Leave it at the Shore

A Meditative guide through Photography

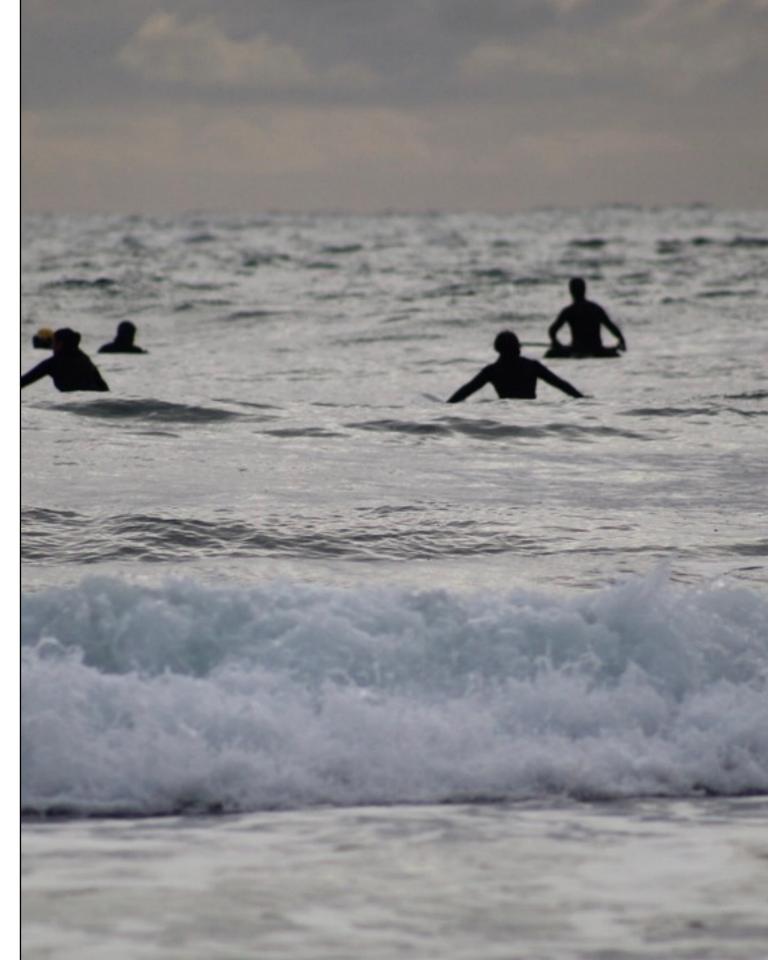
> Session 1 by Jenny Lea

Inspired by my daughter...
Who taught me
Acceptance

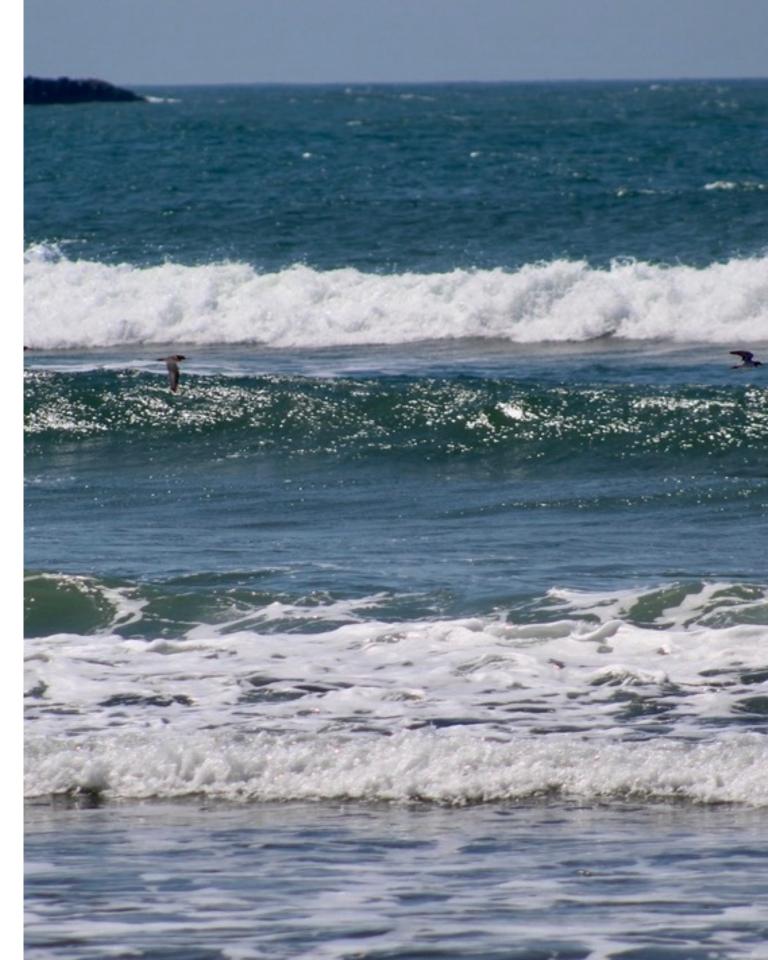
Dedicated to my patients and surfers...

Who have taught me how to heal. Paddle out to sea.

Immerse yourself in it. It can either evoke fear or provide complete bliss. It is your choice.



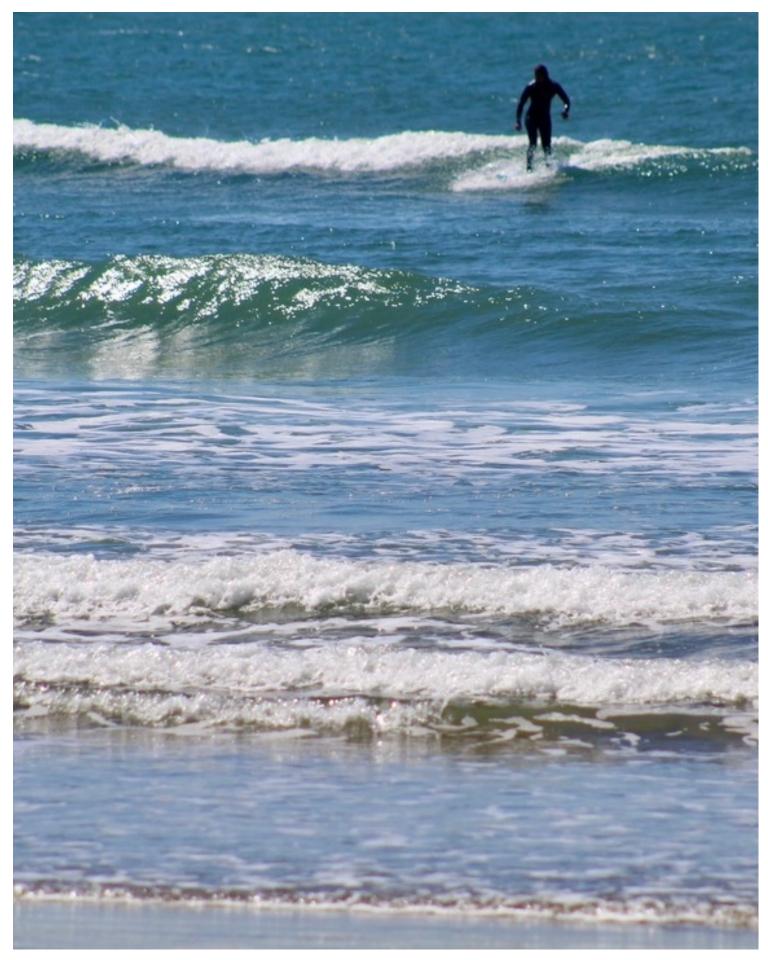
If you're Caught on the inside... Keep moving, it will pass. If you're Taking it to the head, Conserve and relax underneath it all.



Place yourself above water. You are worthy of positive energy to carry you. Expand your experience.



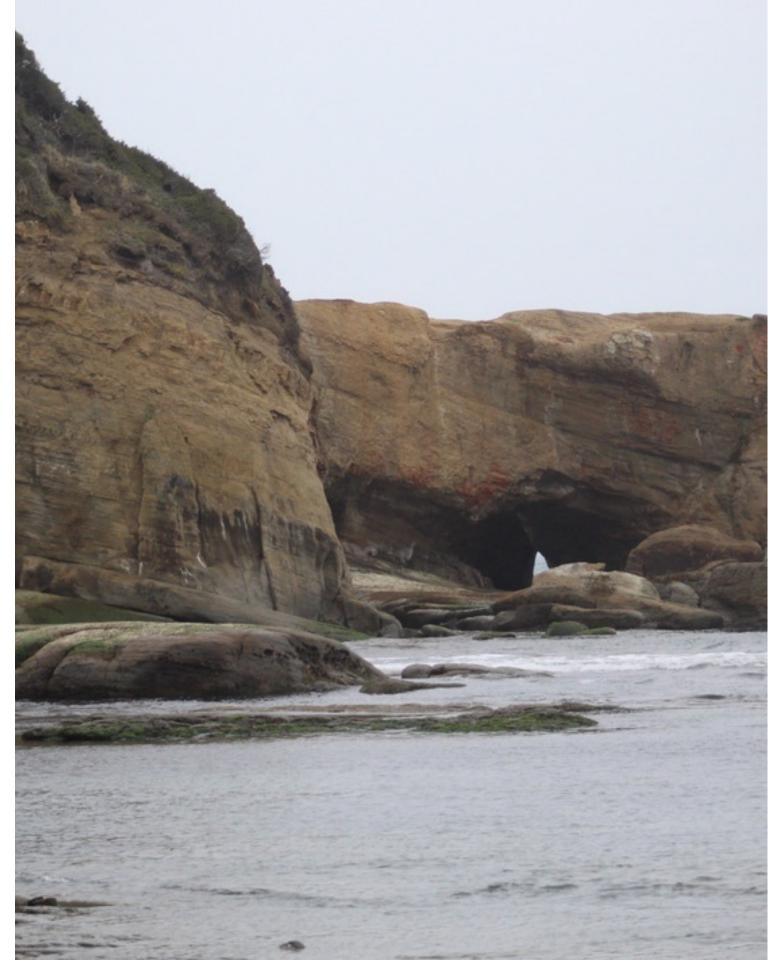
Push up, stand, and rise. Let it flow through you. Teel the energy carry you forward.



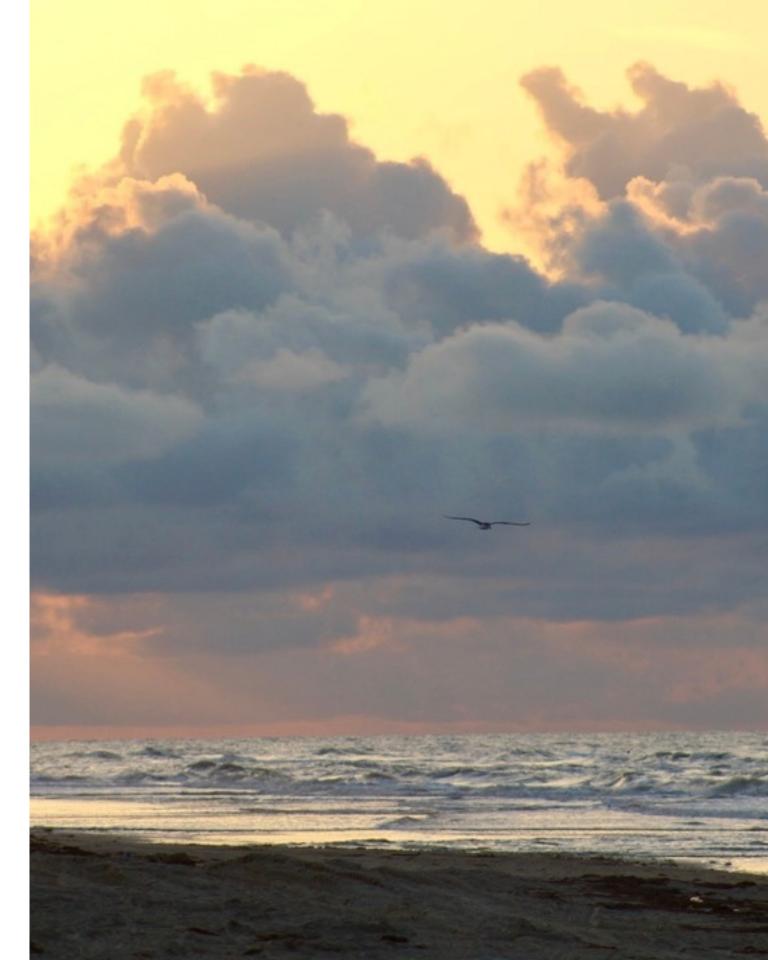
Imagine yourself bigger than the shadows inside you. Illuminate darkness to forgive. Keep flying.



There are always calmer waters. Not far away, very dose. Use this time to grow. There's always... the other side.



The future is bright. The wisdom is within you as you add your unique essence to Life.



Release now.

Let Light

Embrace your

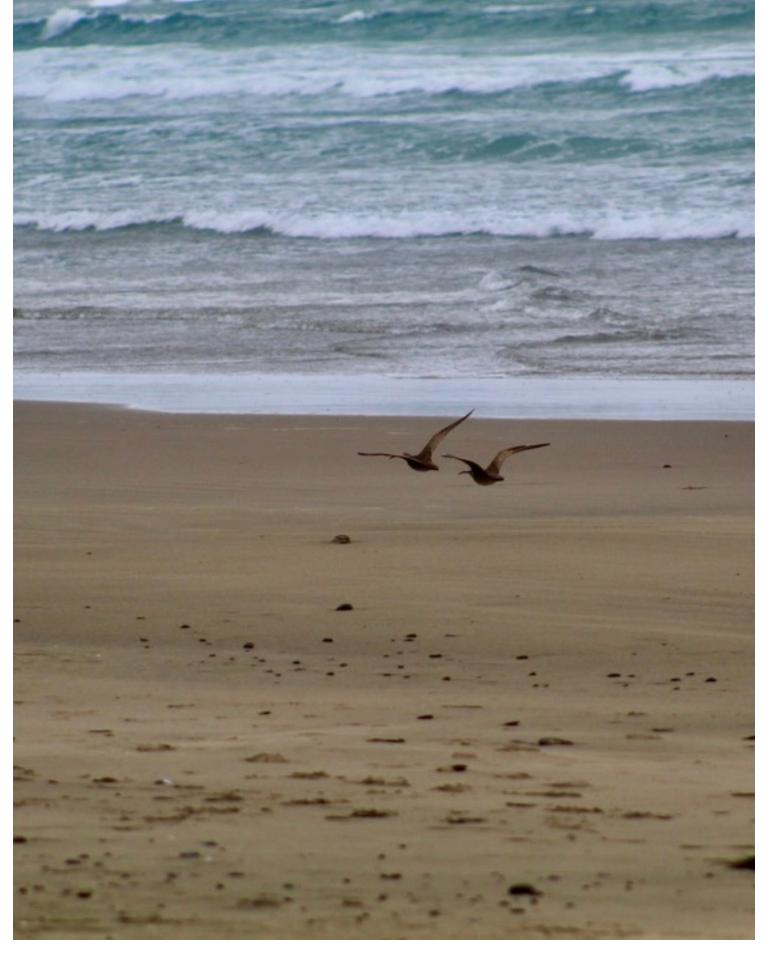
soul.

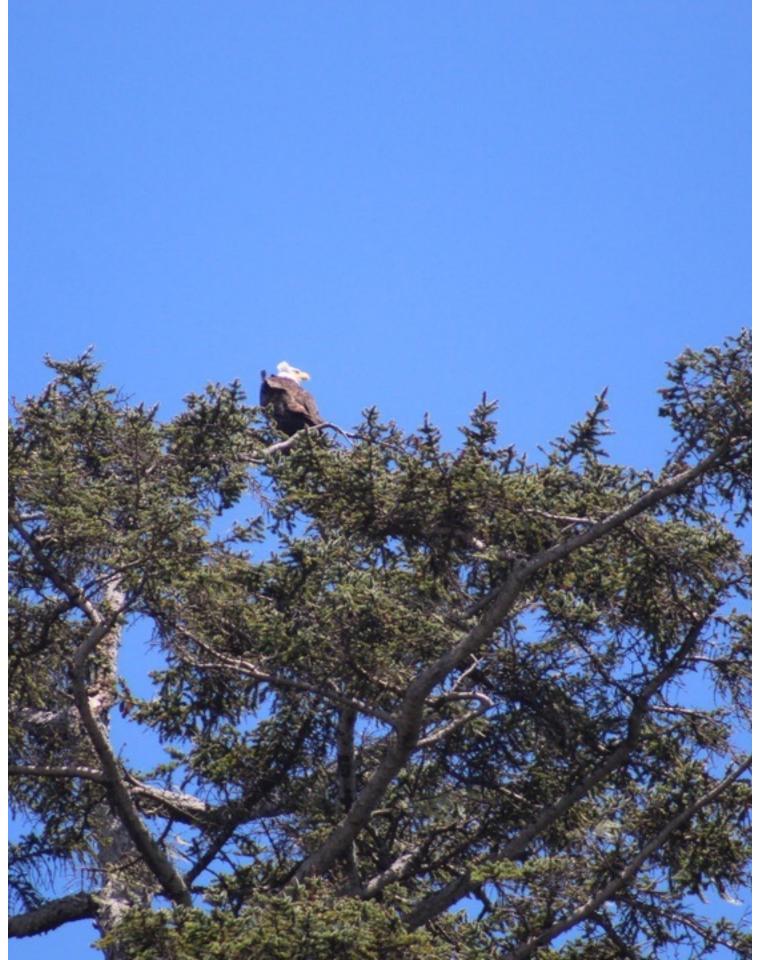
You are

Enough.



Come back to shore renewed, and ready to face the next session of your life.





Imagine the healing in your mind first. Give your brain a chance to reset. Every time you leave the shore, rise as majestic as an eagle when you arrive back.