



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

- Deep red representing life
- Medium pink representing happiness
- Orange representing vibrant joy
- Butterscotch representing sweetness
- Melon yellow representing sunshine
- Chambray representing breath of life
- Periwinkle representing peace
- Lavender representing tender care
- Wild plum representing fruitfulness

Choose to embrace life in all its variety and color, appreciating each person and moment for its unique design and purpose. And that includes yourself, and your own design. We were not created to all be the same, but rather to compliment and contrast one another thus creating glorious variations that enliven us all.

In the same way that one needs to experience sorrow to fully appreciate joy and hardship to fully appreciate ease, so different experiences and people may not be your favorites, but they still add valuable contrast in your life and can be appreciated as such even if not enjoyed.

So embrace life and all it brings. Appreciate each shade and hue like a rainbow of people and experiences there for you to experience. Take joy in each one – whether a favorite or one that challenges, and allow the fullness of life to invigorate you and bring joy and peace to your soul.

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