



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

- Gray representing respect
- Cloudy blue representing truth
- Light gray representing humility
- Black representing foundational

You have a choice of what type of atmosphere you want to set around you. You don't have to simply allow those around you to determine the feel. You yourself are a force, so be a force for good.

Choose to set the tone for truth, positivity, authenticity, and compassion. Resist the urge to give place to bitterness, falsehoods, anger, and resentment. And refuse to allow others to drag you into that kind of space.

Be a force. Set the flavor of your world and make it good. In doing so you are helping others to do the same and shifting the flavor of their world too.

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