

# My Personal Vision in Words

Dear Great Spirit:

Here is my personal vision, this or something better, if it is your will for me:

**Art/Career/Income:** I sell my art for a living and make more than enough money to live comfortably, travel the world and do anything that I want- when I want, so long as it supports my spiritual evolution. I also make money from teaching classes and doing healing work so that I can be of service and connect to my community.

**Spiritual:** I have a rich spiritual life that includes a daily practice of meditation, breathwork, yoga, 12-step meetings and shamanic journeying. I routinely host and lead spiritual events that feed my soul and offer healing to the various communities of which I am a part of.

**Mental:** I lead a rich intellectual life with a priority on spiritual expansion and service. I am a life-long student of art and spirituality and I love exploring how they can come together to heal society.

**Physical:** I am physically very fit and active. I exercise every day and try to spend at least one hour in communion with nature absorbing the healing energy that comes from the natural world.

**Emotional:** I am emotionally stable, and I take very good care of my body and mind to support my emotional well-being. I eat for my emotional well-being, and I avail myself of mental health professionals and other healers to optimize my emotional health.

**Healer Life:** In addition to being an artist, I am also a shaman and energy healer. I facilitate breathwork, reiki, guided visualizations and shamanic journeys to help guide people toward their highest potential and spiritual growth.

**Home:** I live in a beautiful light filled Japanese-Minimalist inspired home on a hill overlooking Los Angeles. I have several Zen gardens on the property, a pool overlooking the city and a large light filled studio building on the property that also overlooks the city. Additionally, I have a home in Hawaii that serves as a spiritual retreat and studio away from the distractions of the city. It is a light filled Polynesian style bungalow on the beach on the Big Island of Hawaii. It serves as a home base for taking care of my dad.

**Food:** My diet consists of a delicious mix of plant-based organic foods most of which are ethically and sustainably grown in my garden. I put love and time into my food preparation, and I love to share it.

**Travel:** I travel several times a year around the world to exhibit my work. I also travel to different countries to live and make art for several months at a time.

**Family/Relationships:** I am a source of unconditional love and support to all of my family and friends. I am fun to be with and I provide a safe container for people to be happy and themselves. I have a loving partner who shares my spiritual beliefs, and we support each other's soul mission completely.

**Material Possessions:** I lead a sparse minimalist life in terms of possessions, but I have everything that I need. I own things that are thoughtfully designed and do not harm the environment or arouse jealousy in others.

**Social Life:** I have a rich social life that includes deep connected friendships based on art, spirituality and my other interests. I love to throw dinner parties and other events in my home that bring people together and create a space for love, healing, transformation and fun.

If this is your will for me, Great Spirit, please show me the right actions to take on the path toward it. If it is not your will, please redirect my thinking and actions to be the person you would have me be. Thank you, Great Spirit. I love you!