



Seaside Sunshine is the name of this *Inspired Flow Art* piece. The colors in it are:

- White representing unadulterated joy
- Teal shimmer representing life-giving refreshing
- Parrot blue representing revelation
- Too blue representing refreshing

Take time to pause. Take time to step away from the busyness and return to what it means to feel human again. Come out to the seaside. Plant your feet upon the earth. Dig your toes into the sand. Listen to the steady rhythm of the waves, and allow the sea breeze to kiss your cheeks. You are human. You are not a machine. Feel free to just be.

The busyness of life can press upon you. Busyness can tempt you to feel like you have only two options—keep up or get left behind. But do not listen to the voice of fear. Don't ever feel like there's no time to take time. Vigilantly guard your right to rest, refresh, and just be. It is from your place of rest that you can be recharged. When you take time to rest, you will be empowered to take on the world.

We hope the art and the colorful encouragement speak to you. Enjoy life and stay in the flow!


and the whole
Inspired Flow Art team