



Life from Stone is the name of this *Inspired Flow Art* piece. The colors in it are:

- Red representing blood (sacrifice)
- Black representing sweat (effort)
- Gray representing tears (cost)

The name “*Life from Stone*” comes from the initial vision for the piece of a flower blossoming through the cracks in stone or a sidewalk. The concept became two-fold as we began seeing parallels with how sculptors work with stone.

There are various tales about how a sculptor must “uncover” his vision beneath a block of marble. This concept became a comical quote that is misattributed to the Renaissance artist Michelangelo regarding the difficulties he likely faced while sculpting his masterpiece, David. “It is easy. You just chip away the stone that doesn’t look like David.” And while the quote may be tongue and cheek, the principle behind it remains solid.

This concept is often compared to how success or reaching our goals in life can only come by pressing through difficulty. Just as you will not find a finished sculpture in nature and just as an Olympic athlete does not simply appear on a podium, it takes “uncovering the vision” or “uncovering our success” from layers of stone or difficulty. In the same way, you are one who is not afraid to put in the work and endure to see the resulting life and success come forth. So with that introduction, below is the word of Colorful Encouragement that goes with this piece.

While some things in life are better birthed through simplicity and rest, you are aware that there are some things that only come through hard work, persistence, and endurance. Nothing keeps you down. Regardless of the hardships and trials you may encounter, you press through and succeed to the finish line. That tenacity is admirable, but it comes at a cost.

For the beauty of success and reaching your goals isn’t simply about the finished result — it is about every obstacle you overcome along the way. While others may not see the hard road you take to your destination, it’s a vital part of your journey nonetheless. Be sure to pause and allow yourself time to process your feelings about the things that come your way — not that you need to share them, but simply acknowledge them to yourself. It’s ok to say “that hurts” or “I’m frustrated I had to go through that.” Acknowledging your feelings isn’t a weakness. You’ve clearly demonstrated your strength — that’s not in question. Simply express compassion to yourself, for you are worth the effort and worthy of the acknowledgment. By acknowledging the small successes you have along the way, it will make the finished goal that much sweeter.

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

If this **colorful encouragement** has touched you, we would **love** to hear your story!
Please share it with us by emailing it to info@inspiredflowart.com