



Step #1 in getting to know your **ABUNDANT Life Artist Self** is to spend more time thinking of **EVERYTHING** that is **possible**, rather than all the reasons why something is bad, wrong, out of reach, not enough, not going to work, etc.



*The symbol
to
guide you
into this
knowing?
The
infinity
symbol*





HOW Connecting to the INFINITE Creates ABUNDANCE

As a Life Artist seeking to live enveloped in the energy of abundance, the first call is to open to the infinite within you and surrounding you. Create new awareness around how you are **ONLY** limited, trapped, or stuck... by ideas, stories, or beliefs.

We, often unknowingly, spend most of our time judging what we want as unattainable, or making a case in our minds for why "it" won't work. Research shows that a mind that is wandering is predominantly unhappy. When our mind wanders, it tends to look at the art that is your life from a place of scarcity, not abundance.

How to shift?

Open up to the INFINITE ideas, thoughts, dreams, possibilities that create from WITHIN.

You are FREE to think about ANYTHING right now! Is there any end to that list? No.

Looking through THAT "facet," connect to the abundant + infinite possibilities that exist for you right now.



ARTual for this step...

An ARTual is an exercise you can do to EXPERIENCE a new facet of your Life Artist Self



1. Go to a blank canvas or just a blank page in your writing or art journal. Look at that space.
2. Ask yourself, "is there any END to the images, words, colors, symbols...that I could create onto this space?"
3. Answer: YOU, "No."
4. As a Life Artist you understand the infinite nature of your mind / consciousness.
5. Draw of paint the infinity sign on that paper or canvas. You could literally find a piece of scrap paper and a pen right now and just draw the infinity symbol. What does it make you think of right now?



Infinity Symbol Meditation

Imagine that point in the middle of the infinity symbol, the point of intersection, as the present moment. The curves on either side symbolizing how the mind can wander to the past (baggage) and future (worry) and then how we can keep coming back to our center, the present moment.

At other times the infinity symbol has reminded me of the balance or union between the logical and the intuitive sides of me, or the left and right brain perspectives, fear or love....

How does this symbol shift your awareness right now?

A "healthy" awareness is in touch with the power of its perspective. How we choose to look at things, people, situations, creates our reality.

Instead of focusing what is NOT working, your Life Artist Self focuses on EVERYTHING that is possible and takes steps in that desired direction right NOW.

So, the first step into your next fullest expression of your Life Artist Self, is to OPEN UP to all that is possible, rather than trapping yourself in imagining scenarios that you DON'T want to happen!



RIGHT NOW...

What are ALL the things you could do, think about, or speak right NOW?

Look at the rest of the day...what are you telling yourself you HAVE to do that maybe you DON'T?? And what is something you would LOVE to do, that you probably wouldn't unless you chose to create that into your life's art right now?

Have fun! Create fun!

heARTfully,



P.S. For you kinesthetic learners...connect to ALL the infinite symbols that are part of your body...two eyes, two...allow this symbol to reveal itself WITHIN...

