



THE SEED

You are what you are looking for

“Drop the idea of becoming someone, because you are already a masterpiece. You cannot be improved. You have only to come to it, to know it, to realize it.”

Osho

The Flower of Life is an ancient symbol that is believed to represent the cycles of creation. Within its pattern several geometric symbols emerge which are believed to represent the sacred geometry of the universe.

Here is a YouTube link to a short visual :

<https://www.youtube.com/watch?v=h8PsVbZG1BY>

(Feel free to explore more - it is really interesting)

During this creative project allow yourself to explore where in your life you are trying to fit in, where you are putting on a mask and where you try to be someone else ... We all do this and at times it is necessary - such as in workplaces etc. - and there is nothing wrong with it. But when it comes to negative self-talk and putting ourselves down as not being enough it will create tremendous stress Practice self-love and know that 'Fitting Out' is a good thing !

Explore where your strength and beauty lays. Let the energy of your creative process guide you to the place where you can embrace your unique beauty and talents.

Enjoy !

With Love

Marion I. Maenner