



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

- Pale green jasper representing peace, rest
- Light turquoise representing waiting, going with the flow
- Soft gold representing light, direction
- Turquoise representing clear truth

Resist the urge to be frustrated when things don't seem clear. Like the water of a pond becomes murky as the spot on the bottom is stirred up, so life can be when things become agitated. But as we root ourselves firmly in a place of peace, soon it begins to settle and things again become clear.

Waiting for the waters to clear may be hard during the times when the world around you is demanding a response. However, just as it would be unwise to drive in weather that hinders visibility, resist any pressure to make hasty and unwise decisions when you lack clear vision. Sometimes pausing for a few moments, hours, or days can save you much grief and further trouble; meanwhile rushing may cost you.

So rest and be at peace. Trust that as you quiet yourself and wait, soon things around you will begin to still as well. As you quiet yourself, truth will make itself known. Let that place of truth and peace give you direction and sight in the hazy moments as you await the quiet settling.

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