
AND CHANGE.



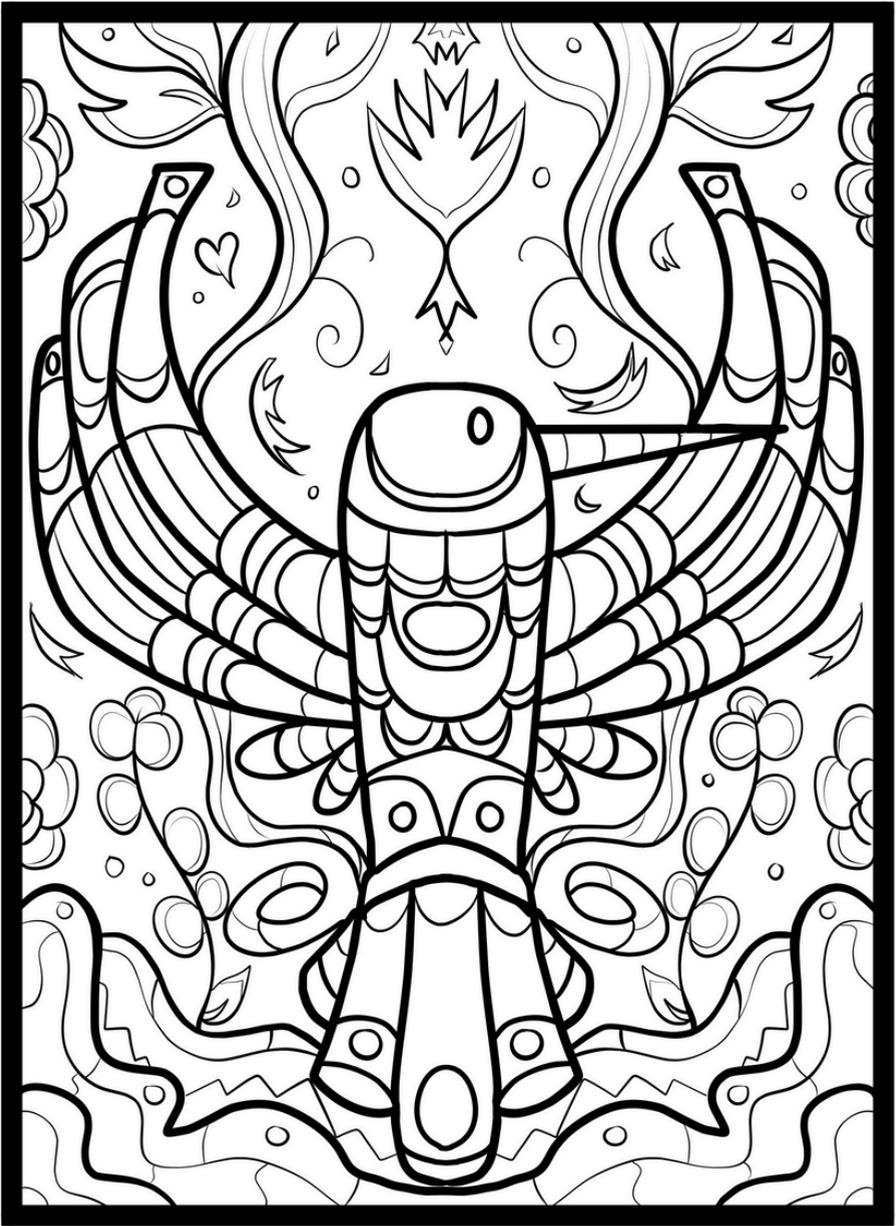
I WALK A PATH OF BALANCE
AND HARMONY.



I AM SAFE, PROTECTED, AND LOVED.



ALL LIFE IS SACRED, INCLUDING MINE.



I HAVE THE COURAGE TO CREATE
MY OWN HAPPINESS.



I GIVE THANKS EVERY DAY FOR LIFE
AND THE CREATOR'S GIFTS.

HEALING WITH
H O P E

BEGINS WITH ONE STEP
FORWARD IN FAITH



Washington State Native American Coalition
Against Domestic Violence & Sexual Assault

SAYU'X WEY FAMILY SAFETY CENTER

Victim-Survivor centered multi-service center.
Collaborative hope for all families.

WOMENSPIRIT COALITION CIVIL LEGAL SERVICES

Domestic violence victims receive legal assistance for
family law cases, protection orders, parenting plans, and
more.

WOMENSPIRIT COALITION

Technical Assistance Provider
Tribal Domestic Violence and Sexual Assault Programs

Reach Out to Us

526 N. 5th Avenue Sequim, WA 98382 (360) 681-3701