

'Let it Shine'

'The more we let our lights shine, the more love and light we see in the World around us'

Take time to switch off, relax and calm your mind. It's essential that we do this and practice 'self-care' as this helps our lights shine bright and radiate out to others.

Creativity is a fantastic way of doing this, why not have a go at creating your own collage picture. You only need some coloured paper or textures to create something simple, yet effective. Ripping paper is relaxing and creating something from nothing is equally satisfying!! Fill your Creative Journal with positive quotes and it is something that you can look at any time you need a reminder to step back and appreciate all that you have in your life and all that you are.

