



**Free Sample Self-Care Solution
Mini Mindful Graphics Illustrated**
from Penny & Bill Company
CenterToAwakenKindness.com

**Welcome to the World of Self-Care Solutions
from Penny & Bill Company**

Greetings! We hope you enjoy all our self-care solutions, in particular this Free Mini Mindful Graphics Illustrated, Jesus is Born. We hope it brings a bit of peace and renewal in your life.

Peace & Blessings,
Penny & Bill
Co-Founders
Penny & Bill Company

**How to Enjoy Your
Free Sample Self-Care Solution
Mini Mindful Graphics Illustrated**

1. Print this downloaded file using the print on both sides of paper feature.
2. Trim each page to 6" x 9" using the dashed lines (- - -) as a guide.
3. Sort the pages and staple together on the left side.
4. Begin enjoying your new free self-care solution Mini Mindful Graphics Illustrated.
5. See page 7 for ideas on how to get the most out of using this Mini Mindful Graphics Illustrated. Enjoy the journey!
6. See page 3 for details on purchasing a complete Mindful Graphics Illustrated, or visit CenterToAwakenKindness.com/graphic-novels

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MINDFUL

Graphics Illustrated

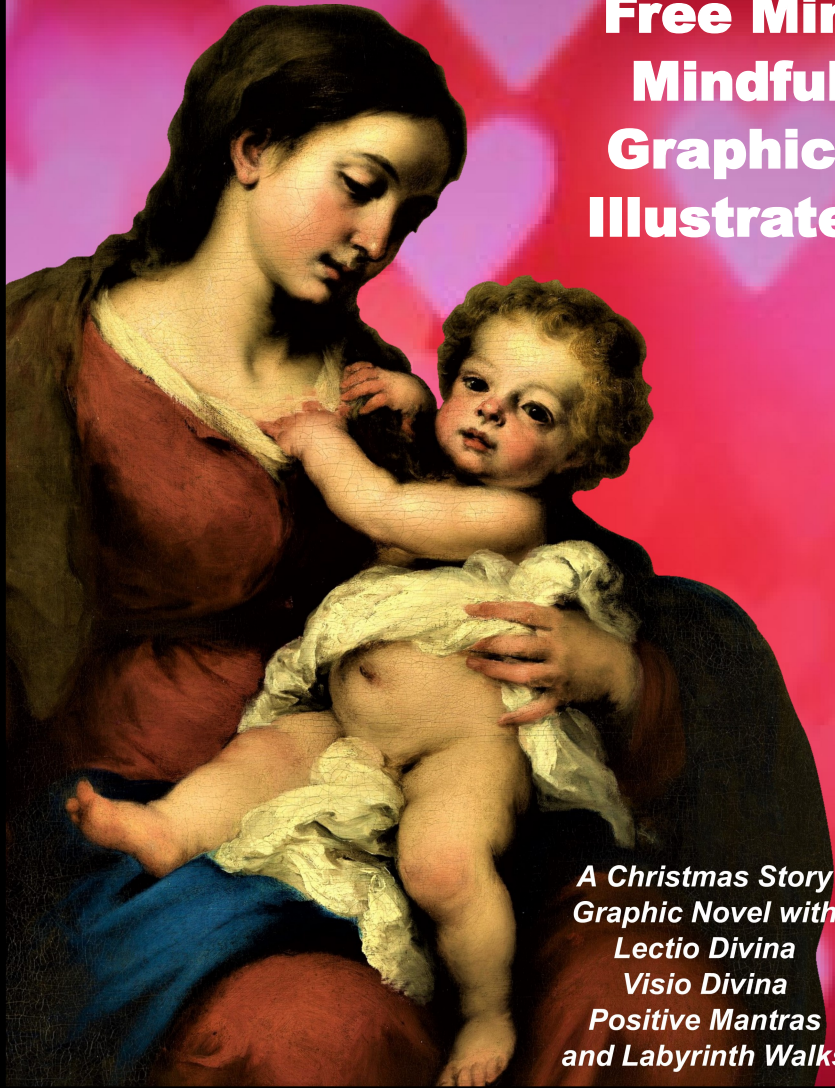
Featuring the World's Greatest Art and Stories
from the World's Sacred Religious Texts

#1 Full Color

Jesus is Born

A Story of Hope,
Peace, Love, and Joy

**Free Mini
Mindful
Graphics
Illustrated**



*A Christmas Story
Graphic Novel with
Lectio Divina
Visio Divina
Positive Mantras
and Labyrinth Walks*



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Mini Mindful Graphics Illustrated
Jesus is Born - A Story of Hope, Peace, Love, and Joy
Sample Self-Care Solution
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Penny and Bill Company Brookfield, Illinois 60513 USA
CenterToAwakenKindness.com

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Buy the complete Jesus is Born Mindful Graphics Illustrated graphic novel on Amazon.

On Amazon Search ISBN: 9798777983770

Visit: <https://www.amazon.com/Jesus-Born-Mindful-Graphics-Illustrated/dp/B09MYVPVXG>



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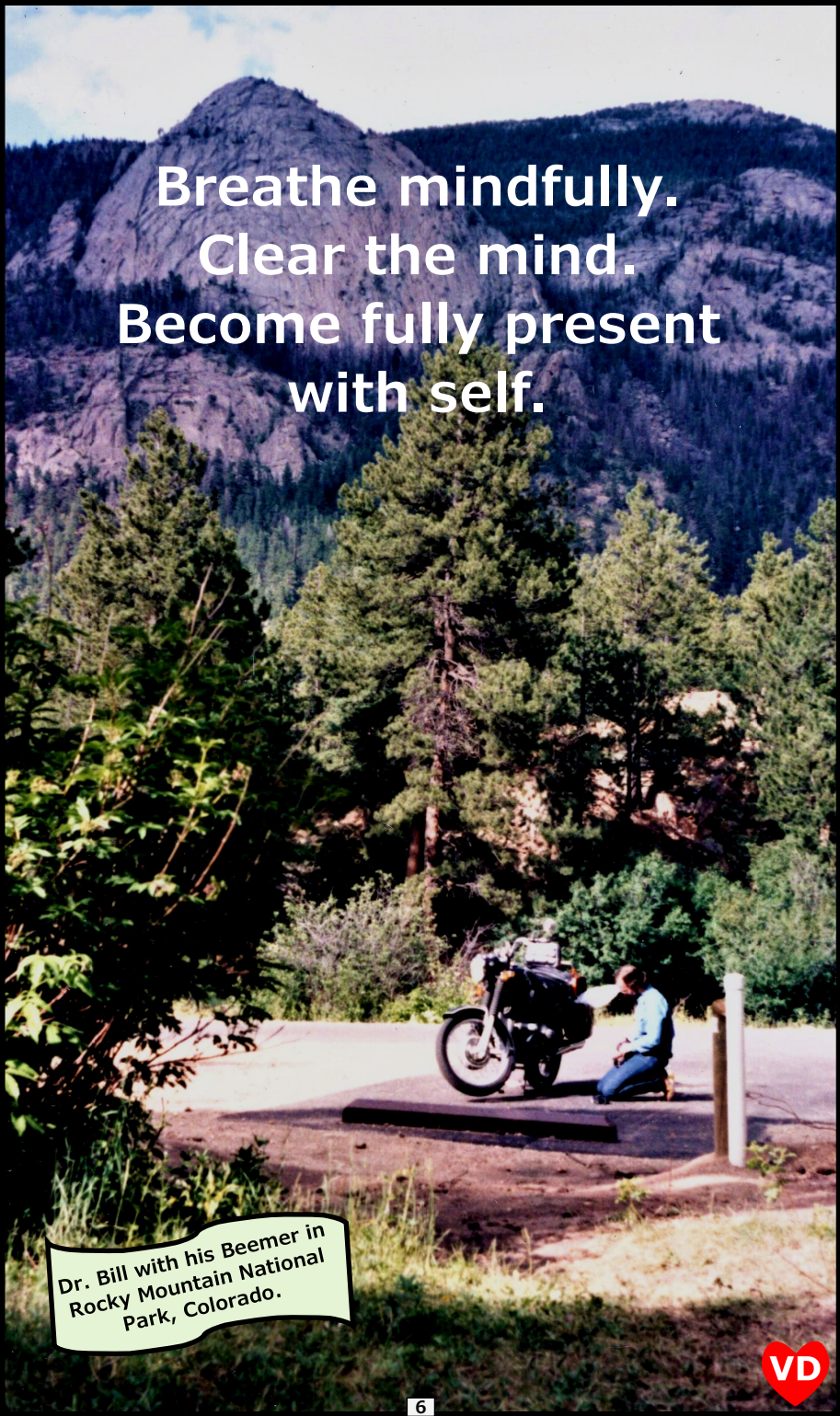
"A voice cries out: 'In the wilderness prepare the way of the Lord, make straight in the desert a highway for our God'" (Isaiah 40:3).





PREPARE





**Breathe mindfully.
Clear the mind.
Become fully present
with self.**


Dr. Bill with his Beemer in
Rocky Mountain National
Park, Colorado.



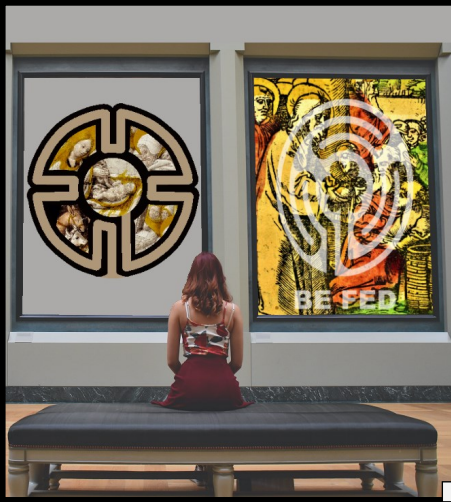
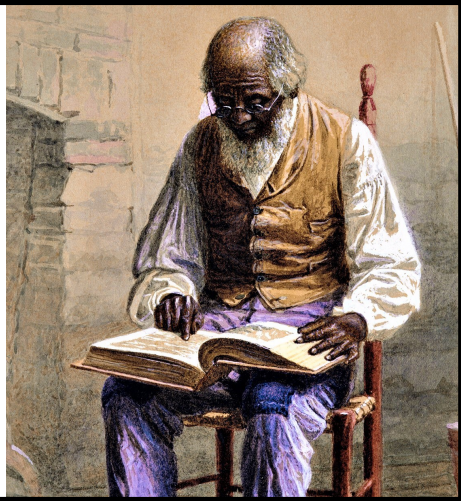



Welcome, I'm "Dr. Bill" from @DaRevsUSA. This book invites four mindful practices. Each is noted by a little heart with the initials of the particular mindful practice.

LD VD PM LW


LECTIO DIVINA
Hear God in the Words

Read slowly.
Meditate on the words.
Pray on the words.
Contemplate your actions.




VISIO DIVINA
See God in the Art

Gaze and become present with the image.
Meditate and pray.
Contemplate your actions.



POSITIVE MANTRAS
Meditative Mindfulness

Breathe mindfully.
Repeat the phrase
meditatively.
Prepare to act anew.



LABYRINTH WALK
Walk a Finger Labyrinth

Relax. Clear the mind.
Walk into the center.
Meditate. Listen.
Pray. Walk out. Imagine.

LIKE TO JOURNAL?
Explore our journals...
CenterToAwakenKindness.com



I hope you enjoy
this journey as much
as I have enjoyed
creating it for you.



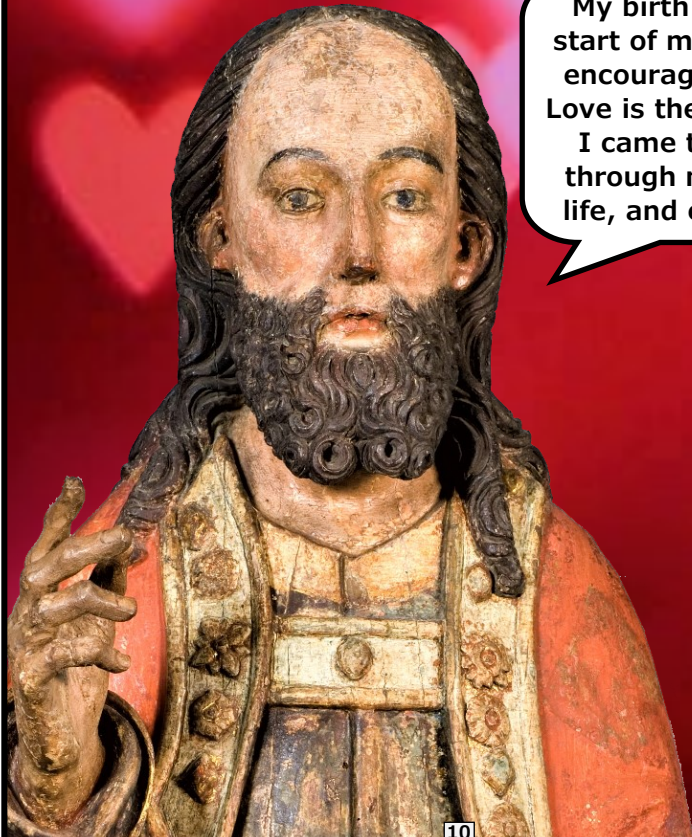


LOVE

VD PM LW

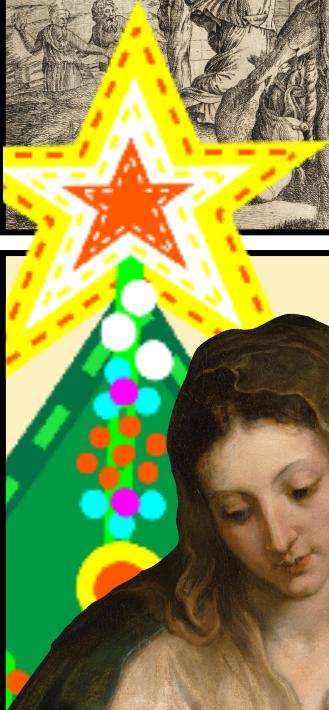
**"I give you a new
commandment, that you
love one another.
Just as I have loved you,
you also should love
one another"**

(John 13:34).



**My birth was the
start of my journey
encouraging love.
Love is the message
I came to share
through my birth,
life, and example.**



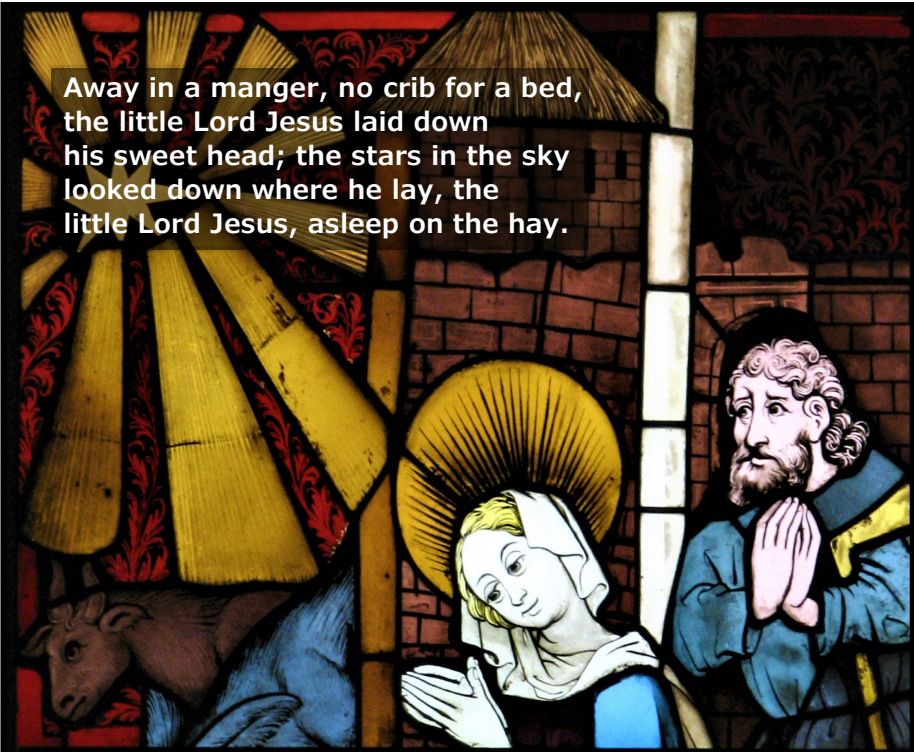


O little town of Bethlehem, how
still we see thee lie! Above thy
deep and dreamless sleep the
silent stars go by. Yet in thy dark
streets shineth the everlasting
light; the hopes and fears of all
the years are met in thee tonight.

For Christ is born of Mary, and
gathered all above, while mortals
sleep, the angels keep
their watch of wondering
love. O morning stars,
together, proclaim the
holy birth! And praises
sing to God the King,
and peace to all
on earth.



Away in a manger, no crib for a bed,
the little Lord Jesus laid down
his sweet head; the stars in the sky
looked down where he lay, the
little Lord Jesus, asleep on the hay.



Walk the cross labyrinth into the story of the Nativity. Contemplate scripture. As you enter meditate on what stars are most important in life to follow? Imagine the new reality certain stars offer through the eyes of Joseph, Jesus' stepfather.

Continue the path. Imagine the joy of Mary. Circle around the animals that were present. This birth impacts all creation. Last, meet baby Jesus in the center of the design. Walk back out when ready. Pray. Meditate. Imagine new realities.



**"Blessed be the God and Father of our Lord Jesus Christ!
By his great mercy he has given us a new birth into
a living hope through the resurrection
of Jesus Christ" (1 Peter 1:3).**





"For a child has been born for us, a son given to us; authority rests upon his shoulders; and he is named Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace" (Isaiah 9:6).





To us a Child of Hope is
born, to us a Son is giv'n;
The Wonderful, the
Counselor, the Mighty
Lord of heav'n!

The Wonderful, the
Counselor, The Mighty
Lord of heav'n!





Prepare yourself for a graphic novel of hope, peace, love, and joy. *The Birth of Jesus*, a graphic novel created by Bill Ressler and edited by Penny Taylor, speaks to the heart of renewal that is Christmas. Through reflective graphic images, stunning artwork, and sacred religious texts the narrative story of the birth of Jesus is told. The authors combine several mindful meditative Christian practices. Lectio Divina invites hearing God through the words of scripture and musical lyrics. Visio Divina invites seeing God in some of the world's greatest art. Short positive mantras encourage meditative mindfulness. Fifteen finger labyrinths inspire readers to gleam new meaningful insights from the story of Jesus' birth.

Meet celestial beings, angels that speak to Jesus' parents - Mary the mother of Jesus and Joseph Jesus' corporeal father - as they experience perplexities while struggling to understand the birth of God's Son. Angels of the Lord, that appear when least expected, inspire courage and assist in telling the story. Be inspired spiritually. Meet the shepherds, along with the Magi who pay homage to baby Jesus freely sharing their greatest treasures. Like Mary and Joseph feel the blessings of hope, peace, love, and joy leaping through the pages. Be blessed by meeting the Christ child, known as Jesus, Wonderful, Counselor, Mighty God, Everlasting Father, and Prince of Peace. Wake up your senses. Know that love, truth, and justice are alive. Be changed.



Rev. Dr. Bill Ressler, LCSW
Rev. Dr. Penny Taylor, LCSW

Bill Ressler and Penny Taylor are both creatives and co-founders of the Center to Awaken Kindness. The Center was founded to awaken a sense of love and kindness in the world by helping folks find and awaken the Spirit in their life. Bill is the primary graphic designer and Penny is the editor of the Mindful Graphics Illustrated graphic novel series.

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