The dead say, reflect, renew, rejoice!
For we are their wildest dreams...

Dominic C. Bradley
Jazz Justine / Lucemy Perez
THEIR
WILDEST
DREAMS
This coloring book is dedicated to Bennett Bradley (ibaye).

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YOU ARE
ALWAYS
A WORK IN
PROGRESS.

-JESSICA NGUYEN
All hurricanes eventually dissipate. The one in your mind will soon
Enjoy life's adventure!
[E]verything you can think to call on is already a piece of your heart.
Move with care, love, intention, [and] Resistance
HEALING
MUST
TAKE
ITS
COURSE
- DANIELLE STELLUTO
Life will always send you turbulent waves. One must learn how to ride them until [one] can swim amongst them.
I see you. With your heart broken wide open. To witness and hold all of you is a gift.
Your trauma does not define you
Lean into how you want to be; always know that you are blooming.
OUR BELLIES CARRY MEDICINE.

-SASHA ALEXANDER
Prioritizing mental health is an ongoing journey.
Slow down, center yourself, and trust in yourself.
I, with my body and my mind

move and flourish in my own ways and time.
Turning towards emotional distress, rather than away from it, is a brave thing to do.
THANK YOU FOR YOUR BEING.

-LAUREN KELLY BENSON
REFLECTIONS