

Anew Way to Fly

An Interactive Playful Zine



~ Vol 1.X0 ~ March 2020

~ By Xtina Duke

First:



What's your acronym for FEAR?

F:

E:

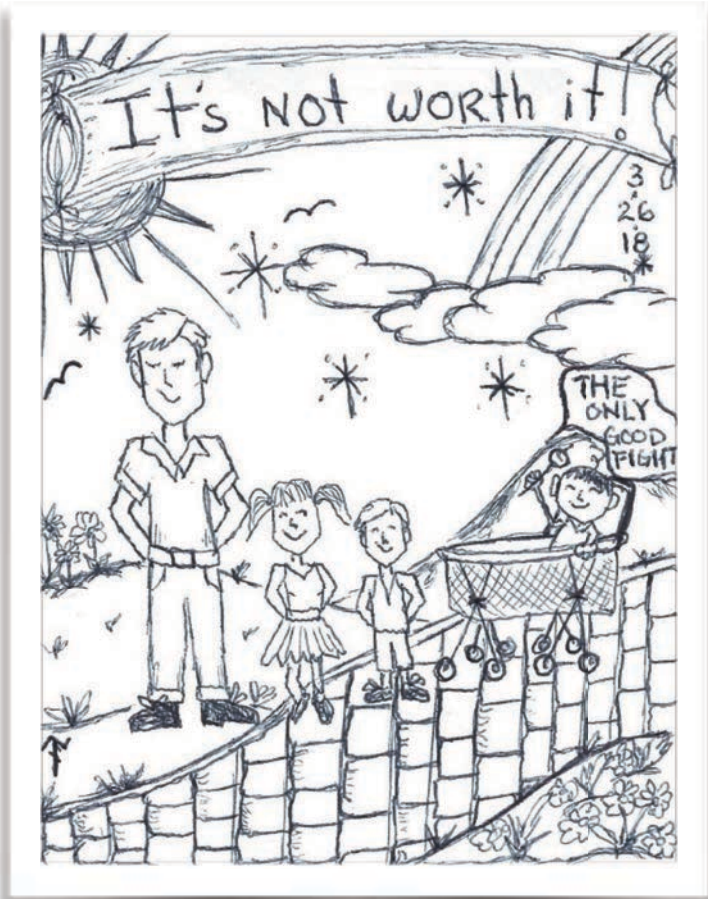
A:

R:

*God, grant me the
serenity to accept
the things
I cannot change,
courage to change
the things I can,
and wisdom to know
the difference.*

Reinhold Niebuh ~ 1951

Note: If you have children,
make sure you stay on the path with them.
Ultimately, it's the only good fight.



Remember:

"Go for the Divine move!"

Not the easy one.

Quotes Worth Remembering

"I can't afford hating anyone."

~ anonymous

"You can sit in garage for years,
you will never become car."

~ anonymous

"Starve the bad God, and feed
the good God."

~ anonymous

"A gold chain is still a chain."

~ anonymous

"God is waiting for us to surprise
him."

~ anonymous

The Question

What is your daily spiritual routine?

WHAT'S YOUR ANSWER?

HOW DOES THIS QUESTION MAKE YOU FEEL?

The Question

How's your relationship
with God?

WHAT'S YOUR ANSWER?

HOW DOES THIS QUESTION MAKE YOU FEEL?

The Question

Why do you think faith is important?

Draw Your
Answer



"PRAY TO GOD" ~ 8/7/2017



**When you're in a cell,
and the only reading material
is on the wall!**

The Question

What kind of tools do you use daily to keep a positive mind?

What is your answer? Thoughts?

The Question

What's the one thing that you have been thinking about giving up?

What is your answer? Thoughts?

The Big Question

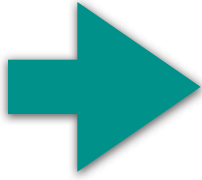
What's the one thing that you have been thinking about starting up?

Draw Your
Answer

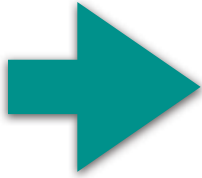


Bonus Questions!

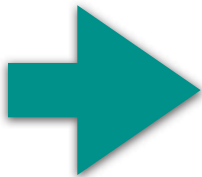
Where do you want to be in 10 years?



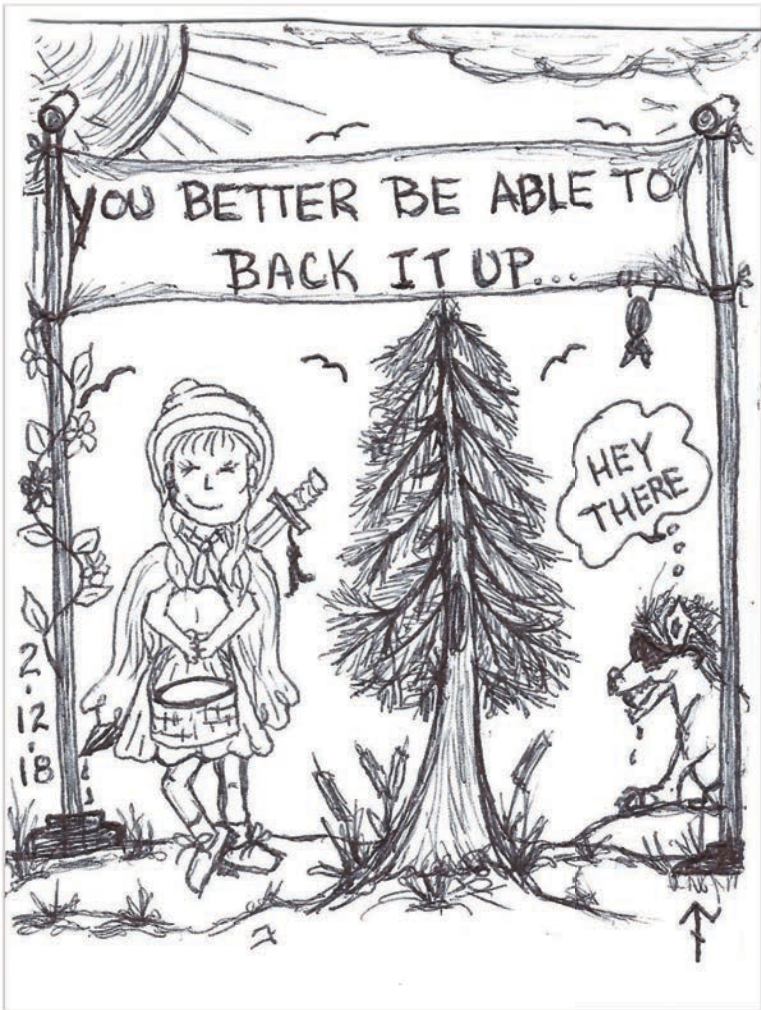
If you had zero limits, what would be your dream job?



Finish this line: "I am..."



“Back it up” ~ 2/12/18



Don't go in the forest alone!
The wolves are always there!

♥ Have Some Fun! ♥

~ Do Anything Different ~

I A M A E T R U T H L M
X R F R C G L B W Q O T
N P X O J L A R R D E Y
Y R E V O C E R S O F E
A E Q B T H K I U I X P
C W R X Z U W C L O O T
F A A C T M L A K D C R
Y P T K T O Q P L E H O
U O O M E R L G S W O P
F L J Z K O H N Z C K P
B Z R J V K L W A W C U
A N S E S C A L I E I S

AWAKE

RECOVERY

COURAGE

HELP

HUMOR

JOY

LOVE

SUPPORT

TRUTH

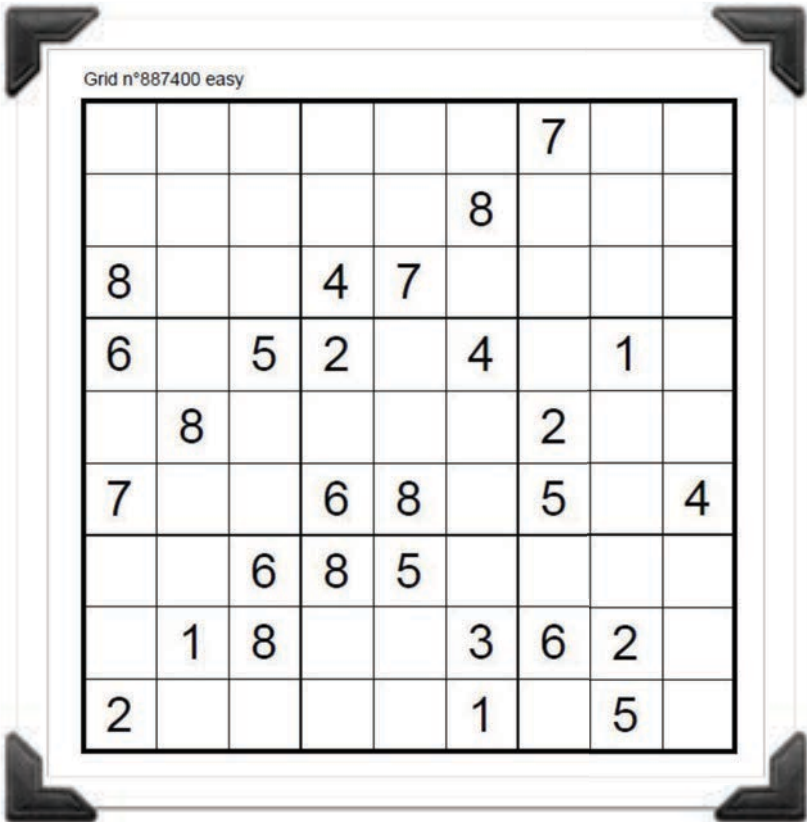
WISDOM

Numbers Can Stop the Mind

DO ANYTHING DIFFERENT

Sudoku (Easy)*

*There is only one rule: Every row, column and box of 3x3 cells must contain the numbers 1 through 9 exactly once.



Take Responsibility Or Ask for Help

Be part of the solution
Not part of the problem



One Last Question

- ◆ What are you doing with your life today?

Hopefully doing this Zine*

What's a Zine?
I'm glad you asked!

*"A zine (/ziːn/ ZEEN; short for magazine or fanzine) is a small-circulation self-published work of original or appropriated texts and images, usually reproduced via photocopier. Zines are the product of either a single person or of a very small group, and are popularly photocopied into physical prints for circulation."

<https://www.wikipedia.org/>

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“Twenty years,
[or 24 hours]
from now you will be
more disappointed by
the things that you
didn't do than by the
ones you did do, so
throw off the bowlines,
sail away from safe
harbor, catch the trade
winds in your sails.
Explore, Dream,
Discover.”

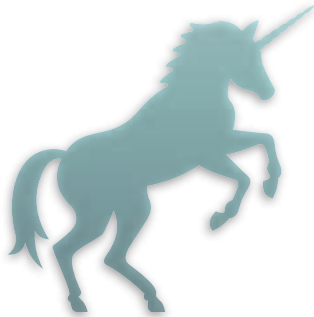
—Mark Twain

Ok, One last task!
Pick a spirit animal

When you get down or sad,
find a spirit-lifting animal,
real or imagined.

Mine is a Unicorn!

They ground me
when all around seems
to be falling apart.



~ Sudoku (Easy) ~

~Answers~



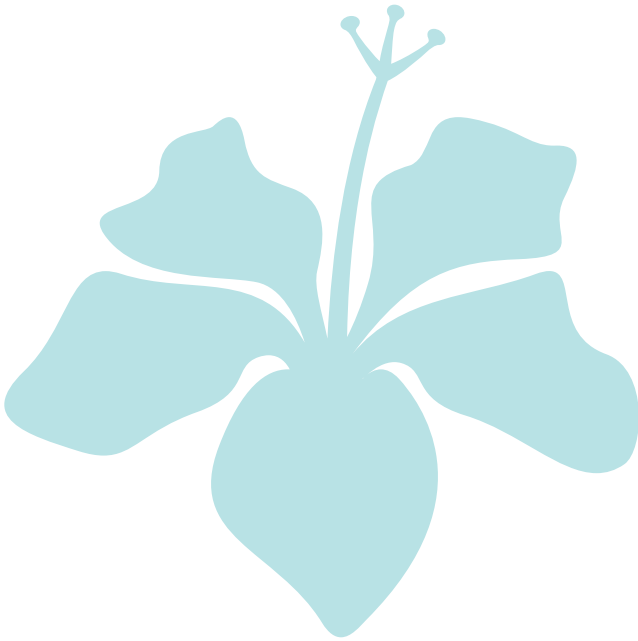
4	5	2	1	9	6	7	8	3
1	6	7	3	2	8	9	4	5
8	3	9	4	7	5	1	6	2
6	9	5	2	3	4	8	1	7
3	8	4	5	1	7	2	9	6
7	2	1	6	8	9	5	3	4
9	4	6	8	5	2	3	7	1
5	1	8	7	4	3	6	2	9
2	7	3	9	6	1	4	5	8

How did you do?

Say a Prayer

Believe it

Leave it



Make a Wish

Believe it

Leave it

Hello Friends,

Thank you for taking the time to enjoy this little zine. This is a pure product of love, and I have so many to thank. Every Question, every Quote, and every Drawing is based on an untold story.

Please let me know if you have any suggestions or questions for next month's publication.

I would love to hear from you.

You can email me at iam@xtinaduke.com

Or find me on the web www.xtinaduke.com

#xtinaduke #theonlygoodfight #joywrangler

To learn more about "[Anew Way to Fly](#)," you can find the back story on Medium.com, or my website.

Thank You and Love Always,

Xtina Duke

"Before enlightenment; chop wood, carry water. After enlightenment; chop wood, carry water."
Zen proverb