



Peace and Mercy is the name of this *Inspired Flow Art* piece. The colors in it are:

- Mulberry representing love, heartfelt feeling
- Dark red representing sacrificial love
- Soft gold representing mercy
- Light gray representing humility
- Mahogany brown representing strength through humility
- Gold shimmer representing beautiful character

Always remember that amidst chaotic circumstances an oasis of peace can be found. While it may seem that your only way to find peace is to remove yourself from a stressful situation or remove the stressor, sometimes that may not be the wisest option. When this is the case, try changing your thoughts and shifting your focus. Seek out truth and beauty, even if they seem nowhere to be found. Peace comes from within and is available regardless of circumstance. Press in to it, and allow it to still the noise that seeks to bring chaos.

Part of dwelling in a place of peace is the ability to maintain an inner quiet. Some of that is achieved by being a person of mercy. The word “mercy” is defined in part by Merriam-Webster as “compassion or forbearance, kind or forgiving treatment of someone who could be treated harshly, and kindness or help given to people who are in a very bad or desperate situation.”

This mercy can manifest in multiple ways, but two are being highlighted. First, in choosing to be a person of mercy. Extending grace where none is warranted doesn’t make you weak, it simply becomes a defining characteristic. So be a person of mercy. Secondly, in extending mercy to yourself. We all have moments where we fall short or make bad choices. Beating ourselves up about it doesn’t change the original act, it simply drags out the effects of it. So extend mercy to yourself as well as others and move forward in grace and live in peace.

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