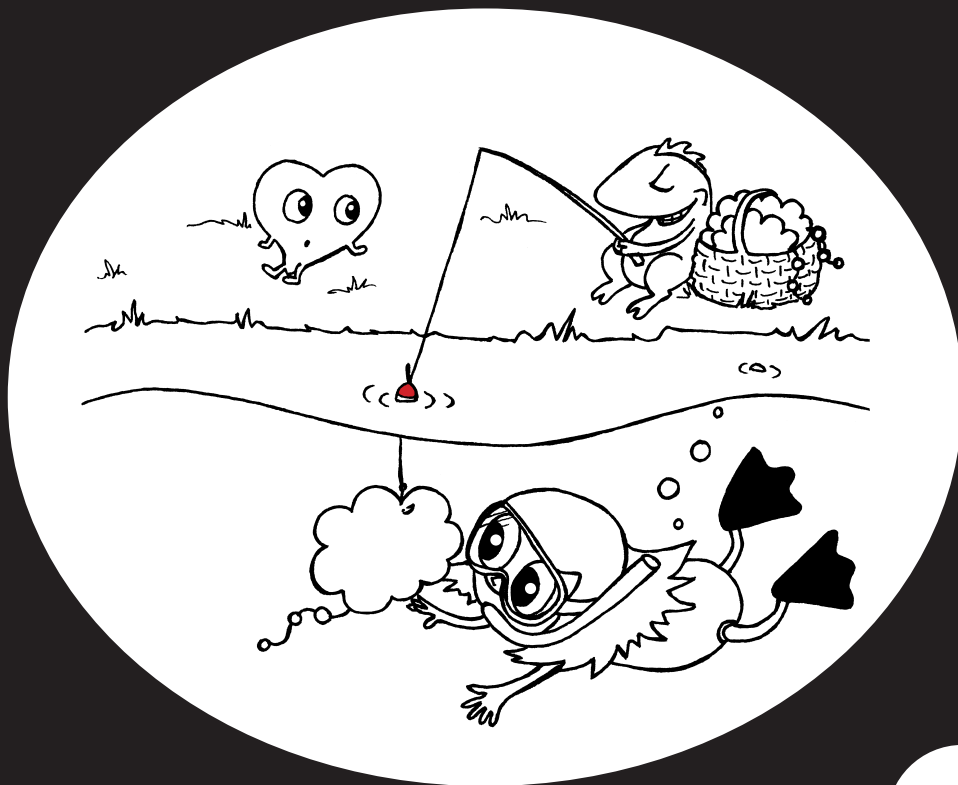


MIRA

Glimpses of Life & Whispers from the Heart



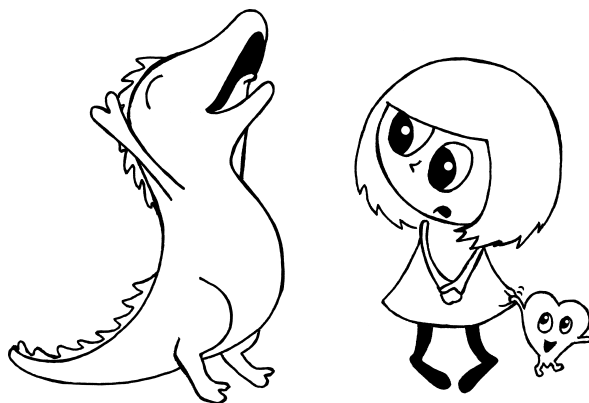
Mira

A Collection of Mira(cle)Doodles

1

MIRA

Glimpses of Life & Whispers from the Heart



A Collection of Mira(cle)Doodles - Volume 1

Mira

Dedicated to your inner child.
May she always find a joyful way
to follow your heart!

Doodles #1-31 are drawn based on INKTOBER 2018 prompts
Doodles #32-62 are drawn based on INKTOBER 2019 prompts

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Sometimes life feels like a never-ending struggle to choose between Good and Bad. You feel pulled to do the right thing, but screw up again and again, because life's messy.

These doodles were drawn from the need to shift from repeating the same old unconscious patterns and to access a new level of happiness. They were drawn daily in October 2018 and 2019, inspired by the one-word prompts of Jake Parker's INKTOBER challenge. The doodles are presented in the same order as the prompts were given, and present my musings on the journey from day 1 to day 62, with four short stories in between.

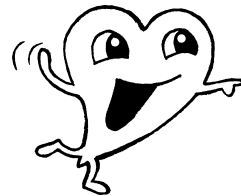
All of the doodles made my day one at a time as they popped out of my pen and made me smile. I even enjoyed the ones that felt like a gentle slap on the face, asking me to wake up and remember to choose Love over fear. With this awareness, choosing Love becomes the obvious choice.

We all have the power to choose to follow our heart. Let's just remember to pause, look around and notice that Love is ever-present.
But if only it was that easy to hear its whispers...

The one thing that sharing my doodles has shown me is that no one is ever alone in this journey—life's messy for all of us. My hope is that this doodle collection will inspire you on your journey toward more happiness!

How about Mira?
Will she choose fear or will she keep
following her heart?

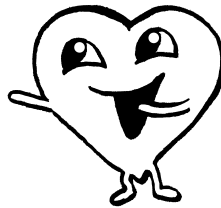
Let's find out!



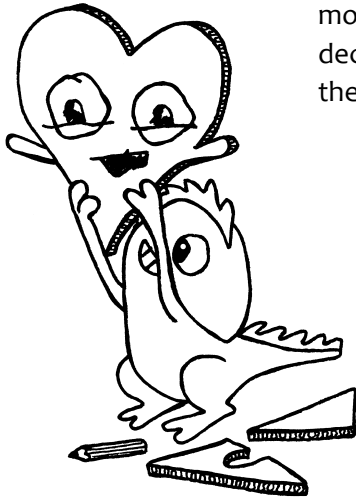
Meet the Characters



MIRA is an ever-curious, joyful inner child who loves to follow her heart and doesn't stop, even when the ego butts in.



MIRA'S HEART represents inner wisdom. She symbolizes the Love that we are. A Love that is all-encompassing, all-accepting. She knows our birthright is Love, Joy and Ease. The heart never leaves Mira even if she loses sight of it. Love will stick around like the Sun: Clouds may hide the sun, but it still shines.



A LIZARD symbolizes the ego—representing moments when we try to play it safe and make decisions from our primary brain (also called the lizard brain).

It's helpful to remember that the ego always speaks first, and loudest, with its attempts to lead us away from Love.

The ego offers replacements for Love that always leave us wanting for more. Nothing is ever enough for the ego.

Other Symbols Used in This Book

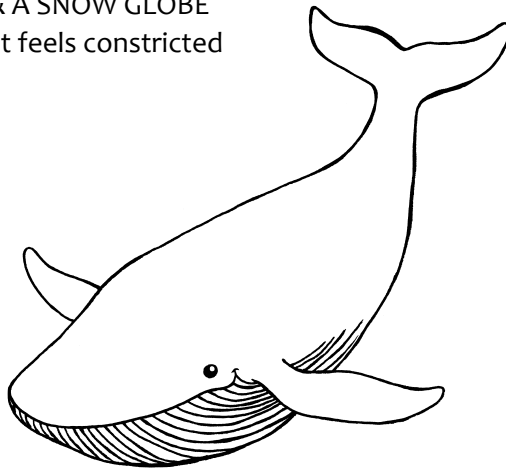


STARS symbolize miracles, which are shifts in perception according to *A Course in Miracles*. This shift happens when we question the world that the ego shows us and start to wonder if there is another way of looking at the situation we are in. This in itself is a miracle, seeing reality as it is—as Love.



A BUCKET, A BOTTLE & A SNOW GLOBE are symbols for life that feels constricted and stale.

A WHALE represents thoughts that come with emotional baggage and take up space in our lives—consciously or unconsciously.



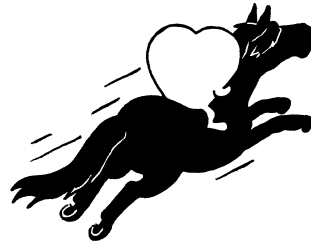


A PRESENT represents our gifts, strengths, talents and passions.

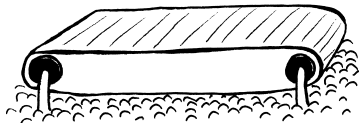


A THOUGHT BUBBLE symbolizes thoughts and dreams. When they are drawn as balloons on a string, the thoughts are being brought to our awareness.

A HORSE represents the mind. This is a clumsy symbol, but it works for these doodles. Tame your mind and ride with it to your freedom.



A TREADMILL & A HAMSTER WHEEL represent our modern busy life where hustling is praised, and an overload of stress makes us forget to listen to our heart.



ALL THE SYMBOLS are drawn to help us move forward, towards more light & Love.



Under the cloak is the ego. But is it yours or someone else's?
If you happen to take a bite of a poison apple, you don't need a true
love's kiss to wake from slumber—a self-love's kiss will do!

MIRA - Glimpses of Life & Whispers from the Heart

Choosing Love over fear becomes easier when you can smile and laugh with Mira's experiences.

This whimsical collection of doodles illustrates Mira's journey of choosing to follow her heart over and over again (No matter what the ego does).

SHORT STORIES INCLUDED:

"Rise Like a Phoenix"

"What You Focus on Grows: The Story of a Whale Under My Rug"



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Elina Puohiniemi aka elinap is a Finnish artist, life coach and the creator of the Mira(cle)Doodles series. She has been illustrating her spiritual path with doodles since 2010. For the past eight years, she has explored life with Mira, her doodle character.

www.elinap.me