



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

- Light turquoise representing refreshed
- Turquoise green light representing delight
- Marine blue representing sustenance
- Baby blue representing air

Just like you might plunge into a pool and experience a feeling of being out of control during a brief underwater struggle, and yet it is quickly overshadowed by the depth of the new exploration. In the same way, you must jump into life – with all its unpredictability and release your tight grip of control to experience the greater joys and deep fulfillment of venturing outside your comfort zone. An experience like this brings rich release – the refreshing of the cool plunge, and exploration in the depths beyond the surface. Resist the urge to hold back, and instead embrace life for its fullness.

Drink deeply of the joy of life and enjoy its adventures to the fullest. Let nothing inhibit your satisfaction with life, for despite the trials and hardships that inevitably will come, there is much in which to feast with joyous abandon – whether it be in friendships or the great outdoors, opportunities to function in your strengths or times of quiet rest. Find that which feeds you and enjoy.

Finding enjoyment and moments of delight is not only desirable but necessary. It brings balance to life, lightening the soul and compensating for times of hard work, stress, and even heaviness and trauma. Seek to be intentional in finding this balance—work hard and play hard. Allow the fresh waves of joy to completely captivate you and refresh your soul. It's ok to smile because you have conquered much. Rejoice in every moment of every day regardless of circumstances, because every day is a gift and tomorrow is not promised.

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