

Dec. 2016 #4

# Thrive True

wishful thinking? absolutely

#everydayangels #listenin #buildingbridges #divinereflections #withinwisdom



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Founder & Co-Creator:

Julia Ostara

Contributors:

Cherry Harris

Susan Miller, PhD, NCC, LPCS

Ingrid Clare

Lucy Brydon

Verena Solve Fay

Robyn Terry

Kerri Aab

Ingrid Ieva

Corinne Zupko, Ed.S.

Mary Pressel Cline

“Angel Descending”

Cover Art By Lucy Brydon

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*thrive true*

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Letter from Founder & Co-Creator: Julia Ostara

Ah.... Welcome dear one! Welcome to this circle of sweet souls. I'm so glad that you've said YES to receiving this gift and spending a bit of your sacred time opening it. I hope that it will be a blessing and bring a gentle smile to your heart. I'm grateful for the vision to create this and the amazing contributors that have helped make it happen! Doing this has filled my time with beauty and inspiration and nourished a more cooperative way of being.

The focus on thriving and the name "Thrive True" came about from a wild wish for a world where we are able to thrive together in harmony. I don't have 'thriving' all figured out! I'm simply holding on to hope... and finding ways to thrive amidst the bittersweet mystery of life as best I can. Co-creating this e-zine is one way that I try to spread more joy, encouragement, beauty, and sweetness. I'm so grateful for the ability, along with the lovely co-creators that have so generously helped, to bring this to fruition! Much of the art and poetry is available on the contributors' websites as prints, ornaments, calendars, tote bags, mugs, books, jewelry, and more. So please visit the links in their bios at the end if you see something you love!

Putting together the Thrival online course retreats is another way I've tried to invite harmony, explore wonder, and nurture the mind, body & spirit in a creative way. I'd love to give you a present this season. You can receive free access to a Thrival course using the code and link found on page 30.

I love to read and often reference the beautiful books I've found worthwhile. I've added a new page to the website with links to some of these gems at [www.thrivetrue.com/bookshelf](http://www.thrivetrue.com/bookshelf). If you see something you'd like to have and are willing to use the links from that page, it will support the Thrive True efforts without costing you anymore than usual! Books mentioned on these pages are included along with many more. I recently listened to "Mother Night" by Dr. Clarissa Pinkola Estes. It was so timely with the long nights of the season here in the north. She has become a favorite story teller and companion when I need to curl up, close my eyes and rest. We also listen to her on road trips... when I'm not singing along with favorite songs!

Oh, I've also made a playlist to go along with this offering! Years ago, I asked one of my sons what he was painting while humming. He said he was "painting a song." I've found that I also tend to do that! It amazes me how often a song comes on Pandora that is so in synch with what I'm painting! I share more about that, along with the playlist link, on page 23.

While working on this offering, I enjoyed a cup of tea (several actually!) and received the message in the photo shared here. It pretty much sums up how I've tried to live this year! I have been donating truck loads of stuff (which means I was hanging on to way too much for too long). I think this will now be a New Year's/Solstice Releasing ritual for me. I started it last year cleaning house and letting go of old stuff (both physical and emotional!) to make space for present blessings. I kept donating stuff throughout the year and am still working

♡♡♡ *Wishful Thinker? Holy Yes!* ♡♡♡

Inspired by nature... scattering blessings, wishes, hopes, and dreams like wildflower seeds. May we thrive true together in harmony.

You can subscribe to the [free Thrivalist Newsletter](http://www.thrivetrue.com) from the website at [thrivetrue.com](http://www.thrivetrue.com) to receive this seasonal *Thrive True* e-zine gift each time it is published and thrive with me. ♡

through the attic and closets (I've visited too many yard sales & thrift stores in my past!). I highly recommend this as a way to welcome more flow while passing on the treasures that we no longer need to others who may very much appreciate them. I've also made more art than I have room for so I'll be adding many original paintings to my website soon!

In addition, I've been trying to be and share a warm, loving light in art, online, and in this e-zine that I started in March. A few years ago, the word "Heartlight" filled my thoughts and visions. I have been dancing with it ever since. ♡♡♡

A dear online friend, and contributor to this, Mary Pressel Cline, recently introduced me to poet Nikita Gill. In one of her poems, she writes about not just being the light for someone, but being both light and darkness. I love the way she described the darkness as enabling the other to shine! This is similar to the kind of generosity I refer to in the article about Everyday Angels. Recognizing darkness as part of the light feels especially appropriate during the 'dark' time of the year in the north, which is a great time to nurture ourselves and others.

I invite you to find a comfy spot to slowly savor the blessings within... perhaps in the summer sunshine, if down under, or by a cozy winter fire with a warm cup of tea, if in the northern hemisphere like me.

Whatever holidays you may celebrate, I hope you'll have a Happy Holy Day... Every Day! ♡

Wonderful Wishes, *Julia* (aka *Jules/Jewels*)



# Contents... *Yes, there's Treasure Within!*

Yay! The fourth seasonal offering of the *Thrive True* e-zine is here! If you missed the first few issues, you can use this link to check out the archives:

<http://thrivetrue.com/thrive-true-e-zine/>

Much of the art, poetry, creative and healing services shared within are available from the contributor's online shops so please visit the links in their bios at the end if you see something you love! They have all generously contributed without any financial reciprocation since this is currently offered as a gift. If you'd like to collaborate and contribute in the future, you can learn more about what is needed at: [thrivetrue.com/cocreate](http://thrivetrue.com/cocreate).

Making this a gift means that there is no marketing budget either so please help us share the love and light. You can use the social media sharing links on the Thrive True site here: <http://thrivetrue.com/ezine/> to pass on this gift. Thank you!

Let's thrive together! *Julia*



Art above by Mary Pressel Cline

*It is better to light a candle*

*than curse the darkness.*

*~ Adlai Stevenson*

Art below by Robyn Terry



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*Beautiful Blessings And  
Wonderful Wild Wishes Within!*



"Be Love" Art Above by Verena Solve Fay



Art Above by Ingrid Clare



# Mindfulness Meditation...

By Corinne Zupko, Ed.S.

During a recent class, we spent the latter part of the hour outside next to a waterfall practicing listening meditation. SO AWESOME!

One of my favorite listening practices is to listen to the sounds of nature. Sound is always in the present moment – we can't experience it in the past or the future. So sound becomes a wonderful anchor that we can use to practice being in the present. Mindful listening is not about TRYING to hear anything. It is instead about simply allowing whatever sound waves are in the air to rest on your ears.

Here is what we practiced during my class so you can join us too!

Steps to practice mindful listening (outdoor sounds aren't necessary but are certainly fun):

1. Pick a place where you can listen to the sounds of nature – next to a window, outside, or at the beach. You can set a timer for 5-10 minutes to start. Close your eyes, and allow your experience of listening to take center stage in your field of awareness. Begin by noticing whatever sound waves are in the air.
2. Call your mind back to listening each time it wanders. It might take a minute or a moment for your mind to wander, but it will likely do so. This is normal. Your task is simply to notice that your mind is wandering, and bring your mind back to the experience of listening. You might have to nudge your wandering attention back to sound over and over again. This is part of the practice.
3. Continue holding the experience of sound in the center stage of your awareness. Notice the birds, the trees, or the waves until you're ready to open your eyes.



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*“The quieter you  
become, the more  
you can hear.”*

*~ Ram Dass*

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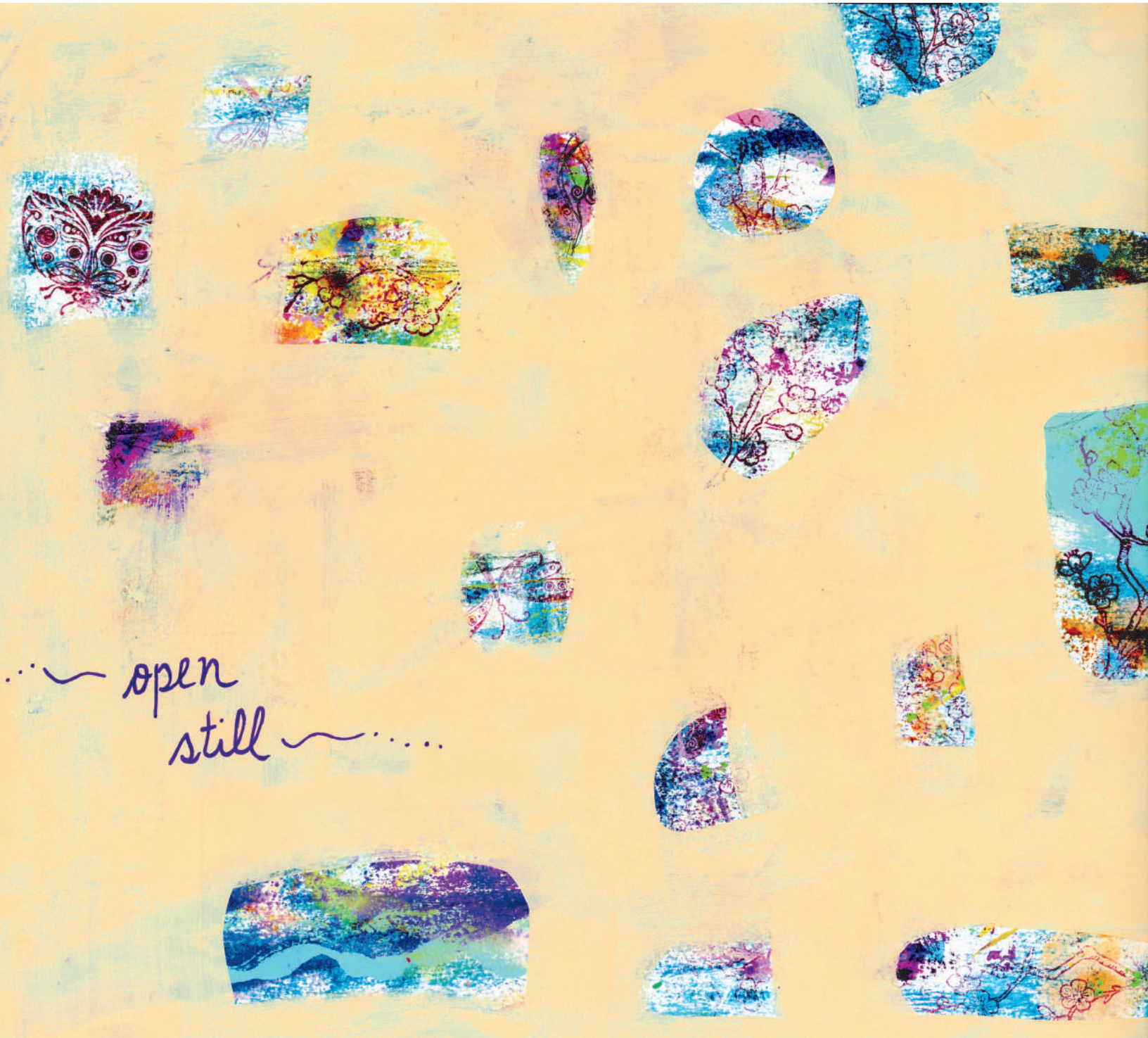
Corinne Zupko, Ed.S., used to struggle with debilitating anxiety until she started living the principles of the spiritual text, A Course in Miracles (ACIM). With ACIM and mindfulness meditation as tools on her journey, she has found inner peace to be unstoppable. Corinne is the author of the forthcoming book, From Anxiety to Love. She is an adjunct professor of Counselor Education, Board Certified coach, and mindfulness meditation teacher.



# Pause and Open...

By Julia Ostara

Ahhh.... Just after finishing the layout for the meditation on the prior page and reading Corinne Zupko's lovely reminder to listen, I took a moment to pause and do just that (though I didn't close my eyes). I simply looked up from my computer screen and listened while looking out the window. At first, the sounds conflicted a bit with what I saw! I could hear my 12 year old twin boys playing Kinect sports in the basement... getting some energy out on a blessedly soggy day after a severe drought that brought wildfires and smoke to the lands around our home. I could hear my husband, who works from home as a software engineer, talking on a conference call meeting upstairs in his office. I could hear the dishwasher, which reminded me to be grateful for it! That also made me hope I'd hear the phone ring soon with a call from the plumber to fix a leaky bathroom sink! Yet, I was looking at a sparkling Christmas/Solstice tree (which seems to start singing what my son and I call 'sticky' holiday songs if you listen long enough!) and grey skies and the bones of the oak trees obscuring the shadows of the mountains beyond. I saw big black crows fly into the arms of an oak... then, I heard them caw... it sounded like an invitation. This prompted me to attempt taking a picture to share with you (turned out dark and blurry). I slowly stood and snuck over to pick my phone... the crows always seem to know and take off when I try to photograph them! What relief on my lower back to stand and walk slowly towards the window away from the computer for a short break. Funny... my 'pause' meant moving instead of sitting! As I moved closer to the window, the crows took off. Then, I noticed a scattering of smaller birds lower down and heard them chattering. A gentle smile warmed my soul and a little stretching opened my body. This short impromptu listening session only took a few minutes to bring me home to here and enjoy the gift of now. I returned to my screen to be greeted by Corinne's lovely face in a private message notification! I hope you join us and take a moment to pause, listen and open to the present. ♡





## *Divine Reflections...* animal art and love with Ingrid Clare

Ingrid Clare has been an artist since childhood. She relished in the delight of finger painting, crafts and home-made fun. A life-changing trip to Africa in her 20's revived Ingrid's love of painting and wildlife. Ten years on and Ingrid now has a blossoming, successful art career and her own recognisable style.

Nature, animals, faces and patterns are her passion. Emotive, colourful and joyful are the words most often used to describe her work. Ingrid's specialties are painting faces, portraying emotion through the subjects' eyes and her new-found love of digital iPad art creation.

Ingrid aims to create a connection with the viewer, and depict the essence of nature and all living beings. Ingrid truly believes the eyes reveal our essence and, therefore, our soul. If we can see ourselves reflected in animals and nature, we are more likely to defend and protect them.

All Art on this page by Ingrid Clare







*“The wilderness is calling.  
And I must go.” - Unknown*

Mandalas and mantras also feature throughout Ingrid's work. Often, these symbols, patterns or words will resonate with a viewer whose soul is craving inspiration, beauty or recognition.

Another creative influence is Aboriginal artwork. Ingrid had the privilege of working with Aboriginal elders and artists while living at Yulara, Uluru, and working in a gallery at Ayers Rock Resort. Collaborating on a painting with esteemed Aboriginal artist and friend, Maureen Hudson, was an amazing Gift.

Ingrid has sold artwork at galleries and at art shows. Her pieces are now available for purchase via her website and her Facebook page, Ingrid Clare Designs. So, what is next for Ingrid Clare Designs? More Digital art and lots of experimentation. Ingrid hopes to continue exploring different art mediums and teaching others to enjoy all that comes with living a creative life. She will continue to grow her online art community, with the focus on starting her own digital, acrylic and mixed media art classes and retreats in the near future! For purchasing and further information please contact her at [Ingrid Clare designs on Facebook](#).







"Angel Descending" above by Lucy Brydon

## Everyday Angels... Written by Julia Ostara; Art by cover artist, Lucy Brydon

"At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us." ~ Albert Schweitzer

This time of year, there is a lot of emphasis on giving and generosity and I love to give! If I could afford to financially, I'd be delighted to feed all the hungry people and wrap them in warm cloth and invite them to have a seat by the fire with hot cocoa in a lodge with beautiful art and music all around and a breath taking view of nature out the window... or a trip to an exotic destination to explore and wonder. Instead, I'm grateful to be able to give presents to family and donate to a few worthwhile charities and local families. Thankfully, that kind of generosity is an option for me due to so many causes and my husband's paycheck! Yet, I want to give more intimately and deeply and receive such generosity as well. I've thought a lot about generosity this year; what it is and how to enable more generosity to flow through me.

According to the dictionary, generosity is:

- \* the quality or fact of being plentiful or large
- \* willingness to give or to share
- \* the quality of being kind, understanding, and not self-ish; the quality of being generous; *esp.* willingness to give money and other valuable things to others

What is 'valuable' to others? To me? Especially if we have 'enough' in terms of physical needs being met! Why are there still so many starving souls that have plenty to physically eat? Could this have to do with the despair and suffering in the world? I'm reminded of a line from *Desiderata* by Max Ehrmann again and again: "If you compare yourself with others, you may become vain and bitter; for always there will be greater and lesser persons than yourself."

I often think about the competitive culture around us and how it effects us so much, especially as a parent. What if we could truly want the best for one another without being concerned about competition? Could this be generosity? Can we encourage others to reach their highest potential regardless of whether they may become more 'successful' than us?

I've been blessed to encounter a few people recently that explore this idea, including a speech about "Invisible Acts of Power" by Carolyn Myss. It nearly brought me to tears as I listened to story after story about compassion and generosity while cleaning house. Julia Cameron's book, "Finding Water," also discussed the benefit of having people in our lives that believe in us even if we may not believe in ourselves. These ideas have reminded me of a book I stumbled upon at a library when my boys were just toddlers called "Everyday Angels". It was about ordinary 'everyday' people that are like angels in our lives.

This kind of generosity can be less expensive financially and is available to all of us... yet, it can cost more in terms of energy, kindness, humility, and attention... well worth the price, in my opinion! I hope to become more generous in this way. I am so grateful for all of the 'everyday angels' in my life. May we all be blessed with the ability to give and receive in this way; to see and bring out the divine in one another. ♥

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

- Leo Buscaglia



"Silence" art directly above by Lucy Brydon





"Infinite Meadows"  
Art by Lucy Brydon



## *Winter Wonderland*

Poem by Cherry Harris

Snowflake,  
wait for me,  
don't drift.  
Let me taste your ice on my lips.  
Slow down,  
Whilst I smooth back my hair  
and get ready,  
for an impossible journey north.

Snow drift,  
let me dance on your plight,  
before you melt,  
to icy steam.

I want to see my foot prints  
Imbedding in your white surf  
and watch as my freezing skin  
turns blue,  
In the inkiness of a midnight sky  
and silver glitter of a new moon.

Snow storm,  
let me run in your theatre.  
Feel the intensity of your drama  
in my heart,  
as we speed though forest and glen.  
Let me hear your storm howl  
And feel the biting wind on my cool blue cheeks.  
I take a deep mindful breath and,  
I smile though crimson lips at the spectacle of a  
winter wonderland.







"Silent Night" Art above by Julia Ostara

## *The Gift*

Poem Below By Cherry Harris

The clock in the Great Hall struck midnight.  
Snow continued to fall outside,  
making the house ever so cosy.  
I ran barefoot through the passageway,  
hair laced in knots trailing behind me.  
The Christmas tree lights flashed past,  
In one multi-coloured blur.  
The mistletoe hung bedraggled and worn.  
I fell in a heap before the crackling fire.  
You, and the frost still on my lips  
I held the gift in the palm of my hand.  
Where it sat, gold and shimmering.

You burst through the door,  
breathless,  
and fell at my feet.  
Me, and the snow still in your smile.  
The logs snap and crackle,  
The clock ticks,  
as the snow flakes fall.  
Our eyes lock.  
'Yes' I said joyfully.  
We fell together beneath the pine tree.  
Newly engaged  
The frost melted, bodies entwined.  
The gift resting on my finger.  
Sleigh bells jingle somewhere,  
In the distance  
and our hearts beat with every snowflake  
that falls.

## *Laughing Swan*

Poem by Cherry Harris

The swan with the golden eyes,  
threw back her powerful neck,  
opened her beak and laughed with gusto,  
with mirth...  
as she tumbled over her excellent white feathers.  
She forgot her grace and beauty  
and kicked up her bright orange webbed feet,  
wrapped her wings around her belly and bellowed.  
A swan ...go on.  
I watched as a tear of joy trickled down her cheek,  
leaving flat feathered rivers.  
Her tongue lolls over the side of her beak.  
To make way for more laughter that wouldn't cease.  
It was like a fever.  
She laughed like it was her last day.  
I stood in the mud by the side of the lake  
And the soggy orange leaves lay in sludge around  
my feet.  
There was no one around just me and the swan.  
I smiled,  
I smiled a little more.  
Then I laughed  
I think it was laughter,  
It had been a while.  
The swan was on her back, orange webbed feet in  
the air.  
We laughed like drinking buddies.  
Then she stopped and started to swim in silence.  
I continued to stand in silence



"Walk with Me" Art by Julia Ostara



## *Building Bridges...* By Artist and Writer Ingrid Ieva

My beliefs, values, practices, and ways to see the world have been surfacing from the reading and learning I have accumulated through the years, since I realized my need to search for truth and meaning in life. Perhaps this is reflected in my work... and I hope so, because my Brand Statement is: "To Bridge Form and Consciousness, the Seen and the Unseen world." I'm always trying to remember the Oneness we all are.

For the past year or so I've been in a journey of growth, self-healing, and re-inventing myself as I go along, working with a wonderful mentor and teacher, Flora Aube. In her Art of Allowing Academy I have also found a great Circle of women and mentors, who, like me, have come to this Circle to heal, to grow, and most importantly: to find our Inner Voice, the True Self we carry within... to find our Soul. This painting (below) is in honor to Ieva, a re-invention of myself, that Persona that aligns me with the creative-playful part of my Being. Welcome home IEVA!!!



### SISTERHOOD (an invitation)

There is great power in women's circles  
The power to be oneself,  
To love,  
To grow,  
To create,  
To change,  
To heal,  
To dream,  
To empower,  
To celebrate,  
To thrive.

The choice is yours ... but I invite you,  
Come, join in the circle,  
Hold hands with your sisters,  
And while together we laugh, sing, and dance,  
Tap our feet to the heartbeat of the earth,  
We free ourselves to grow and become,  
The person we hold dear in our hearts.

Are you joining your sisters in the circle?  
Please come and celebrate with us,  
We need your help to shape and create,  
A brand new world ...  
Where we can all thrive.

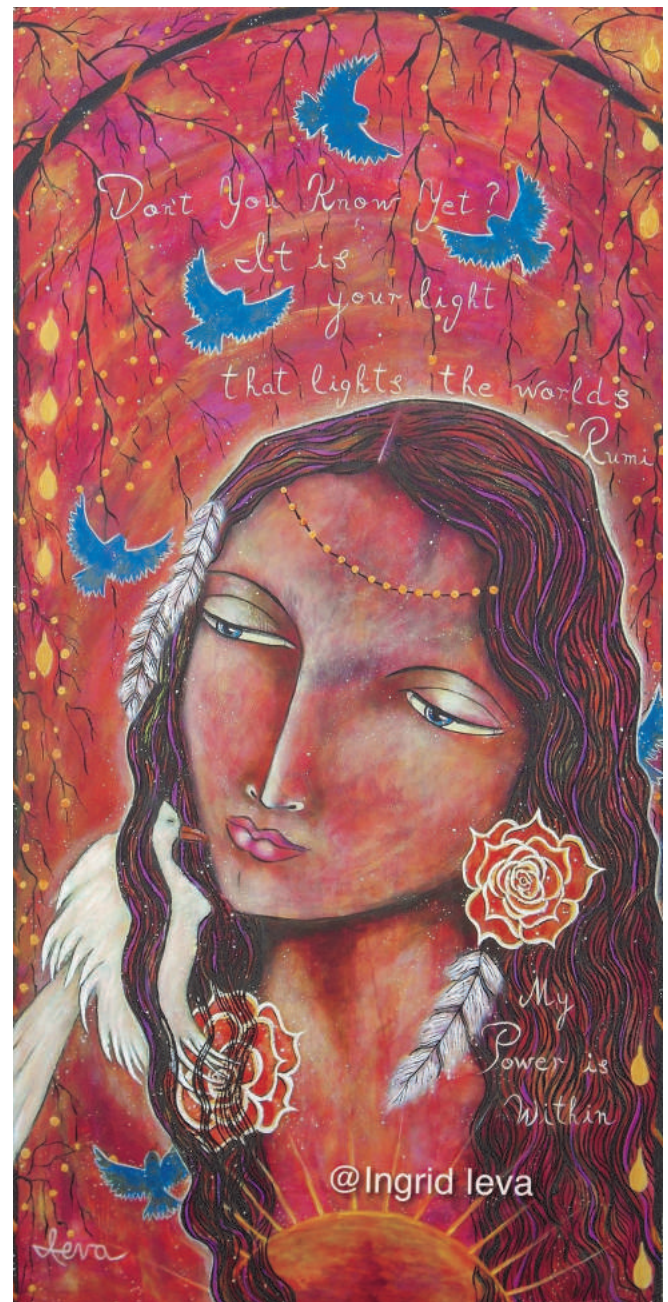
Blessings,  
Ingrid Ieva

All Art on this page by Ingrid Ieva





About the Art on this page, all by Ingrid Ieva ~ *Above:* "Ancient Wisdom," mixed media. The ancient wisdom tells us about Kuan Yin, goddess of mercy and compassion. Her loving presence helps us shift our energy, and see everything around us in a different light. As the passing of time leaves imprints behind, the ancient wisdom is also palpable all around us. Now it is up to each of us to unearth its treasure. *Top Right:* Mary Magdalene is bringing a message. Painting inspired by the teachings of Shiloh Sophia. *Below:* I'm fascinated by the beauty of nature, and the way She brings peace in my life. I had a chance to reconnect to the Soul of Mother Earth and deeply felt Her gentle healing energy, while painting this piece. Inspired by Katrina Koltes *Bottom Right:* She came to remind me that the Light & Power is within each of us...





## *Exploring the Wonder...* With artist, Julia Ostara

Part of what I love about 'intuitive' painting is the unexpected blessings! When we playfully and freely explore the wonder and possibilities with paint, we invite the mysterious divine to dance with us.

Over the Thanksgiving holiday here in the U.S., which was also my twin boys' 12th birthday, we were all sick with fevers and sniffles. We mostly cuddled around the fire and watched a few movies together. Yet, I was able to take a few moments one day to make some doodles on a few small 6x6 inch blank canvases (mostly honeycomb and spiral shapes) and then, added some colors that made me happy. A few weeks later, after we were finally all better, I picked up one of the canvases to add another layer and I was greeted with a pleasant surprise... a lovely image. Does anyone else see a messenger within the painting on this page?

This is what I "heard" while adding finishing touches:

*We are all children of the golden sea  
Adrift amidst the dark sticky sweet honey  
Spiraling through time deep & wide  
Mining the diamonds on the inside*



"Golden Sea" painting above by Julia Ostara



## Echoes in Harmony... By Julia Ostara

Art can be magical in so many ways, including creatively nurturing intimacy and connections with others. I've had the joy of collaborating on paintings with several family members this year. My boys used to hang out in what they called "art playland" with me often. Now, that they are almost teenagers, they would rather create stuff in the Minecraft game! Yet, they did get into the fun of dripping ink and using the water spray bottle this year. My nieces always look forward to painting together when they visit! We had a great time wildly adding marks and finger painting on a big canvas together last time they were here. This year, I also had the beautiful blessing of collaborating with my Aunt and my Grammie, who is in her 90's! We had a pretty short visit since they were driving around the country visiting lots of family. Grammie couldn't get down the stairs to the basement where I keep my supplies and we kept busy telling stories and playing games. So we barely fit in a bit of finger painting together. I actually took a couple of canvases and paint out to the car right before they left to make it happen! I am so glad.

Later, I was a bit nervous about 'messing it up' since I rarely have the chance to paint with my Grammie. She lives far from me in Maine. I finally got the courage to start adding more paint while attempting to save some things from the first layers (my aunt's written word 'love' and my Grammie's hand print). I had no idea where these would lead! It was quite a journey from the early playful marks to the finished pieces. It even seemed that mystery was cheering me on with the music that came up while I was painting! A tune called "Bird Song" came on while I was adding the bird! Several more songs came on about birds when I was working on it the next day. Then, within minutes of deciding the title for the second one would be "Hands of Time," those exact words were in the lyrics of the song that came on! I made a [playlist](#) inspired by the songs if you'd like to check it out at: [thrive>true.com/birdsongs](http://thrive>true.com/birdsongs). I love the way the lines form a wave when the canvases are put together as pictured here. I did not do that on purpose! I worked on them individually with paint pens in my lap. Maybe an angel was guiding my hands! The dragonfly was the final addition and represents my angel momma, along with natural cycles of life & change. She is the link between us. ♡

You can see the before and after pictures below. There were many crazy layers in between! I wish the scanner could pick up all the sparkles in these better. I love adding sparkle to make the originals special. These are on the way to Maine as gifts for them. It was hard for me to let go of the one with my Grammie's handprint in it! I admit, I hope I will get it back again one day (not too soon). For now, I'll enjoy it printed on a coffee mug. I'm going to do a collaboration tutorial inspired by these so keep in touch on social media or subscribe to my newsletter if you'd like to know when it is ready. May we live this life like a love song and celebrate the treasure inside that echoes through the hands of time. ♡



"Love Song" painting above by Julia Ostara & Merry Shepherd

"Hands of Time" painting below by Julia Ostara & Arlene Morse





## *Tiny Art with Big Heart...* By artist and author, Robyn Terry



My art is about encouragement. I want others to feel uplifted and joyful. I always consider the message behind each piece because, to me, that is the most important. I've recently begun creating tiny art on ATC trading cards and mini canvases. These are so quick and easy that I often work in groups of six to twelve at a time. I always start with collage because, well, collage has my heart. I then paint and stencil on top until I see a figure emerging. I love the mystery of creating this way! It is surprising what develops when we allow ourselves the freedom to play. I enjoy the challenge of painting tiny, especially faces. I experiment with bold color choices that I probably wouldn't be so free with bigger art. I am currently dreaming up ways to present them as gifts this Christmas by adding magnet frames, ribbon for ornaments, or attaching to a painted block to make a desk or shelf piece. I see endless possibilities to give tiny art with BIG heart!



All Art on this page by Robyn Terry





In addition to the tiny art, Robyn makes all kinds of art with heart! She also started a not-for-profit group called "Art for Adoption" to come alongside families in the process of international adoption. 100% of the proceeds go to the featured family. This year Robyn helped 3 families raise nearly \$4000 toward their adoptions, and two of the three orphans are now home with their families. There are 153 million orphans worldwide, a staggering number. Robyn started this group to give everyone a small way to contribute to one less orphan in the world. Art with heart is her life's mission. For more information, go to ["Art for Adoption" on Facebook](#). Robyn says the Mother and Child painting below was inspired by the following scripture: "To us a child is born, a son is given... He shall be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace" Isaiah 9:6-7.

All art on this page is by Robyn Terry. Prints are available in her [Etsy shop](#).



"Jingle Bells"



"Owl be home for Christmas"





## Within Wisdom...

From expressive arts therapist, certified creativity coach & life/entrepreneur coach, Susan Miller, PhD, NCC, LPCS



"Sisters" Art above by Susan Miller

I had the joy of meeting Susan earlier this year at a weekend Soul Painting Retreat hosted by Alena Hennessy in Asheville, North Carolina. I fell in love with the painting she created during our time together (owls on opposite page) and she has graciously given me permission to share it here, along with a few others. It was quite magical to see how the owls appeared mid way through the weekend. She saw them in the layers and showed them to us before she actually brought them forth with paint. It feels to me like a journey into wisdom., which actually describes most of the art I've been blessed to see from Susan! I invite you to take a few extra moments to gaze deep into these paintings and let them speak to you.

Wonderful Wishes, *Julia*

As a psychotherapist, creativity coach and artist muse, Susan is passionate about combining art and healing, and encouraging creativity to open up our inner wisdom, our Intuitive Soul. Through the creative process, Susan guides us into a deeper understanding of our lives, moving us into greater trust and joy. You can find out more about Susan at [www.lightedpathcoaching.org](http://www.lightedpathcoaching.org)

As a gift to you, Susan wants to offer you her  
Intuitive Soul Art Journaling e-book.

Get your copy here:

<http://eepurl.com/cmQ-oj>



"Three" Art above and right by Susan Miller





*Don't gain the world and lose your soul;  
wisdom is better than silver or gold.*

*~ Bob Marley*



"Saacred" Art above by Susan Miller



"Seeing in the Dark" Art below by Susan Miller



## Whispers... With artist Verena Solve Fay

Verena is an energy healer and artist. She lives in Austria (Europe) with her three children and two cats. The process of creation to her is very similar to the way she heals. It is all intuition and seeing beyond... letting it through. There is so much more our heart reaches out and the eyes may only see through art. This is the divine reality. Verena's art can be seen as an approach to it.

Verena has the following to say about the art below, titled "My Fields" - *This is commission work which I did on a customer's request. This is a very lovely part of my work, too. I paint these soul paintings while I am connected to the higher self of the client and the painting is being "channeled".*



"My Field" Art Above by Verena Solve Fay





"Connect - Time is Now"  
Art above by Verena Solve Fay



"Dream the Night Away" art above by Verena Solve Fay

*"I have loved the stars too fondly  
to be fearful of the night."*

*~ Sarah Williams*

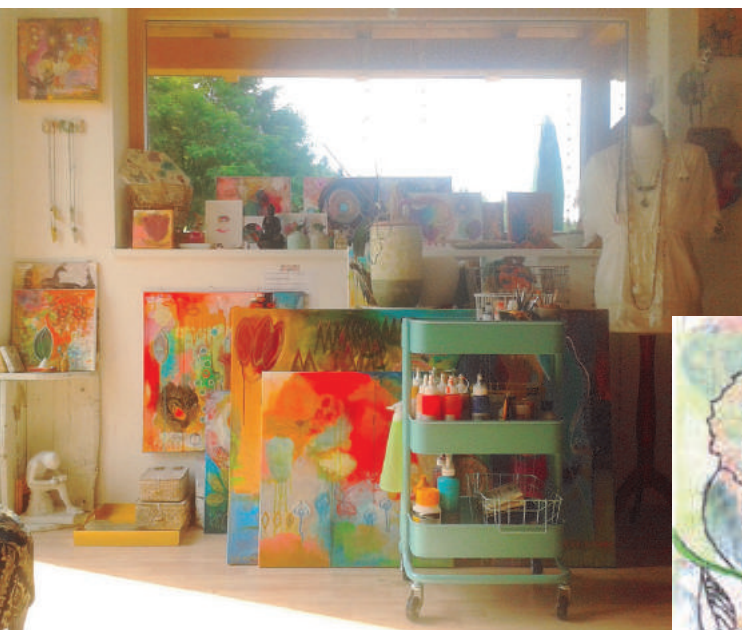


Photo above: Verena's sweet studio space!

"Sisterhood" painting below by Verena Solve Fay



"Whisper" art above by Verena Solve Fay





# Kindness Within... From Kerri Aab

Kerri Aab is an active Reiki and Bach Flower practitioner. She does generous morning group Reiki sessions that I participate in (this is a gift that she offers to anyone that would like to participate from her website at [seedtoblossom.com](http://seedtoblossom.com)). The messages shared here (and on the following page) come from recent morning emails she sent to the group that felt so appropriate for this offering! Thankfully, she agreed to allow me to share in this way again. Kerri has been a regular contributor to this e-zine and is another "Everyday Angel" that I'm grateful to know! I had a really hard time only selecting enough to fit on these few pages. You can join her group to access the wealth of wisdom from the archives as well. Enjoy, *Julia*

I began the session with this question-

"WHAT DO YOU WANT FROM ME???"

Yep, I was totally shouting at the Big U and my etheric pals. Demanding a satisfying answer to this question that I am constantly asking.

After a moment of silence the answer came, along with the note that this answer was not just for me, but for the entire group. So, listen up. :)

*We don't want anything FROM you. We want everything FOR you.*

I was NOT pleased with this answer.

"What?!! WHAT do you want FOR me? To struggle and

spend eternity banging my head against walls?? Is that what you want??"

*No.*

*We want for you -*

*happiness*

*peace*

*joy*

*nourishment*

*contentment*

*to feel whole*

*to know your worth*

*to know that you are important*

*you matter*

*that it's all not as serious or*

*dire as you may think*

*that it can be simple*

*that life can be fun*

*that you're allowed to feel safe*

*that you're allowed to be*

*proud*

*that you can be peaceful  
you can be happy  
you can enjoy life  
without fear of repercussion  
or punishment*

*to know yourself  
to know your heart*

*to know that you are  
lovable  
loved  
love*

*you are love*

To that I replied, "HOW?!"  
(yes, still shouting)

*Let it come through you  
instead of forcing it to  
come from you  
or trying to bring it to you  
Let it come through you*

"Great. But, again, HOW do I

let it come through me? Any action items you can give me?"

*(cosmic laughter)*

*More silence  
More stillness  
More listening (to your heart!)  
More joy  
More fun  
More slowness  
More ease*

*To know love - give love  
To know happiness - spread  
happiness  
To know joy - bestow joy  
To know peace - emit peace*

And that was that.  
Our gift from the cosmos today. Let's go out and live it!

Xoxo

Kerri

This one came in fast and furious! I got the impression, as I was writing, that there's a bit of "compare and despair" going on in the group (and as a society, really) and that our etheric friends want to remind us to be ourselves. We are the designers of our lives. And though it's great to be inspired by others, the message I got was that our focus should be on cultivating and living our own uniqueness and gifts, rather than concerning ourselves with what others are doing or thinking we should be doing.

Here's what they had to say...

*The gift of this one  
precious  
beautiful  
life  
is yours*

*Yours and yours alone  
To live as you choose*

*If you're bold, be bold  
If you're quiet, be quiet  
If you're passionate, be passionate*

*If you're reserved, be reserved  
Live big  
Live small  
Live outrageously  
Live simply  
Whatever you are  
However you are inclined to show up*

*Embrace it*

*Be it*

*Live it*

*Without reservation  
Without apology*

*Do not let the  
voices*

*opinions*

*stories*

*arguments*

*objections*

*obligations*

*teachings*

*feelings*

*fears*

*of others*

*deter you  
from living and expressing*

*your path  
your dreams  
your truth  
your way  
your voice  
your light  
your contribution  
your magic  
your beauty  
your radiance  
your charm  
your grace  
your gifts*

*Your life is unique  
And so are you*

*The world needs your best version of  
YOU  
Not your best imitation of someone  
else*

*Live your life YOUR way*

*Today  
and always*

Xoxo

Kerri



Art here by Ingrid Ieva "Going Within" - time to pause and reconnect to my Inner Self. Mixed media on wood. Painting inspired by the teachings of Jenny Grant.



Warm greetings to you, Reiki friends!

Your message, exactly as I heard it. :)

*Listen for your truth  
Listen deeply for your truth*

*The truth of your beauty  
The truth of your magnificence  
The truth of your radiance  
The truth of your incredibly limitless potential  
The truth of your soul*

*You will not hear it over the noise  
You will not hear it over the shouting  
You will not hear it over the  
"shoulds", "have-tos" and "musts"  
You will not hear it over the chatter of the outside world*

*You will not hear it in the news  
You will not hear it online  
You will not hear on tv  
You will not hear it on the outside*

*You will hear it only  
when you go silent  
invite it  
and listen deeply*

Xoxo Kerri

So, you all got an extra long session today, because wow, the energies surrounding this planet right now are DENSE. I had a pretty difficult time getting tuned in and getting energy to move. Sometimes that happens when I'm in a funky mood, but today it was most definitely due to the larger collective energies of the world right now. I got the image of a big 'ole bubble of ugly noise surrounding the planet, making it reeeally tough for us to hear anything above it. Especially anything positive, happy or life affirming.

The antidote to that?

My etheric friends tell me - *kindness*.

Folks, plain and simple, it's time to rise up with kindness.

As much as you can muster.

Kindness, kindness and more kindness. So much kindness that people think you've gone nuts. Goofy, smiley, generous kindness.

Kindness to yourself, to your neighbors, to your social media trolls, to animals, to the planet, to the mail delivery person - you get the idea.

So. Much. Kindness. is needed right now.

Epic doses.

Now, notice I didn't say that the antidote to all this crazy energy is love. Don't get me wrong, love is awesome and I encourage giving it away freely when it feels comfortable for you. However, my merry messengers were clear about this - we don't have to dig down deep and send love out right now (unless you feel compelled to!). We don't have to find places of compromise or even like one another very much.

We just need to be kind.

Be kind.

Whenever possible.

That's it.

I also decided to pull a card to get a symbol I could use to help move the energy of the group along. This was it -

A card for unity in the power center. So perfect. Let's use our power, our will and our determination to come together, instead of to fight one another. To bridge gaps instead of creating deeper divides.

It all begins with kindness.

Xoxo Kerri



Photo above by Kerri Aab. The Reiki deck is called Reiki Chakra Cards: Non-traditional Symbols and is by Tammy Hatherill





"Pure Possibility" painting above by Julia Ostara

## *Inspiring Potential...* By Julia Ostara

For the past several years, I've chosen a word (or a few) for the year instead of making traditional New Year's resolutions. As the seasons shift, bringing shorter nights to the Northern hemisphere and shorter days to the Southern hemisphere, it feels like a natural time to reflect on the rhythm of our days and how we want to tune in to our lives.

I've found that choosing an overall focus/idea for the year has broadened my vision and infused my days deeply. There are so many possibilities. Shortly after my mom died in 2010, I started keeping a collection of words, prayers really, that I would refer to while crocheting what I called "hope hats" woven with well wishes. Now, I often paint in a similar way... inviting magic and miracles into this mysterious journey of life!

My primary phrase for 2016 was "trust grace." I have a hard time choosing just 1 word! I've noticed quite a few lovely ideas from the contributors in these pages. I love the word 'kindness' with it's multiple meanings as both "being considerate" and "being of similar origin/species." I also feel a need to remind myself that I am worthy and loveable. I took some time recently to listen, tune in, pray, and consider a focus for 2017. I may do this again on the Solstice inviting even more clarity. In the art journal page on the following page, I share some of the words I've collected, chosen in the past, often include in wishes, or have considered this year. May it spark your imagination.



"The Sun Also Rises" painting above by Julia Ostara



I created the art journal page pictured below while considering a word "ally" for 2017 and offering prayers for myself and the world. It happened to be on the night of a full moon. I vaguely remember something from a dream the night before with a magical plant that kept growing and growing (which led to a funny conversation with my husband about the goose that lays golden eggs when he said it sounded similar to the fairytale about Jack and the Beanstalk). This inspired the doodled white vine like plants and the idea/energy of planting seeds for the year with the words at the bottom. The night after creating the painting, the word "treasure" came to me while in and out of sleep. I like that treasure is both a noun and a verb, as in "to treasure" our days, this moment, each other etc. It also reminds me of the idea I read last December in Big Magic by Elizabeth Gilbert about the "treasure inside of us." It felt like the word sort of chose me since it wasn't one of the specific ones I thought about the night before yet it encompassed so many of those in some way. It makes me think of "enrich" and that feels encouraging to me as well. I'm leaning towards one of these or some combination for 2017. When I shared a bit of this experience with fellow contributor Kerri Aab recently, she sent me the following link about finding our words from Susannah Conway: [www.susannahconway.com/word/](http://www.susannahconway.com/word/). I've browsed through the suggestions and think I'll explore them further as the New Year approaches. I'm passing it on in case you might find it valuable as well.

May wisdom and blessings enrich the new year for us all. ♡



"Stardust" mixed media painting above and "Blessed Be" art journal page below by Julia Ostara





## Nourishing... with Mary Pressel Cline

Mary introduced me to a beautiful poem that she adores: called "Love a Soft Person" by Nikita Gill. Mary was using each stanza and finding a painting to go with it when I saw some of her posts and asked if she would allow me to share some of her creations again (this is her second time contributing to the ezine). I first met Mary online in courses that we've both taken. We collaborated on the Art of Gratitude e-course that we offered last year with several other artists. Her energy is so uplifting and contagious! She frequently shares encouraging quotes (like the ones here) with her art and warms my heart! Mary is one of my everyday angels! ♥ I thought some of these illustrations were particularly appropriate as we wrap up 2016 and start a New Year! As Mary reminded me recently, "Every morning is destiny's way of telling you that your purpose in life is yet to be fulfilled." May your heart also be warmed as we remember to be grateful, choose joy, love and nourish friends and ourselves, the 'soft persons' that we are. Blessings, *Julia*



*A friend knows the song in my heart  
& sings it to me when my memory fails.*

*~Danna Roberts*



"Your attitude is like a box of crayons that color your world. Constantly color your picture gray, and your picture will always be bleak. Try adding some bright colors to the picture by including humor, and your picture begins to lighten up."

~ Allen Klein

*Shall we add some color to this world?*



All Art on this page by Mary Pressel Cline



Overcome any bitterness that may have come because you were not up to the magnitude of the pain that was entrusted to you. Like the mother of the world who carries the pain of the world in her heart, each of us is part of her heart and is, therefore, endowed with a certain measure of cosmic pain. You are sharing in the totality of that pain. You are called upon to meet it in joy instead of self-pity. - Sufi poetry



All Art on this page by Mary Pressel Cline

*"I can choose either to be a victim of the world or an adventurer in search of treasure. It's all a question of how I view my life."*  
- Paulo Coelho





*"Today is a gift. That's why it's called the present."* - attributed to Bil Keane (and others)

With so much emphasis this time of year on giving (and maybe a bit too much on shopping), I'd like to share the spirit of the season with you and offer you a present.

Ah... The gift of now... Being Present... Something I wish to be, yet often find elusive! It is something I've written about a bit on my blog over the past few years and a tag I use often on instagram, #beingpresent. Yet, I find writing and posting sometimes feel like the opposite! I recently chose to explore the idea of 'the present' through art in a **Thrivival online course retreat**. I'd love to invite you to explore with me and present that online offering as my gift to you. You can [use the coupon code "giftofnow"](#) (before March 21, 2017) to [receive this offering for free](#).

The paintings shared on this page and the opposite page were created with a similar approach to the art project/play date(s) shared in the course. I've chosen not to share the final painting that was created during the videos for the course because part of the process was embracing the unfolding/evolution of the painting without knowing where it was going next... **welcoming the freedom of painting for the process** in the present moment without thinking about what the final product might look like. I'd like to maintain the mystery for those that choose to join me and hence, have saved the 'presentation' of the final painting for the last video.

The 'thrival' offerings are intended to creatively nurture our spirits. Each offering includes a variety of activities, such as guided visualizations, creative art projects, storytelling, inspirational materials, short writing/photography prompts, and other ideas to cultivate reverence and explore the wonder. **This offering's focus is on exploring "The Present."** While several art techniques are shared, these offerings are for anyone, not just artists, that would like to creatively explore the ideas. You can [accept this present now](#) using the add to cart button in the [Thrive True shop](#) along with the coupon code above. You can then download the welcome & access material from the website. **Enjoy!**



"Communion" Painting above by Julia Ostara





"Jewels of Wonder" Painting above by Julia Ostara



# Contributors

This wouldn't have come to fruition without these beautiful beings! And, they've unleashed their generosity to give without any financial compensation for their participation! I'm so grateful to have met these sweet souls through online courses and groups. I'm also glad to have reconnected with Corinne, who I went to high school with in the Florida Keys! As past contributor and poet, Laura Probert, once said to me, I like to think that collaboration multiplies the love and energy by like a zillion times! With a grateful heart, *Julia*



**Mary Pressel Cline**

I am an illustrator and mixed media artist. I have been drawing, illustrating, painting, collaging, and creating all kinds of art since I was a child. I believe the world is always in need of a little lift and I try to sow seeds of compassion, joy, and gratitude through my art and what I put out into the world.

Visit Mary at

<http://www.mpcillustrations.com/>



**Robyn Terry**

Robyn is a mixed media artist and published author. She writes a blog and regularly shares new art on social media. She also started a not-for-profit group called "Art for Adoption" to come alongside families in the process of international adoption. 100% of the proceeds go to the featured family. Robyn started this group to give everyone a small way to contribute to one less orphan in the world. Art with heart is her life's mission. To join, go to ["Art for Adoption" on Facebook](#).

Visit Robyn at: [www.robynterry.com](http://www.robynterry.com)



**Corinne Zupko, Ed.S.**

Corinne used to struggle with debilitating anxiety until she started living the principles of the spiritual text, A Course in Miracles (ACIM). With ACIM and mindfulness meditation as tools on her journey, she has found inner peace to be unstoppable. Corinne is the author of the forthcoming book, *From Anxiety to Love*. She is an adjunct professor of Counselor Education, Board Certified coach, and mindfulness meditation teacher. Visit Corinne on Facebook at: [www.facebook.com/czupko.acim](https://www.facebook.com/czupko.acim)



**Cherry Harris**

Hello, I live on the West Coast of Wales here in the U.K. Home to our very own prestigious Dylan Thomas. I first became hooked on poetry at the age of 14 when a friend introduced me to it. I haven't stopped writing since. I have had two poems published and hope one day to have a novel see the light of day. I do lots of walking and it's usually out in nature when I am inspired. My favourite poets include Sylvia Plath, Emily Dickinson and Emily Bronte. Visit Cherry on Instagram: [@cherry\\_harris](#)



**Verena Solve Fay**

Verena is an energy healer and artist. She lives in Austria (Europe) with her three children and two cats. The process of creation to her is very similar to the way she heals; it is all intuition and seeing beyond, letting it through. There is so much more our heart reaches out and the eyes may only see through art. This is the divine reality. Verena's art can be seen as an approach to it.

Visit Verena at:

[www.instagram.com/verenafay](https://www.instagram.com/verenafay)



**Kerri Aab**

Hi! I'm Kerri Aab - Bach Foundation Registered Practitioner and owner of Seed to Blossom. I'm thrilled to welcome you to the world of Bach flower remedies and be your guide on your journey to emotional health and wholeness. One on one consultations, custom blends and private trainings are available via internet or phone. I am also an active Reiki practitioner, intenSati leader and Kundalini yogi.

Visit Kerri at: [www.seedtoblossom.com](http://www.seedtoblossom.com)



*“Life is not a solo act. It's a huge collaboration, and we all need to assemble around us the people who care about us and support us.” - Tim Gunn*

Feel free to [pass this on](#) to someone you care about! ♡



**Lucy Brydon**

Lucy is an artist & art teacher with over 10 years experience living in the north east of Scotland. She teaches children & adults in various art forms. Her love is monoprinting using a gelatin plate. “I love to create layers and texture in my work using natural materials and hand cut stencils. I am inspired by nature, the beautiful landscapes and light we have here in Scotland, and the interesting old buildings, doorways and castles. Lucy is currently developing a series of Gelli plate lessons! Visit Lucy at:

[lucybrydonart.wordpress.com/](http://lucybrydonart.wordpress.com/)



**Ingrid Clare**

Ingrid Clare has been an artist since childhood. She relished in the delight of finger painting, crafts and home-made fun. A trip to Africa in her 20's revived Ingrid's love of painting and wildlife. Nature, animals, faces and patterns are her passion. Emotive, colourful and joyful are words often used to describe her work. Ingrid's specialties are painting faces, portraying emotion through the subjects eyes and her love of digital iPad art creation. Her pieces are now available for purchase via her website and on her Facebook page at: [Ingrid Clare designs.](#)



**Susan Miller, PhD, NCC, LPCS**

Susan is an expressive arts therapist, certified creativity coach & life/entrepreneur coach. Through her creative business, Lighted Path® Coaching, Susan offers creativity workshops/retreats, and a summer Intuitive Soul Art & Yoga Retreat in the North Carolina mountains. She is an artist & owner of Firefly Art focusing in painting, mixed media & fabric art. As a psychotherapist, creativity coach and artist muse, Susan is passionate about combining art and healing, and encouraging creativity to open up our inner wisdom, our Intuitive Soul. Through the creative process, Susan guides us into a deeper understanding of our lives, moving us into greater trust and joy. You can find out more about Susan at [www.lightedpathcoaching.org](http://www.lightedpathcoaching.org).



**Julia Ostara**

Artist, Brave Heart, Cheerleader, Co-Creator, Dreamer, Explorer, Farm Girl, Facilitator, Grateful Guide, Hostess, Medicine Weaver, Mystic, Mountain Momma, Rockband Singer, Sweet Sunshine, Thrivalist, Wild Wonderer

Getting in tune with my true nature, finding joy in the journey, and celebrating the sweet in a bittersweet life. ♡ Founder of Thrive True in memory of my mom's love for others, nature & life. Visit Julia at [www.thrivetrue.com](http://www.thrivetrue.com)



**Ingrid Ieva**

Hi friends! I was raised in Chile, South America, and I moved to Canada in my early twenties. After raising my four children and completing a degree at Concordia University in Montreal, Canada, I embarked on a spiritual journey in 2007. I've always been a creative person, who enjoys bringing to life the creative ideas that flow through my imagination, whether it is through writing or visual art. I enjoy painting intuitively, as it helps me connect with my Inner Self, my Soul. Visit Ingrid on Facebook: [Ingrid Ieva](#)

Art below by Ingrid Ieva





## *Seeds of Kindness...*

There are so many ways we may find to celebrate nature, life, and generosity and to scatter seeds of kindness. Inspired by the Art Abandonment Project, I've started leaving [inspirational postcards](#) in public places, such as restrooms, dressing rooms, doctor's waiting rooms, airplanes, and where ever else you may roam, leaving a trail spreading seeds of kindness and scattering sunny smiles. A short and simple sticky note might brighten someone's day. It's easy to make your own or you might buy some from an artist you like, planting seeds of support in addition to sprinkling seeds of kindness around.



[www.thrivetrue.com](http://www.thrivetrue.com)



Know someone else that might enjoy this offering?

We'd be delighted if you choose to [share the link on social media](#) and add your breath to the wildflower wishes that we may thrive true together in harmony, scattering sweet smiles & soul food, grace & generosity, reverence & delight. ♥

[www.thrivetrue.com](http://www.thrivetrue.com)

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