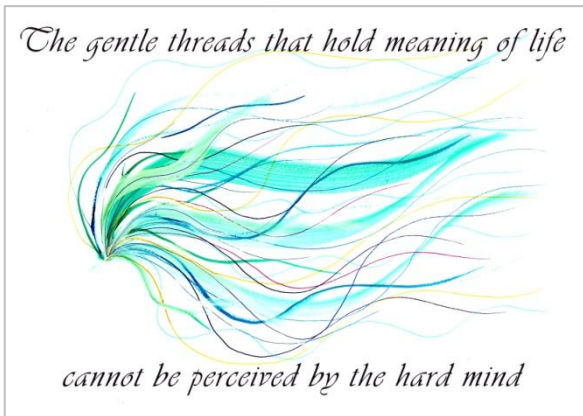


ABOUT THIS BOOK

This book contains the pictures and descriptions of the essence understandings that are the accumulation of 40 years' exploration into the meaning of life and the how and why we do what we do.

I've always loved colour and the power of images and always have written down the meanings that I have gleaned from life. So it seemed natural to put them together, to draw an image for my thoughts or to write words for an image.



My art creations began seriously when I wrote my first book 'The Sacred You'. I wanted to have images to support the writing and had to decide if I was

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going to use other people's artwork or create my own. I decided that it should be mine, so I began to create a whole set of images in support of the ideas within the book; this was tough and I had to work through 'this is impossible' many, many times. But it really started my art life in earnest.

A lot of my art is driven by the desire to express an idea or concept that I find powerful and wish to embed in myself and share with others. As an example one of the first artworks I did was about the importance of not being timid with the loves we feel about life. I felt this timidity in myself and saw it in most people I met – this was not good! The loves we feel about life are so, so important in releasing our dream and finding the core of ourselves.



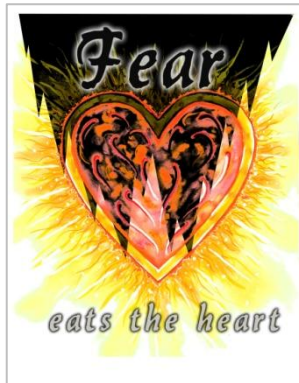
The image I drew was of some flowers that looked so bold and I really loved the colour of. It was one of my first artworks and took a lot of courage to do. It

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looked a bit crude but that was okay because it was honest and heartfelt and that was part of the point.

Below are further examples of the purpose and cause of the art and words within this book.

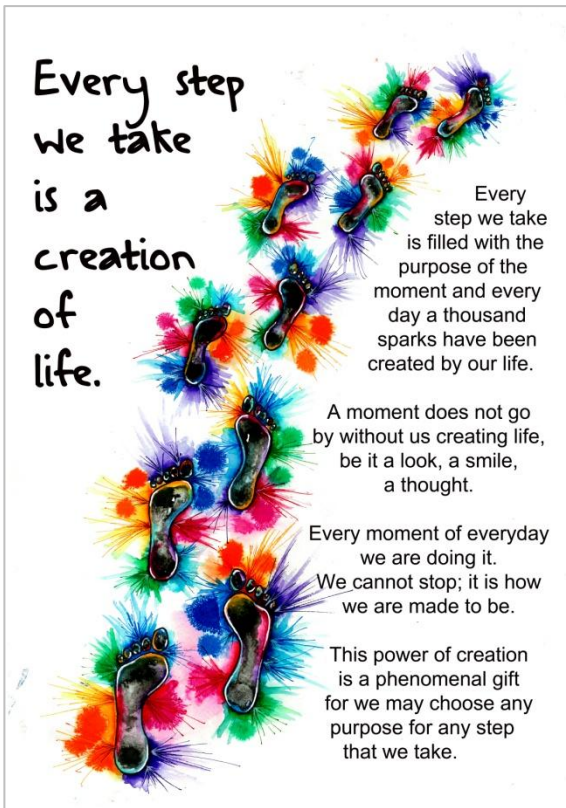
I know that the heart contains our ability to love and understood that fear is the opposite of love. I see how the world gives us many fears: money, health, what other people think of us, etc. And I felt within myself how all these hundreds of fears subdued my ability to respond to the truth of myself that is contained within my heart.



The image below I saw while I was at a talk. The person was talking about our footsteps on the earth and I got to thinking how profound it was that every step we take is filled with our purpose and feelings at

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the time. I got the following image (the writing I put on afterwards):



I've always been impressed with the power of words and the meanings we have about them, and I love the idea of representing words with colour to express this. I was working on my next book, 'Learning to Love Yourself', and I saw in others and myself how important it is that we have the ability to forgive ourselves, that our un-forgiveness maintains a barrier

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that stops us being whole and stops us being ourselves.



Another image that I created was in response to the persuasion that the commercial world gives us through the media and the glossy magazines that we are not enough, not OK.

I saw this 'not enough' as the primary cause in people scrambling to be and get the things that the world says they should have or be, before they can be happy, before they can feel that they are OK! In seeing this in others, I saw this in myself and felt the terrible waste of time and life that I had given to this illusion that has been propagated by the money managers of the world. I got the following set of words,

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'We don't have to wait to be who we are. We are,
were and always will be enough'

