

**LIGHTS INSIDE**



MAY THIS BOOK SPREAD LOVE  
AND INSPIRE YOU TO FIND  
LIGHT, PEACE AND JOY WITHIN.





CLOSE YOUR EYES  
YOU WILL SEE  
LIGHTS INSIDE  
TO BE FREE

DATE

# WHEN I CLOSE MY EYES, I SEE

[illegible]

A child is shown in silhouette, sitting in a meditative lotus position on a dark surface. The child is facing a bright, glowing orange light source that creates a large, wavy, S-shaped pattern in the air. This light source is surrounded by several glowing orange spirals and concentric circles, resembling ripples in water. The overall scene is dark, with the glowing orange light providing the primary illumination and creating a sense of depth and focus on the child's meditation.

FEEL YOUR SPARK  
IN YOUR HEART  
MAKING IT BEAT  
FROM THE START



DATE

WHEN I FOCUS ON MY HEART, I HEAR

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_


\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

A person is shown from behind, sitting in a meditative lotus position on a mossy rock. They are positioned in front of a large, glowing, golden-yellow orb of light. The orb is composed of several concentric, swirling rings of light, creating a sense of depth and movement. The scene is set in a lush forest with tall trees and green foliage. The ground is covered in moss and small plants, and a stream flows in the foreground. The overall atmosphere is serene and mystical, with warm lighting from the orb and the forest floor.

BREATHE IN DEEP  
THROUGH YOUR NOSE  
IN EVERY BREATH  
YOUR LIGHT FLOWS

DATE

WHEN I BREATHE IN DEEP, I FEEL

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



FEEL YOUR BREATH  
FEEL IT FLOW  
TO YOUR HEART  
MAKE IT GLOW



DATE

WHEN I FEEL MY BREATH FLOW, MY HEART

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

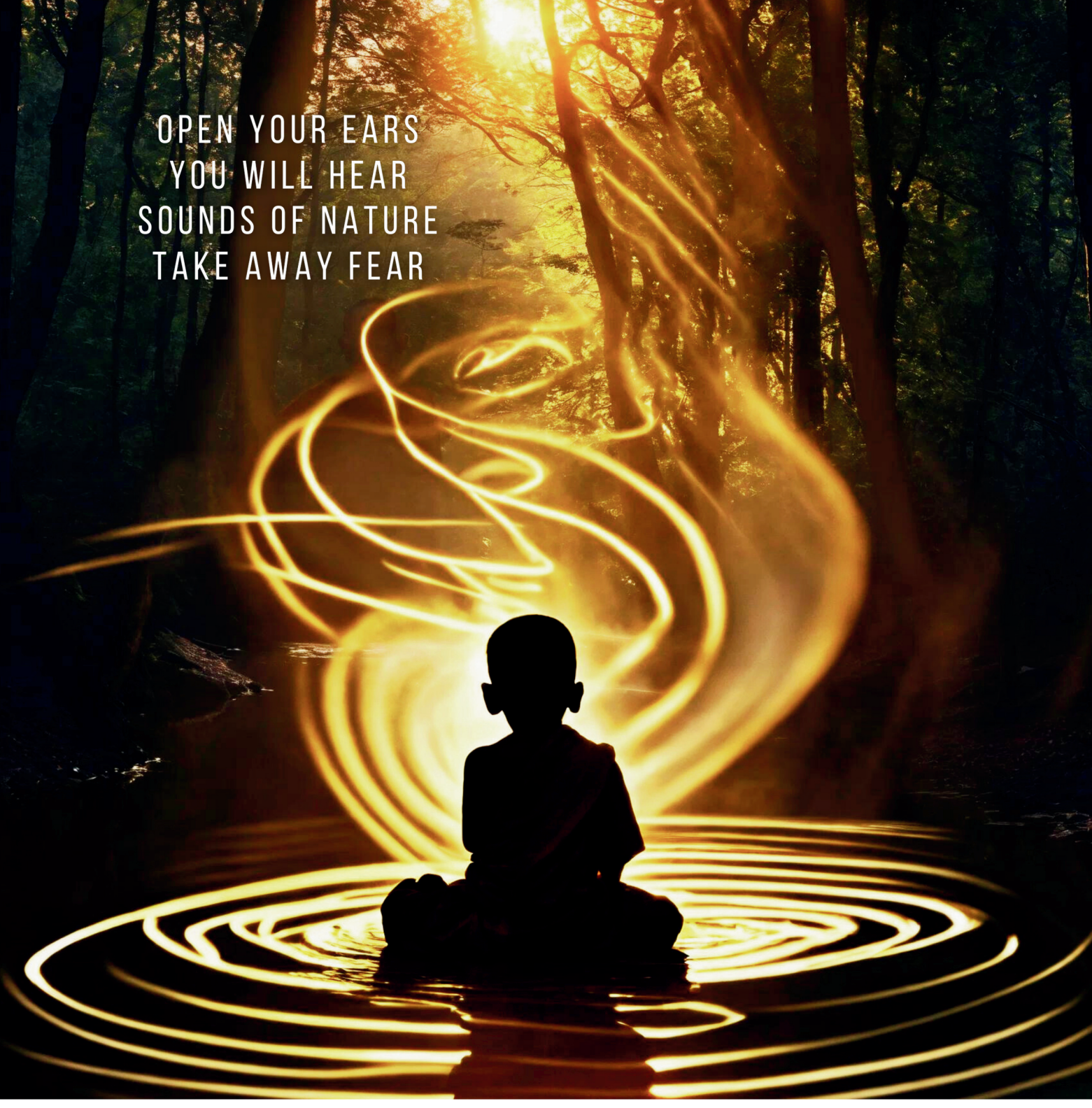
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



OPEN YOUR EARS  
YOU WILL HEAR  
SOUNDS OF NATURE  
TAKE AWAY FEAR





DATE

IF I LISTEN TO NATURE AND BREATHE, I FEEL

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

FEEL SOUND WAVES  
FEEL THEM FLOW  
YOUR HEART BEATS  
LISTEN TO KNOW



DATE

WHEN I HEAR MY HEARTBEAT, I FEEL

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



WATCH YOUR THOUGHTS  
AS THEY FLOW  
FEEL YOUR BREATH  
AWAY THEY GO



DATE

IF I BREATHE SLOW AND WATCH MY THOUGHTS

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



IN EVERY BREATH  
FEEL YOUR LIGHT  
GIVING YOU LOVE  
TO GLOW BRIGHT





DATE

WHEN I SEE MY BREATH AS LIGHT, I FEEL

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

IMAGINE YOUR SPARK  
INCREASING IN SIZE  
LIGHTING THE DARK  
AS THE SUNRISE



DATE

WHEN I IMAGINE THE SUNRISE, MY HEART

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_




FEED YOUR FLAME  
FEEL YOUR GLOW  
FROM YOUR HEART  
LIGHT WILL GROW



DATE I BREATHE TO THE SPARK IN MY HEART, I FEEL



A silhouette of a young child sitting in a meditative lotus position on a calm body of water. The child is facing away from the viewer, towards a bright, glowing sunset or sunrise. The sky is filled with large, billowing clouds that are illuminated from below, creating a warm orange and yellow glow. On the left side of the image, there is a vertical strip of blue sky with many small, white stars, suggesting a night sky or a celestial theme. The overall mood is peaceful and contemplative.

FIND YOUR FOCUS  
BETWEEN YOUR EYES  
BREATHE IN DEEP  
YOUR SOUL FLIES



DATE

IF I FOCUS BETWEEN MY CLOSED EYES, I SEE

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

FEEL NO FEAR  
ONCE YOU SEE  
LIGHTS INSIDE  
YOU ARE FREE



DATE

WHEN I CLOSE MY EYES AND BREATHE, I FEEL

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



FEEL FREE TO PRINT AND SHARE THIS BOOK  
WITH ALL THOSE THAT YOU LOVE



# LIGHTS INSIDE

MEDITATIONS ILLUSTRATED TO INSPIRE  
KIDS OF ALL AGES TO LOOK INWARD  
AND FIND PEACE THROUGH  
CONSCIOUS BREATHING, LISTENING  
AND VISUALIZATION

WRITTEN BY ANIL MEHTA

FOR MORE BOOKS, POSTERS AND VIDEOS VISIT  
[WWW.AWAKENTODREAM.COM](http://WWW.AWAKENTODREAM.COM)