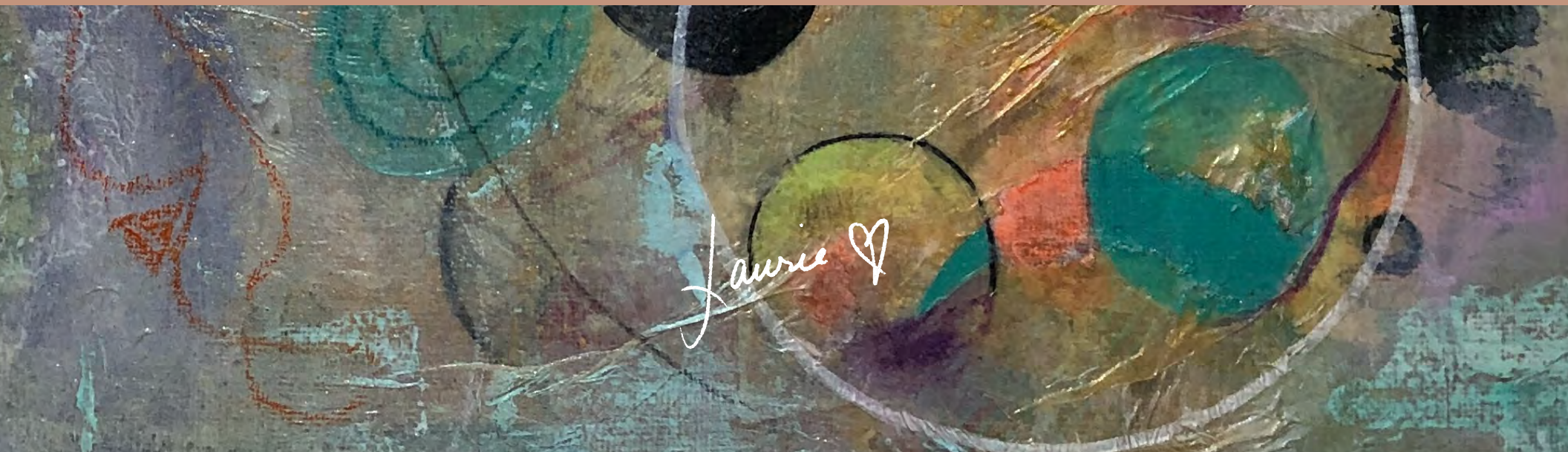




# CHOOSING ART THAT HEALS

Art as Medicine





Did you know that the right work of art is medicine? It must be right for you for it to be medicine. In this short guide we'll talk about how to view and choose art that supports your mind, body, and life.

*“The purpose of art is washing the dust of daily life off our souls”*

- Picasso



# Everyone has their own way of viewing and enjoying art.

For example, if you go to a gallery, you might stand several feet back from a piece, then you might move in closer. Generally, you're taking note of what you see and how it makes you feel. There is no right or wrong regarding this.

The same piece of art may make each viewer feel slightly different. That's ok because it's the dance between the art and the viewer that makes the medicine. And it's **personal**.

What I encourage you to do when you view art is somewhat similar, but with an added dimension. While this list may seem long and unwieldy, it's actually short and simple once you get the hang of it. ✕

- View from as near or far as you'd like
- Then root or ground yourself in your body, either by feeling your feet on the floor or moving your awareness to the base of your spine, or both. This takes you out of your head and into your body. Your body is wildly intelligent, filled with wisdom, includes the head, is connected to the quantum field of Life Force, and guides you to your truth.
- You might choose to set an intention regarding your next level of health and wholeness. For example, "I set my intention for more energy, abundance, or to be pain free." Or "I set my intention for a stronger back, more confidence, etc."
- Ground yourself in view of a piece of art and begin breathing easy deep belly breaths. Nothing dramatic just a nice rhythm. Remind yourself of your intention mentally, then drop your awareness down low again to be in your body.

- When you exhale try and soften your body so your Qi or Life Force can circulate more freely.
- Notice what you feel in your body and where. There is no need to judge, just observe. You can't do this wrong.
- See if the art you're looking at makes your body lighter, changes your feeling, or somehow connects you to your intention in a way that helps you feel it's possible.
- Different pieces might have you feel different feelings, in different places in your body. Simply notice.
- There may be a particular piece, or even several, that make you feel lighter inside, like the flow of energy is freer, more open and less tense or constricted. Some people even report feeling tingly. This is a piece that aligns with you and your intention nicely.
- Many choose to bring a piece like this into their space to support their intentions, flow of Qi, energy, or Life Force (all the same thing), and well-being. It's a reminder of what is possible in your journey to greater wholeness.
- I like to say, "Our life is only as good as our Qi is healthy!"

Have fun with this, it's simply another way to engage with art and Life. You might discover something you weren't aware of, and at the very least your body will appreciate some nice deep breaths and **intentional relaxation** while **enjoying art**.





*“The Soul speaks in image”*

- Carl Jung





## What does your soul long to 'see' in your space?

Speaking of 'space', every piece of art I create is infused with the Highest Vibration of energy, which is Love, and is directed to infuse the space it lives in with Love. Love is the ultimate healer, thus infusing your space and your being at this level is a wonderful choice!



# CUSTOM ARTWORK

If what you're seeing in my online gallery is close but not quite "it", maybe you'd like a custom commissioned work of art?

One of my favorite things to do is to create a piece for a specific spot in one's home or business. People often have a vague idea of what they want, have looked around some, but haven't quite found the right piece, if this is you, here are your next steps.

## The process goes like this.

- You fill out a short form for specifics. [Click Here for form](#)
- I e-mail you a proposal for your custom artwork
- Once accepted a \$300 non-refundable deposit is required before the work begins. This is the amount that covers the supplies I buy for your custom piece
- We sign an agreement outlining terms (details of our arrangement, deposit, timing etc.)

- I get to work on your masterpiece and send photos and/or a video to get you final approval
- After acceptance the balance is due
- You may pick up or I will ship to you
- You enjoy your custom-made work of art for years to come

All pieces come with a 'Certificate of Authenticity'. As a healing professional I uphold the integrity of professional privacy and confidentiality. All information exchanged is private and confidential.





**The purpose of the information you provide is three-fold.**

- 1) Just initiating this process opens a portal of healing energy that begins to support your transformation even before your custom art arrives.
- 2) You consciously bring, from deeper layers of your subconscious wisdom, a greater clarity, awareness and love to your transformation.
- 3) It informs and guides me in creating your ideal piece. I create while connected to the Creative Life Force, which is also Divine Love and there are insights that come through which I record and include with your piece. This is a transmission of supportive, empowering information for you.



A final thought...

I love to ask questions of my heart, and she always answers. I'm almost always hanging out with one inquiry or another. A good inquiry to consider is...Ask yourself what makes you feel connected to Life with access to Love? Even if it's not feeling that way right now or you aren't sure, there are clues in your life, follow them and they will lead you somewhere good.

## HOW TO CONNECT:

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**In Creative Love & Wholeness,  
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