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— My Self-portrait with natural self-respect.
J Joseph Lart Martin Harring at 2011 1 20 Looks
Create a drawing of you standing in your truth. When you draw yourself, imaging compething
Create a drawing of you standing in your truth. When you draw yourself, imagine something
from nature standing with you. A mountain. An elephant. A bison. A raven. The sea. Sky. A
tree. Anything that feels strong the same way that you feel strong or want to feel strong.
Don't judge. It can be anything, even a spider or a storm.