**ART came to Tom out of the blue in 2009. It came as a message. It had an urgency, to not be complacent. The art was conveyed in feelings, words and images. ART is the message but there was an accompanying evolution, a vision of transcendence, that was conveyed.**

**I believe that the universe works in perfect balance. That it strives for harmony. That we are the energy of the universe. No matter what race, gender or religion we are one. We are part of the connected universal energy, all that is. We are expansive. We have a desire to connect to that energy, that is our truth.**

**I believe that we all have a higher self that is the fundamental energy of the universe, LOVE. In our natural state we strive to create beauty, harmony and balance; to contribute to a healthy and thriving humanity. When we align ourselves to negative energy we contribute to suffering and lack of balance in the universe. In harmony with love, in alignment, we will achieve Transcendence, a state of LOVE and harmony.**

**The message that Tom received is that humanity, all of us, will align with the connected energy of LOVE, our true divine nature. Women as receptive will receive the message of the universe. Their influence, LOVE, will transform our communities, nations and world. Men as expressive will create a transcended world.**

**There are universal laws (mentalism, correspondence, vibration, polarity, rhythm, cause and effect and gender). Our intentions and actions create harmony and balance or pain and suffering. We have the power to alter our world, literally. The universal energy is LOVE in its highest vibration. We align with love in our highest state, when we are expansive we magnify and draw to us like energy. What we hold in our body (mind) we manifest.**

**We have the answer. We are the answer. We simply have to access our higher self and align with our natural state, LOVE. We can achieve harmony and balance. Our world, as a reflection of us, will align and resonate the beauty and balance that we hold internally. The vision that we create we will manifest. We are all artists creating our lives.**

**When we awaken an expansive sense of being, connected energy, and do so in an embodied way, we paradoxically become more divinely ourselves. We ignite our passion to offer the world our unique gifts. We wake up to our courage, to our authenticity, and to contributing to all that is.**

**The question is how can we stay awake and connected in the daily routine of our hectic lives? Simple techniques can assist us in regaining our intention; to embody the energy of LOVE. We all “fall of our horse”. That is to be human.**

**There is a joy that is achieved in the process. As we align with our true nature of LOVE we experience a freedom. To be passionately authentic, your higher self, is to be exquisitely alive. To awaken to the beautiful gift you have to offer the world, YOU. We have created rituals to support relationship with self through embodiment of our divinity.**

**Why would there be confusion about our own identity? If we are not our higher self, who are we? From the time we are very young we establish an identity. During these formative years we take cues from our environment and we build an expansive version of ourselves that adopts elements of our world. That personality or ego is often designed to gain approval from our environment. Over time it is increasingly hard to access our true self or higher self. We are essentially buried.**

**Fortunately we have a very simple tool that is an internal compass. That is our emotion. If we utilize our emotions we will be able to navigate our ego and the false barriers that we have built in our lives. We will erode the beliefs that are not resonating with your true self, obstacles. It will be a process of forgiving and loving, primarily yourself. It will culminate in a deep peace and transcendence.**

**The message Tom received was in a succinct sequence. The message incorporated the elements (EARTH, WATER, FIRE and AIR). It is not a field that he has studied and was frankly very unfamiliar to him. It was conveyed that there was urgency as we are in a critical evolutionary period of our humanity. Our intentions and actions are magnified. We have a powerful opportunity to transcend our current state.**

**The message was coupled with a personal desire to live a life or purpose. We have a great desire to contribute to the world; to live the life we believe we were meant to live. It has been a process of gaining transparency, shedding our ego. It is a life with greater humility, vulnerability and passion. A life of service and connection to LOVE.**

**In the process of honoring my higher self and eroding my ego, I realized that the world is not black and white. It is in vibrant color, with gradients and shades. My judgment was an integral component of my ego; I had defined my world and myself as polarities, right/wrong. I was able to liberate myself from judgment and fear. In the process, I altered the dynamics that my judgment had imposed on my relationships. I was expansive.**

**The sequence that follows is the process of my evolution. Life is dynamic not static,; I am constantly evolving. It is an awakening to what I define as our source energy or higher self. It is the universal energy of LOVE.**

**At our essence, aligned with the universal energy of LOVE, we are a powerful, beautiful creative beings. In harmony and balance, we have an abundance. We will eliminate suffering, both from lack of LOVE and sustenance. United with source, the energy of LOVE, we will have a deep appreciation for our divinity. It is not that we are perfect, but we are authentically ourselves, which is our true purpose.**

**I will offer a sequence of steps, but there is no concrete process. It is not a rigid evolution. It is not a doing but an undoing. We are eroding our ego, allowing our true self to surface. We are able to resonate in our highest vibration, connecting with the beautiful, powerful, passionate energy of the universe. The energy of which we are made, and which unites us.**

**In our connection to the universal source, we have access to all that is. Our higher self has great wisdom and the appropriate guidance to align us with our purpose. If we listen to the inner voice, the voice that does not use words but intuition, we will have the answers we seek. We will have inspiration and courage. We will be in awe at the beauty of a synchronous universe and our magical role in the mystery of life.**

**FAITH is the door. It does not matter what your belief system is, what is relevant is your faith in the mystery and magic of life. The specifics are not of consequence, whether you pray, meditate our journal; it is the intention that matters. That is the entrance.**

**EARTH**

**Start by grounding. Go deep within you, to your roots. Go to what holds you down, defines you. Look at your judgment, not simply of others but critically of yourself. That which is familiar, the assumptions, will be examined. Who are you really? What is your essence? When we remove the layers of definition, in our original form, “I am”, what remains? At my very core, my highest self, who and what am I?**

**Visualize dark, earth reds and browns. Start the dialogue...ask yourself. Who are you really? Not who do they say I am, but who am I. Work to understand and heal. Forgive and accept yourself without regret. It is the undoing and unknowing. Detaching from false definitions, from ego, from relationships that do not resonate with our truth.**

**Inner Spirit, Self-Love & Personal Power**

**You are here for a purpose- you are here to be YOU!**

**You have the answers there is a voice inside of you-LISTEN**

**Tools to connect to your higher self-spirit**

**Give your ego a kiss and put it in a box**

**You are perfect, loved…there is nothing you have to do**

**You are free…your job is to be authentically you (no hoops)**

**You are powerful…claim it (life of potentials…)**

**Let go of outcomes and focus on the now…enjoy the moment**

**Beauty is in the details, smell the flowers/breathe/kiss/smile**

* **Find out who you REALLY are. Expect many *aha!* moments. Find**

**WATER**

**Cleanse, raw and vulnerable feel the water wash over you. Immerse yourself. Fear and pain are washed from your body. The water pours over you cleansing your being, healing. You have a deep knowledge, an intuition. You are a reservoir of emotion. Shed tears and allow them to flow. We are the divine. We are beautiful, sensual, and wise. When we immerse ourselves in the water of our deep wisdom, “I feel”, what remains?**

**Visualize blue and white. Your wisdom is strong. You are strong. Not who am I but how do I feel. Vulnerable and honest, FEEL. Feel the sorrow, the pain, the passion, betrayal and acceptance. You are sensual and alive. You are purity and perfection. You are great beauty. Embrace all that is you, your naked truth. You are divine.**

**Your Purpose, Gifts & Dream Life Vision**

**Law of magnetism…it is a mental universe-what you hold in your mind you attract**

**Positive and negative your life is a reflection of your beliefs**

**Let it go….When you do not have an agenda, or attachments, you are free to move at the will of the divine**

**There is no jury, don’t judge just LOVE…**

**Be your best friend, not enemy**

**Emotions as our ultimate guide, the voice inside (inner compass)**

**Enjoy FREEDOM…it is what we are all yearning for (FLY)**

**Write a new destiny, bathe in it, drink it, and tattoo it**

* **Find out how to identify your super powers – your gifts, passions and values.**

**FIRE**

**You have a purpose, a passion. You are strong, strong enough to be vulnerable, to be real. You are not simply alive but awake. You are here to offer the world your truth. Burn with your passion to create. Have courage; you are divine, authentic and real. Do not silence your truth, amplify it. What do you desire? At your core, what burns within you? What is it that you need “to do”? What ignites your spirit?**

**Visualize red, yellow and orange. You are alive (I AM), you are intuitive and wise (I FEEL) and you are passionate (TO DO). Allow your truth, the desire and passion at your core to surface. You are vulnerable and courageous. You are creative and your creation, your contribution to humanity, matters to our world.**

**You are the magical universe, INTENTION & Intuition**

**LEAP of FAITH**

**Walk forward with your eyes open**

**A door is opening (you have knocked)**

**FAITH is trust in the divine…let fear go**

**When we relax and let go we allow the universe to move us**

**We are co-creators in a divine universe-potentials**

**The answer is inside you, you are the answer**

**Breathe and exhale…you are ready and it has started**

* **Faith is a trust in the unknown...the invisible, the mystery**

**AIR**

**Expansive joy. We are free, to soar. We have claimed our truth, our vulnerability. We have deconstructed the definitions. Buried beneath the judgment and the expectation you are free. You are love. There is a deep peace, a serenity. There is a harmony in all that is. There is “oneness”. We are the radiant light, the universal energy. We are vibrating at a beautiful high frequency.**

**Visualize white and blue. The ethereal that moves without restriction that cannot be contained. We are expansive beauty. We are light, a joyous state of being. You have a deep empathy and connection to all that is. Experience the pleasure of a connected humanity. The joy of contributing, of service. Feel the expansive state of life. Embrace all that is.**

**Living Your Dreams & Expanding Your Happiness**

**Manifesting your dreams…you just have to see it and believe**

**The divine law of intention/magnetism/attraction…use it**

**Success and happiness… we want the real deal…give us JOY**

**You are walking it out…you are in bloom**

**Freedom From Fear, Living In Love & Mindfulness**

**What is fear and how can I work with it**

**Anxiety and serenity…how to stay on the horse**

**Love is the answer…it is (actually) that simple**

**What really matters (upside down and backwards)?**

**FEEL, THINK, ACT…transcend**