



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

- Blue representing washing/washing away
- Light turquoise representing healing flow
- Green representing new life, flourishing
- Pink representing tenderness
- Lavender representing gentleness

Sometimes the flow and events of life can leave a residue of grime. Some of that grime may come from our own actions or others—places where humanity fails to measure up to its best and most upright potential. Cleansing and renewal are available yet the most powerful antidote to extreme circumstances is often a gentle and peaceful approach.

As much as possible, strive to be patient and loving toward yourself. Remember that the dirt that clings to you is not really you; it is a residue that can be washed away. You can always be made new. Resist the urge to use harsh methods of bringing that cleansing or you may risk walking in self-abuse and attitudes that further distort your character. Instead, seek a higher vantage point through which to view your life. Though it cannot be seen in a momentary perspective, remember that in the grand design, the flow of life is capable of taking you in a direction that you never thought possible. The very things that were meant to harm you or set you back often become the very things that can launch you into your purpose.

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