

Connect with the Spirit of Owl through Coloring

with Maryellen De Vine
Angelic Journeys



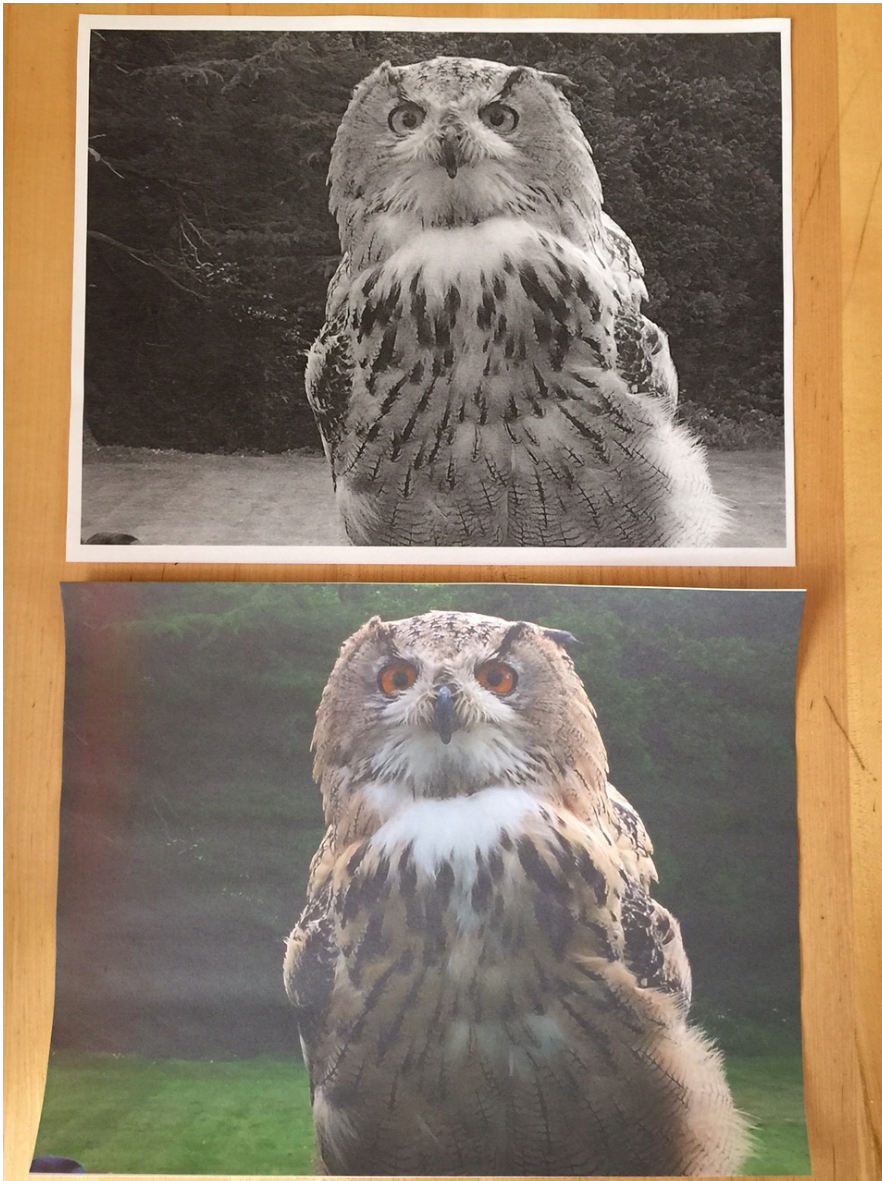
Coloring this gorgeous owl (photo taken during our Falconry session in Scotland) left me feeling so connected to the Spirit of Owl. As I colored, I sensed that I was honoring Owl. I also felt my heart opening more and more. I'd love for you to play with colored pencils, crayons or markers and connect with this amazing creature too.

Here are the steps:

Click on this link to print out the photo of the Owl. Print it out on regular printer paper (not photo paper) in either black and white or in color.

http://angelicjourneys.com/wpnew/wp-content/uploads/2015/08/OWL_0718.jpg

This shows both black & white and color print outs.



Take a moment to set your intention to connect with the spirit of Owl. You might even light a candle if you'd like. Give yourself plenty of time to color it the way you feel guided to.

If you'd like to watch a video of this Owl in slow motion flying to my arm, here is the link: <https://youtu.be/-Ctow9h-HtQ>

Using a marker, trace around the body.



Use any color you feel guided to use. (I used black Sharpie, but later in the coloring process, I felt I needed to soften the darkness of the black edges with gold colored pencil.)

(When you start coloring the Owl with colored pencils, crayons or markers, let yourself be drawn or guided to the colors. It doesn't have to be life-like colors. Your Owl may wish to look colorful and vibrant!)

Trace around the dark areas and dark details. Do as much or as little as you'd like.



Start coloring. Here I used brown for most of the body, and orange for the eyes.

Remember, your Owl might love for you to use bright and colorful choices (like blue, purple or green feathers). Just go with it!



My Owl really wanted me to use gold, so I colored the dark areas with gold. Then was drawn to pale yellow for the outer light feathers; then some beige; and then some silver under the beak.



This photo is after I softened the dark outlining with more gold color. Added some dark brown to the dark areas.



I colored the lawn and the trees green. See the next photo for a closer look at how easy it was to just color in “this direction and that direction” for the trees.



The up and down coloring marks really do make it look like feathers!



When finished, take a moment to notice how you feel. Do you feel relaxed and calm? Joyful? Energized? Connected to Owl? Or something else?

You could also ask Owl for a message.

Just know that spending this time coloring your Owl has been honoring the spirit of Owl and honoring YOU!



Blessings,

Maryellen