

# BOOK RECOMMENDATION

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## MEDITATIONS TO HEAL YOUR LIFE

I'm so excited to share the art journal I made last year for Get Messy's Season of Steven. The prompt for the season was a book that inspires you. I created my journal based on one of my favorite books **Meditations to Heal your Life** by Louise Hay.

This book is filled with little morsels of enlightened advice from the author along with corresponding affirmations.

“  
Every moment is a new  
beginning point.”



Written and illustrated by Tanya Watson




It was a constant bedside companion for me during a difficult time in my life. Each morning I would either let the universe decide what I needed to hear by running my fingers along the pages and reading whatever page it landed on or I would look up a specific topic in the alphabetized index for guidance.

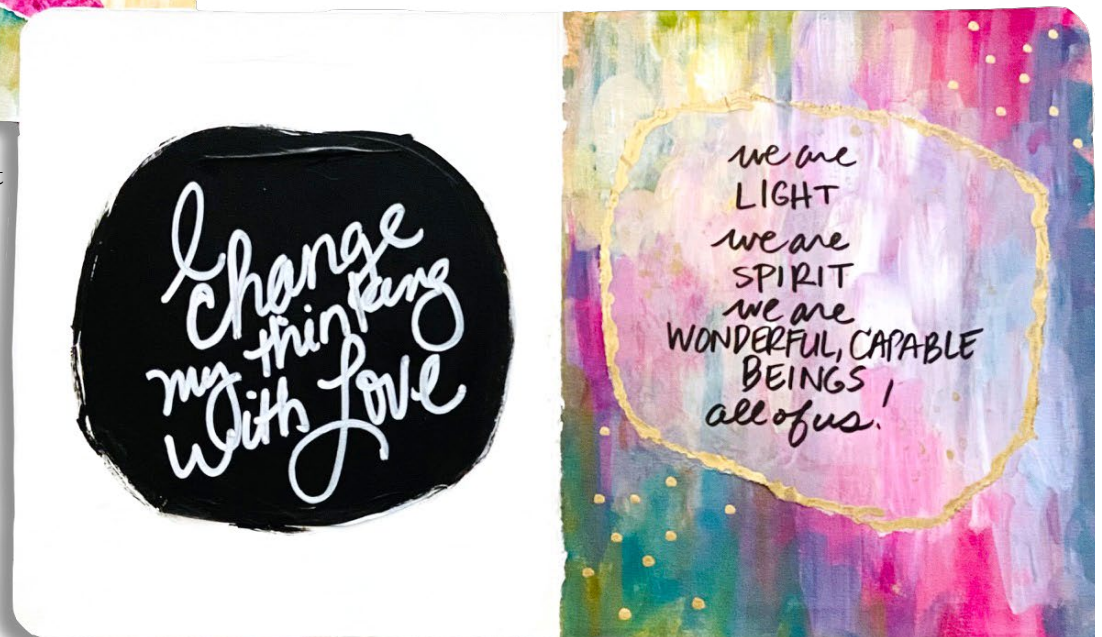
For my art journal, I repurposed a children's board book and chose to highlight some of my favorite affirmations. Initially, my intention was to keep the aesthetic minimalist and streamlined, but with every entry I found it

harder to avoid my 'go to' style which is a 'more is more' approach!

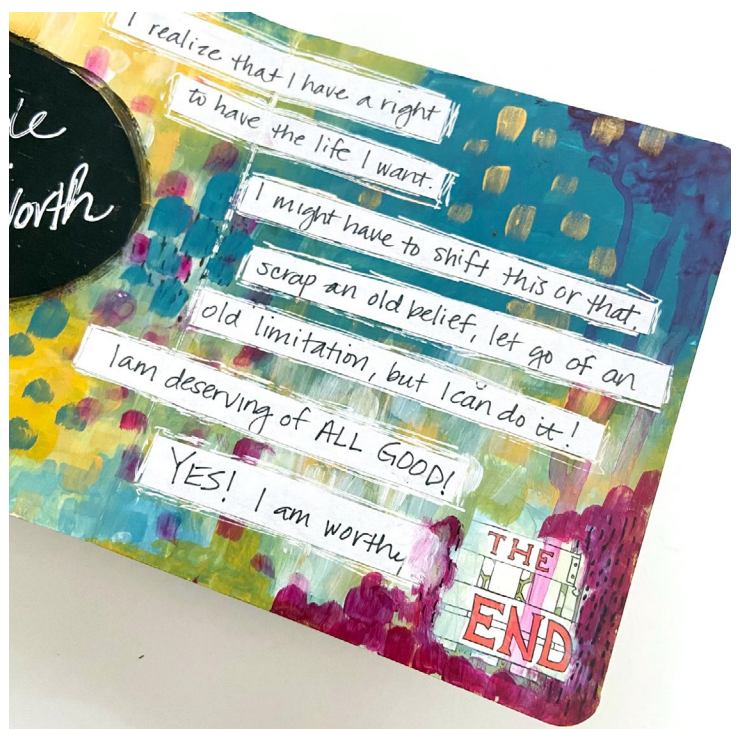
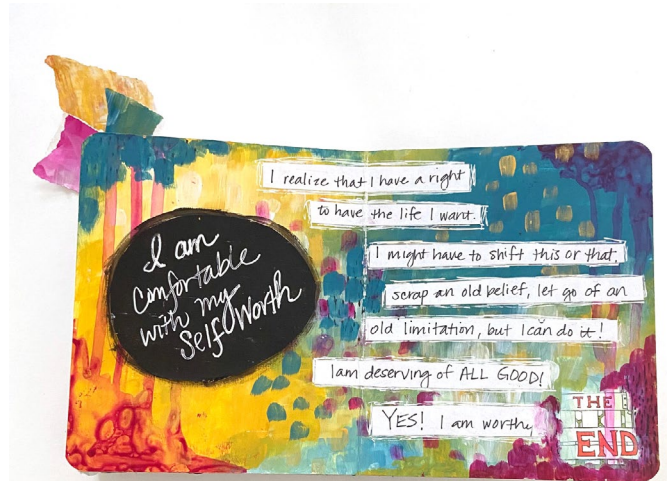
Before I began playing in my journal, I did choose a limited color palette of fuchsia, teal, black, white, and gold metallic—gotta have some gold in there! I also made lots of collage fodder. This made playing in my journal more enjoyable because I was able to focus on trying new techniques without wondering what colors to choose or what elements to include. I also feel it gave my journal a

cohesive look. I love going back and flipping through my journal to get a boost of inspiration!

I highly recommend **Meditations to Heal your Life** for anyone who is looking for a new perspective on life's daily struggles. If you're looking for a new way to make an art journal, a children's board book is great for mixed media! You can see a flip through of my journal on my Instagram IGTV: @tanyawatsonstudio. 



"IF I WANT TO BE ACCEPTED AS I AM, THEN I NEED TO BE WILLING TO ACCEPT OTHERS AS THEY ARE."



*“I am a student of life, and I love it.”*



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Tanya is a lover of all things crafty and creative. She enjoys exploring mixed media in her art journals and is a firm believer in the healing power of art making. Tanya studied fine art at Cal State Long Beach and has over 15 years of experience as a creative instructor. When she's not working in her studio, she enjoys spending time with her husband, their two kids, and their dog Oreo.

**Connect with Tanya:**

Website: [www.tanyawatsonstudio.com](http://www.tanyawatsonstudio.com)

Instagram: [@tanyawatsonstudio](https://www.instagram.com/tanyawatsonstudio)

