



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

- Magenta representing prize
- Blood orange representing abundance
- Yellow representing joy
- Green representing flourishing
- Blue representing solid, remaining
- Purple representing promises

Sometimes in life we are presented with gifts that we may not recognize as such in the moment we receive them. A random encounter with a friendly stranger may later become a lasting friendship. It behooves us to pause and acknowledge those gifts, to stop and take a second look at our world, and be grateful for the bounty we've received when we weren't even looking.

In a similar way, there are some gifts we receive that can keep on giving. Be careful if you find that blessings you have received in the past seem to be losing their luster with time. As much as possible, tap into your childlike wonder as you view your blessings. Watch as seemingly old gifts become new again.

Grab on to gratitude. Hold tight to it. There is so much around you to be grateful for. Refuse to be distracted by the things trying to drag you down or depress you. Choose joy. Choose to be grateful – even for the little things: you woke up breathing! Be intentional to seek out the good and focus on it rather than allowing cares and concerns to embittered and depress you. You choose your outlook. Make it a good one.

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