

The image is a composite artwork. At the top, a hand with yellow-gold fingers holds a thin string that ends in a small, light-colored feather. The background is split horizontally: the top half is a clear blue sky with a few wispy clouds, and the bottom half is a bright turquoise ocean meeting a white sandy beach. Two broad, vertical beams of golden-yellow light, resembling sunbeams, frame the central scene from the left and right. The word "Bliss" is written in a clean, white, sans-serif font in the upper-middle part of the sky. In the lower-middle part, over the beach and ocean, is the text "Mindful imagery to nurture happiness and inner peace" in a smaller, white, sans-serif font. Below this, the copyright notice "© emmeline craig" is written in an even smaller font. In the bottom left corner, there is a small, faint signature that reads "emmeline craig 2018".


Bliss

Mindful imagery
to nurture
happiness and
inner peace

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I give myself permission to pause
I give myself permission to pause

A landscape painting featuring a vibrant green field in the foreground, a range of blue mountains in the middle ground, and a vast blue sky with soft, wispy clouds. Two bright yellow birds are captured in flight, one slightly ahead of the other. In the bottom right corner, some green grass and seed heads are visible, adding a sense of depth and texture to the scene.

*a little play time
for my soul to dance*

I welcome inner peace



I choose Joy





LETTING GO
sets me free

A serene beach scene with turquoise water and a clear blue sky. The water transitions from a deep blue near the horizon to a lighter turquoise closer to the shore. The sky is a clear, pale blue. The overall mood is peaceful and calming.

Breathe...

there is a path to everything



all is well



This ebook has been lovingly
created
to help you quiet your mind
any time, anywhere.
Many blessings

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