



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

- Sapphire blue representing truth
- Wine representing deep places of your heart
- Light turquoise representing cleansing flow

Know yourself. Be honest with yourself about your emotions and do so without judgment. Allow your feelings and reactions to be a source of information that teaches you about who you are because you are worth knowing.

Be kind to yourself. Resist the urge to expect perfection or be frustrated at your internal responses to various situations. Instead of trying to change how you feel, allow those feelings to serve as signposts to thoughts and patterns of belief that have been formed in your heart through experience. If then you find faulty beliefs or thought patterns, choose to believe differently and you will find that your emotions will soon follow.

Be mindful of the stories you tell yourself. Resist the urge to assume the worst or believe the worst of yourself or others. Instead be hopeful and loving, choosing to be kind both to yourself and others. Doing so brings much peace in your relationships and your heart.

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