

Add beauty  
Inspirations



## ***Increase the feeling of existing!***

*Autumn is a great period for change and empowerment.*

*I'm back with my Newsletter N°12 to give you more positive inspirations. I hope you will continue to follow me for this is just the beginning...there is so much I will share with you from what inspires me in my creations and in my artist life. Soon I will also invite you to follow my free Masterclass into a deeper and magical reality.*



*My painting 30x30cm. LIFE*

***Autumn is an important period to be more creative in your life and take away all the unnecessary, find more time for what is really essential and feel more joy and passion in your life.***

***Take the good energies from the summer with you into the autumn filled with new possibilities! ♥***

We need to focus on the positive and on the beauty around us, in this

time when we are being bombarded with negative news almost every day. Don't let fear take over!

To keep ourselves in a positive state of being is more than ever essential for us, for our creativity and for our wellbeing and also to increase the positive vibrations in our society and give good energy to others around us.

It is time to bring with us all good energies and inspirations from the summer and create a beautiful and passionate autumn, filled with joy and new possibilities.

***We are here to shine to the world in just being humans!***

We are all born creators and for sure, we are creators of our own reality... In every moment we choose our THOUGHTS, to empower us or to criticize ourselves. We live in a society where most of the time we live in our minds. To learn to observe our thoughts is one important thing but also...we need to be more present in our bodies.

***To increase the feeling of existing more passionately, we can learn to be more embodied and more anchored in our body.***

The first thing we can do is to more consciously ***use our five senses*** to be more present in every moment of our live and be more conscious about what we feel!

***In asking yourself “What delights my senses”, you can learn to appreciate so many small pleasures in our everyday life like the joy of colours and forms around you, the sounds of birds, the feelings of the sun on our skin...the smells of coffee... It is just for free!***

I love this short inspiring shaman prayer:

***“Hummingbirds help me to drink deeply from the nectars of life”***



A very good way, to be more conscious about what we feel and in this way be more present in our life, is to say to yourself what you feel, like “I love this warm wind on my skin”, “I enjoy this sounds of ...” “ I love this smell...” and in this way take it to a conscious level.

In appreciating small things in life, we also show more gratitude, attracting more good things towards us.

Being PRESENT is an art, it is an everyday practice. It is to embody ourselves and enjoy life, being humans here and now in increasing the

feeling of being alive.

So let's enjoy life together by being more and more present in this "flow of life"!

My father poem:

*"Like birds, tones come through the air  
Telling us about the grass, about the most exquisite  
The indescribably beautiful  
fills the earth, the sky, the stones  
But you hear nothing  
Your ears are deaf  
Your bird doesn't sing  
Open your hands  
Wait for your bird  
Your string will begin to tremble  
Your paths will wind  
all the way to the horizon"*

I will soon invite you to my first Masterclass for free, to go even deeper in this "art of living", Life is a precious gift, and we need to use our own brushes and choose the most beautiful colors to create the best of it...

**I am interested to follow the  
free Masterclass**



### **Helenacreations**

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This e-mail has been send to you when you are on my list and I would love to inspire you in your life!

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