



## ***Your life is your work of art!***

*Can we learn to live a more passionate life?*

*From my artistic perspective I can feel that there is a need for many of us today to learn how to go deeper into our reality, to feel more, to see more beauty and to vibrate in a more passionate way...*



*Our life is a precious gift and every morning we create the world around us with our thoughts and our feelings. We must learn to use our own brush and choose our own colours!*

We can learn to use the words that empowers us, and create the feelings that helps us to paint a beautiful world. But we need practice! It is an art... What we send out as vibrations (feelings and thoughts create vibrations) will always mirror back to us in different ways...

I love this shaman prayer that we need to repeat every morning:  
*"hummingbird help me to drink deeply from the nectars of life".*

For me it is also so important understand more of the "big picture" and learn how science can help us to see the deeper patterns in the world around us. See that there is more meaning in our life than we often think. This can also help us to be more empowered in our life, and more protected as the "sovereign being" as we are here to be.

But we are also here to be creators, and the most important artwork is our own life!

Art and poetry are important tools to help us to see beyond the veil of the reality, and to open up the box that we have created around us. They are there to “free the fire of the real life”, and show us how to live more fully and more deeply.

My father approach to life was very artistic. He wrote small poetic reflections every day, and made sketches of the world around him. He lived very much in the present moment.

As a child, to go for a walk with him was an adventure. He showed the beauty in the colour of a rock, or how the trees formed geometric patterns...

I will share with you his poems, that like the haiku poems are telling us about small simple things that reveals deep inner truths.

*"The words of poetry lift your feet off the ground  
like the outstretched wings of love  
The ship disappears with dreams and longings  
So shape your stones  
Carve your signs  
Walk through the grass but don't touch the ground"*

I will try to take you into a world of magic that we'll find if we push the borders of our world, if we like the eagles try to fly higher, see things in a larger perspective and do things we haven't tried before.

Everything is possible if we really think so... and that is quantum physics. I would love to share with you different edge scientists that inspires.

We all have a path in life that is our path, our soul path. We find it if we ask ourselves “what do I really want to do? What does my joy and my heart guiding me to do? “

As you can read in Joseph Campbell's book THE POWER OF MYTHS: “follow your joy to find your path”.

If you will receive my NEWSLETTERS and follow me into a deeper reality, click on the blue bottom below! Soon I will close the group.

**I am interested follow!**

## **Helenacreations**

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This e-mail has been sent by helenasellergren@gmail.com

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