

# Tools for Seamless Living

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

signsandsymbols  
creativity  
intuition  
seamless  
coaching  
beauty  
qigong  
yoga

walkinthewoods  
energywork  
mooncycle  
laughter  
massage  
wisdom  
taichi  
play

contemplation  
meditation  
astrology  
movement  
angels  
totems  
hiking

conversation  
ancestors  
knowledge  
somatics  
guides  
living  
tarot

reflection  
guidances  
crystals  
creating  
prayer  
nature  
reiki