

Sept. 2016 #3

thrive true

wishful thinking? absolutely

#truecolors #radiance #lovethyself #connections #wishingwell #soulflower

Founder & Co-Creator:

Julia Ostara

Contributors:

Cherry Harris

Susan Nethercote

Lisa Estabrook

Linda Marie Hawkins

Nippinonni aka Priscilla Bennett

Shanti I. Kassebom

Kerri Aab

Ingrid Ieva

Inge Zuck

“Enter My Magical World”

Cover Art By Inge Zuck



thrive true

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Letter from Founder & Co-Creator: Julia Ostara

Ah.... Welcome dear one! Welcome to this circle of sweet souls. I'm so glad that you've said YES to receiving this gift and spending a bit of your sacred time opening it. I hope that it will be a blessing and bring a gentle smile to your heart. I'm grateful for the vision to create this and the amazing contributors that have also said YES to make it happen! Doing this has filled my time with beauty and inspiration and nourished a more cooperative way of being.

The seemingly simple painting shared below came about after a clarifying experience. I've struggled with a 'scarcity' mentality and feeling/fear of lack and suffering for a long time. Yet, I have always had a strong desire to give generously, of time, energy, and financially! These 2 attitudes have been at odds as I often want to purchase art, books, and other creative offerings directly from the artists to support them (such as recently purchasing the SoulFlower Deck featured on page 12) and fill my life with beauty at the same time or wanting to travel and support those that run local restaurants, inns, and tours while also quenching my wanderlust or donating to the many charitable causes for hungry children and abused women or investing the time to put together an offering like this e-zine without asking for or needing any financial compensation! I've also struggled with and tried to let go of my ambitious desires to reach and inspire lots of people, to have thousands of followers on social media, subscribers to my offerings, to be like successful women I admire (and admittedly envy!), etc. I've struggled with these desires because I thought it was somehow 'wrong' and didn't think I 'should' chase 'fame and fortune'. I've questioned my true motivations. While going to sleep after painting the colorful, fluid background shared here and wishing for clarity (also after researching about an idea to use glyphs for healing that I stumbled upon online & finishing the Celebration Thrival content), I felt a breakthrough of sorts, a breaking free, from the 'shoulds' & 'should nots' - I've considered these ideas before. I listened to the 'Soul of Money' by Lynne Twist a few years ago and had a shift in my thinking. I read a book by Osho this year and his take on wealth flowing through us generating more wealth. Yet, I've still had resistance... I was raised to be frugal. I'm also aware of the vast amount of waste and have a bleeding heart for the environment. I've tried re-defining wealth for myself to be more comfortable with this desire... to mean wealthy with joy, love, laughter, creativity, beauty, community, etc. Yet, I've still struggled with these desires and rarely admitted them or welcomed them with a big YES!

That night, I realized that what I really desire is freedom and connection (another paradox of life!). I said YES over & over as I was drifting off to sleep after envisioning the mutual joy and gratitude for myself and others from being free to connect, support, inspire, encourage, and share the love, respect, beauty, joy, appreciation, health and wealth! The next morning, I sat down to the 3 colorful canvases that had dried from the previous evening with prayerful energy and considering the idea of glyphs for healing in art. I had browsed through a book about sacred symbols the night before and the shape referred to as a "Dragon's Eye" really resonated with me. I chose to add that shape (the upside down triangle with a Y in it) to each of the 3 paintings and intuitively added other details. I added the words "I can see clearly now" to one of the canvases, which has multiple meanings to me, both physically and intuitively, and gave it to my son who recently started having trouble with blurriness at a distance. I had the Pearl Jam lyrics "Fade Away" stuck in my head so

♡♡♡ *Wishful Thinker? Holy Yes!* ♡♡♡

Inspired by nature... scattering blessings, wishes, hopes, and dreams like wildflower seeds. May we thrive true together in harmony.

You can subscribe to the [free Thrivalist Newsletter](http://thrivevetrue.com) from the website at thrivevetrue.com to receive this seasonal *Thrive True* e-zine gift each time it is published and thrive with me. ♡

I altered the lyrics and added the words "fearful thoughts they fade... fade away" with an old paint pen that was running out of ink to the next canvas. I also added the word YES to acknowledge, accept, and even celebrate the experience the night before. A few weeks later, I added the word "enough" to the 3rd canvas. I wrote more & shared a free downloadable file with all 3 images in a [recent blog post](#).

Is there anything that you'd like to embrace with a big Holy Yes right now?!

The focus on thriving and the name "Thrive True" came about from a wild wish for a world where we are able to thrive together in harmony. I don't have 'thriving' all figured out! I'm simply holding on to hope... and saying YES to finding ways to thrive amidst the bitter-sweet mystery of life as best I can. Co-creating this e-zine is one way that I try to spread more joy, encouragement, beauty, and sweetness. I'm so grateful for the ability, along with the lovely co-creators that have so generously helped, to bring this to fruition! Much of the art and poetry is available from the contributor's websites so please visit the links in their bios at the end if you see something you love!

Putting together the Thrival online course retreats is another way I've tried to invite harmony, explore wonder, and nurture the mind, body & spirit in a creative way. If you'd like to participate, I've made them available as Pay What You Can/Pay What It's Worth offerings! I've written a few [blog posts](#) about this approach if it's new to you.

Thank you for accepting the gift of this e-zine. May the pages feed the soul with good medicine. Saying a big holy YES to joy, generosity, beauty, freedom, communion, grace, vitality, vision, love, and life!

Wild Wonderful Wishes, Julia (aka Jules/Jewels)



Contents... *Yes, there's Treasure Within!*

Yay! The 3rd seasonal offering of the *Thrive True* e-zine is here! If you missed the first few issues, you can use this link to check out the archives:

<http://thrivetrue.com/thrive-true-e-zine/>

Much of the art and poetry shared within is available from the contributor's online shops so please visit the links in their bios at the end if you see something you love! They've all generously contributed without any financial reciprocation since this is currently offered as a gift. If you'd like to collaborate and contribute in the future, you can learn more about what is needed at: thrivetrue.com/cocreate.

That means there is no marketing budget either so please help us share the love and light. You can use the social media sharing links on the Thrive True site here: <http://thrivetrue.com/ezine/>

Let's thrive together! *Julia*



"Enter My Magical World" Art above (and on cover) by Inge Zuck

*I don't know where I'm going,
but I'm on my way.*

— *Carl Sandburg*

Sunflower (Confidence)
Art below by Lisa Estabrook



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Sweet souls showering the world with light, beauty, inspiration, grace & generosity.

*Beautiful Blessings And
Wonderful Wild Wishes Within!*



Art in progress above by Susan Nethercote



"Laughing Sam's Dice" Art Above by Nippinonni

True Colors... Welcome to the magical world of German artist, Inge Zuck, who's art graces the cover! Inge's paintings, below and on the next page (along with all those she shares on social media!), are so inspiring..



Inge says the painting on this page, "All The Doors," is addressed to one's inner critic voice (aka mean girl): 'All the doors are open now – so why don't you leave me'.

Inge is often asked: 'What colors do you use?' 'How do you create that depth?' 'How do you create that luminosity?'

Her answer is: "Paint, paint as much as you can. The more you paint the more you learn and the more you learn to see. That's my experience."

Inge hopes that the "Show Your True Colors" painting on the following page may resonate with all the people who are unsure to be on the right way. Not only artists but all the people who hesitate to live their life as they would love to.

"All The Doors" Painting by German artist Inge Zuck from Bavaria



'If you hear a voice within you say you cannot paint, then by all means paint and that voice will be silenced.' - Vincent Willem van Gogh



"Show Your True Colors" Painting on this page by Inge Zuck



Trust yourself. Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks of possibility. ~ Golda Meir

Creative Connections... with Linda Marie Hawkins

Linda shared this about the painting below: "For a lesson from the Year of Healing online course with Alena Hennessy to Take your pain and turn it into Light. This quote included in the lesson resonated the most with me:

"The moment we accept our pain is the moment we release our suffering. Suffering is created when we offer life resistance, and what we resist most are the experiences that bring us pain."

— Alaric Hutchinson, Living Peace

Realizing that painful experiences are not done To us... But For us, for our use in our growth and for preparing us and steering us in the direction we need to Remember we are to go...

With all this in my heart, this is the painting that emerged. I added the black feather I found the other day, because I believe it's definitely part of this message, a definite prompting for me to remember what direction my soul promised to go..



Linda had this to say about the painting above: "Inspired by a black feather found in my path yesterday. Still pondering the meaning of it... leaning towards it's a sign of strong protection and have sent much gratitude up for what I feel is obvious watching over me. And I also am a big believer in all things Magic.. And black feathers seem to represent that. All in all, it feels very healing and when I picked it up, I was filled with a feeling of gratitude."

I had the blessing of meeting Linda at a Soul Painting Retreat hosted by artist, Alena Hennessy, in Asheville, NC earlier this year. We are also in a few online courses together. When I saw this painting and read about her experience creating it, I immediately asked if she'd allow me to feature it in this e-zine offering.

Art can be so very healing and it can nurture wonderful creative connections, among people as well as within ourselves and the divine. Wishing you creative connections and beautiful blessings, Julia

All Art on this page by Linda Marie Hawkins

Writing as a Spiritual Practice...

By Ingrid Ieva

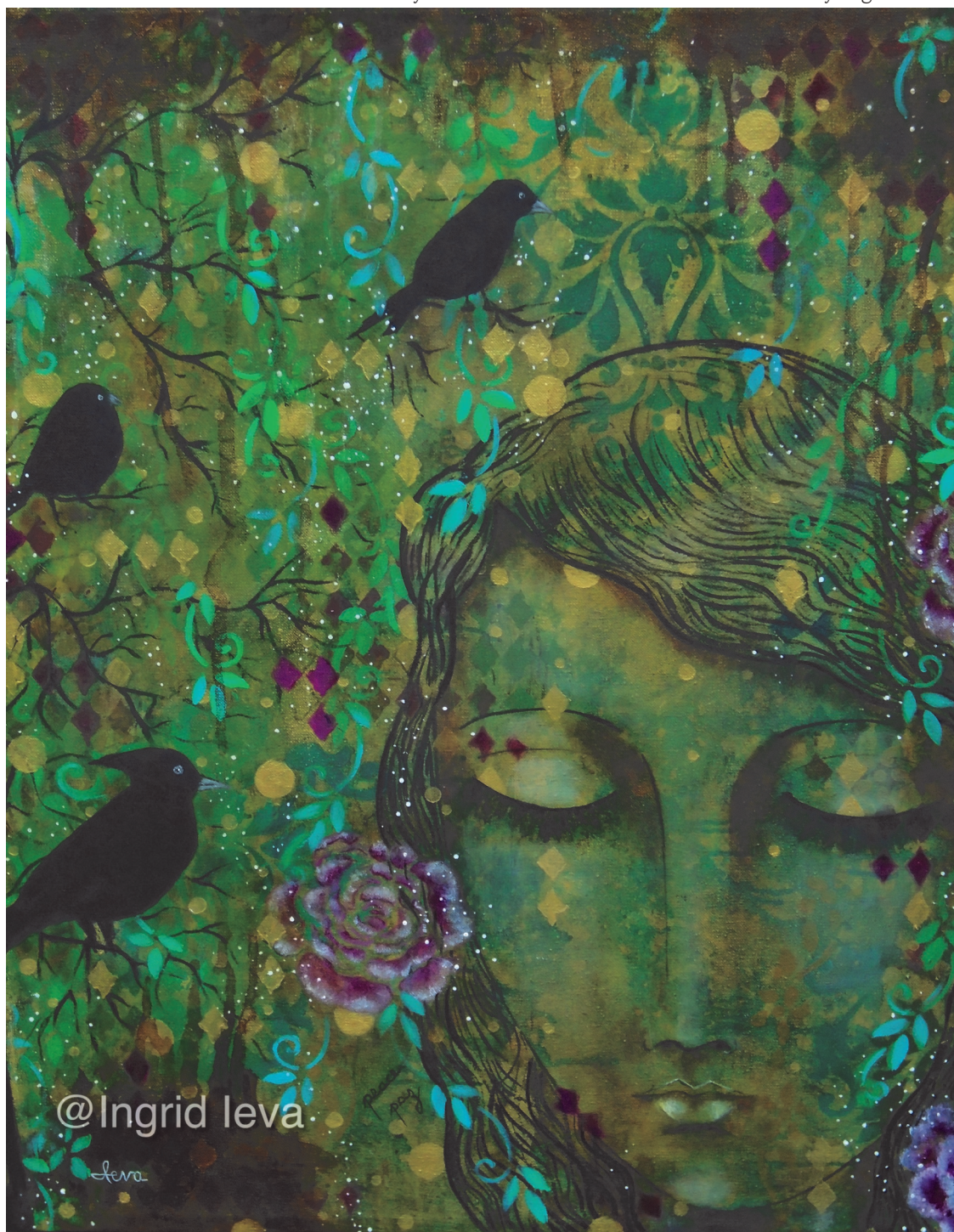
One of my favourite ways to tend my Inner Garden and get quiet to connect with my True Self is through writing. On her book, 'Writing Down Your Soul', Janet Conner tells us: "There is a Voice inside everyone. Whether you hear it or not, the Voice is there. Whether you ask it for help or ignore its guidance, the Voice is still there. Waiting. It is waiting for you to stop, if just for a moment, and listen. The Voice is always there, guiding you, encouraging you, loving you."

I pay attention to this Voice when writing fast, the fastest I write the more I seem to connect with it. And at times I find myself having a dialogue, asking questions, and allowing my Soul to express itself with freedom through the answers it gives me on the page.

This way of writing does not only allow me to get in touch with that wiser part of me, but also helps me get in touch with my feelings, gives me clarity of mind, helps me find solutions to my problems, makes me feel better, keeps my creative juices flowing, and makes my life way easier.

I'm trying to honor my Soul in this way everyday, giving myself time to tend this Inner Garden, learning to stop and listen, and then again to stop and listen. Sometimes in the quiet moments I hear the Voice ... and I know it is there waiting, waiting for my attention, and for me to grab the pen and write the wisdom it offers. With great pleasure I have come to realize that this Voice of mine is becoming stronger, louder, and yet it is such a gentle and loving companion.

"The Lady and the Birds in the Garden" Art below by Ingrid Ieva



*"Tending the Inner Garden, a moment of quiet...
of Being Alone with the Self."*

- Ingrid Ieva

Patchwork Quilts

Poem by Cherry Harris

It read like a jigsaw,
each fragmented section of fabric,
sewn into place.
Teasing intricate shapes,
Frayed by the utter life of living,
Seams forming creations.
Peeling back the lives of lovers,
To represent the forgotten life of a nation.
Leaving bitter sweet memories.
Cotton thread lovingly sewn,
Between the intricate and the remarkable.
Now, almost complete,
A body of complexity,
Is neatly folded,

Piece by piece,
Fragment by fragment,
Section by section.
Like stories, artwork, songs.
Together carefully placed,
On a chair, somewhere,
Left alone.
It oozes and pulsates,
colour and fibre.
Grace and beauty by design.
The lid of the needlework box is shut.
Soon silence casts a spell and needles me.
Till it becomes the clutter and tangle of another day.

"My sister, who I love dearly, is an amazing needle woman. Her passion is patchwork quilts... this poem comes from a recent visit." - Cherry Harris

"Anika's Wishes" Art Below by Artist, Susan Nethercote from Australia



CWTCH... Poem Below By Cherry Harris

In Wales (I don't know if you are aware), we speak two languages, Welsh and English . I don't, because I'm English and haven't been brave enough to learn but the Welsh language is regularly used... believe me, it's beautiful. There is a word 'CWTCH' and it has two meanings. It could be a 'hug' or a 'corner' - take your pick... I felt a poem lurking so I wrote it. Bara Brith is fruit tea cake.

'CWTCH'

We tumbled into our favourite cafe like teenagers.
Rainbow painted arrow marked 'CWTCH.'
Our soft warm bones on bones meet again.
Poetry forming in pools, itching the mind.
I watch you curled up like a cat.
Fingers buttery from too much Bara Brith.
Eyes, sea shades and shell pink flecked,
watch across the fug of coffee aromas.
Sweet melodic Welsh voices fill the space left.
You whistle at us like prized sheep.

We slice our way past pastel painted chairs,
and baby breath leather sofas,
piled high with damp woolen jackets,
heavy with early autumn mist.
We 'CWTCH' our poetry friends,
pull up a chair against weather beaten pine tables,
Laden with plates of Welsh Cakes, Bara Brith & door step toast.
We pile well thumbed poetry books in a heap,
And chatter in our CWTCH.
Then we get down to the gentle flow,
Of a shared poem or two.

"Mystic Grass" Art Below by Artist, Susan Nethercote, from Australia



Just as our spirit, our soul, provides the blueprint for our own lives, I believe each plant has its own unique personality, its own plant spirit, or deva, that provides the blueprint for its life. How and where it will grow, its nutritional and medicinal properties, and healing energies are all part of the blueprint. The healing energy of each plant embodies specific soul qualities, or universal spiritual truths, that are present in each one of us, like small seeds, dormant and waiting for the right conditions to sprout and grow. It is then that we start to recognize and incorporate them as part of our individual soul's journey.

Flower essences are powerful, energetic remedies that carry a flower's healing vibration directly to us as something we ingest. I believe the healing power of plants is also available to us simply by connecting with the plant in an intentional way — not only with the physical plant but also through photographs, paintings and even symbols representing the plant itself.

Art also has its own energy. When I am painting I respectfully call on the plant spirits to help me represent them through the energy of the painting itself — through the power of art. For me, having that art in my life is a gentle, and constant daily reminder of the healing energy of the plant and the soul qualities that I may be working on or want to work on.

My intention then, through my art, is to share the healing wisdom of the plants that so graciously support us and all life on this planet. That perhaps, the beautiful plants and flowers I paint and the soul messages they provide, will spark or support your healing journey, as it has mine, and that in turn contributes to the health and well-being of us all.

Bleeding Heart Art below by Lisa Estabrook



Bleeding Heart...

"I will always care what you think of me. Your approval fills my heart. The difference now is I no longer need or seek your approval, and what you think of me no longer has the power to undermine me. I know who I am and my heart is filled from within."

From the oracle card: "Bleeding Heart helps you to recognize and strengthen the true source of your heart's power. It is impossible to sustain directing all your loving energy to an external source, or equally to rely on external sources to sustain you. Fill your strong, independent heart from within so that you may offer love even when brokenhearted."

Lisa is lovingly sharing 3 plant spirits with us in this season's Thrive True e-zine offering. If you'd like to learn more about her Soul Flower art please visit her website at: mysoulflower.com

*"All the flowers of all the tomorrows
are in the seeds of today."*

~ Indian Proverb

Dandelion...

"It's about letting go. I can't control everything. I am learning to set my intentions and then release control of the outcome. I deeply trust in the universe and it's magic — it's all working perfectly behind the scenes."

From the oracle card: "Let it go! Dandelion wants you to listen to the messages your body is sending you and to release the attachments that no longer serve your soul's journey. Whatever you are hanging on to, she will help you detoxify one thought at a time, releasing negativity and self judgement, and restoring ease and flow to your life."



All Art and writing on this page by Lisa Estabrook



Plumbago...

"I can see my truth. I can see myself hiding and scared, afraid to show my true self. I can imagine the rejection, the shame, the discomfort. But this is where I need to go, into the darkness, where I am hiding. Because it is in these dark places that my light resides."

From the oracle card: "Plumbago connects you with the depths of your psyche and assists with your understanding of your shadow side. It is understanding that allows you to practice self-compassion and forgiveness and release feelings of shame, blame, guilt and self-judgement that may hold power over you and prevent your growth."

Soulflower

PLANT • SPIRIT • ART

SOULFLOWER • PLANT SPIRIT ORACLE DECK

The Soulflower Plant Spirit Oracle Deck has 44 unique cards, each featuring an original artwork and message, as well as suggestions for use. As a daily practice, using this deck can help deepen your level of self-awareness and understanding. It does not predict the future, however it can help you tap into your own intuition and inner wisdom with the loving help of the plant spirits.





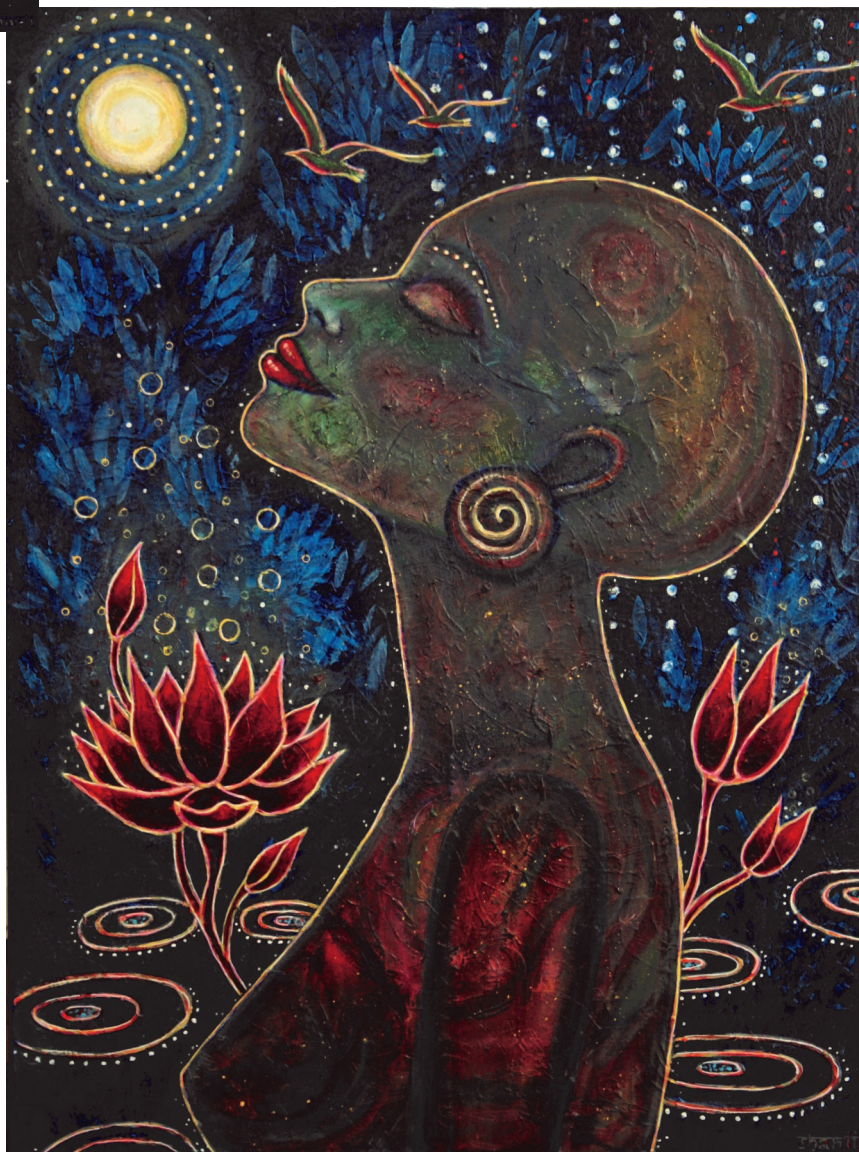
"Golden Lady" Art on this page by Shanti Kassebom (and Inspired by Klimt)



All Art on this page by Shanti Kassebom

Shanti's art has such a healing energy!
Take a deep breath and enjoy.

*"Woman is the
radiance of God.
She is not a creature.
She is a creator."
- Rumi*





"I think
that
I shall
never see
a poem
lovely as
a tree.

A tree
whose
hungry
mouth is
pressed
against
the
earth's
sweet
flowing
breast"

- Joyce Kilmer
(from *Trees*)

Paintings on
this and the
following page
by Nippinonni
also known as
Priscilla Bennett

"It's All About Love and Peace" Art on this page by Nippinonni aka Priscilla Bennett



Love Thyself.... With Reiki Practitioner, Kerri Aab, and Artist, Julia Ostara

In the world of personal growth, self help and natural healing, there tends to be a focus on what's wrong with a person - what needs to be "fixed." Even though the words "wrong" and "fix" are often replaced with their nicer cousins (out of balance, out of alignment, heal, help) the message that gets through to many people is often the same - there's something wrong with me and I have to fix it in order to be a good person.

The message today is: This is just not the case! Nothing about you needs fixing.

As someone who works in the healing arts, I know how important it is to assess one's life, look at the challenges and improve what's not working, using a variety of different tools and support systems. But I've found that looking within, in the name of self improvement, can quickly turn to self flagellation if we're not careful.

When I work with clients I like to uncover what's awesome about them and bring that to light, rather than focus on what's being perceived as awful and banishing it. You can't make something whole by cutting parts of it off. So today, instead of wondering "What's wrong with me?" and trying to "fix" it or make it go away, why not ask,

"What's **RIGHT** with me?" and focus on celebrating it!

Believe me, I know that when you're in the thick of an illness, emotional challenge or other plot twist in the movie of your life, you want it gone, done, over - PRONTO! But, myopically focusing on what you don't want or like, doesn't really get you any closer to what you do want. It's my experience that what you focus on expands.

So, even if you can only think of one teeny, tiny thing, ask yourself today -

What's **RIGHT** with me??

Then focus on and celebrate it.

Cheers, and a little happy dance, to what's awesome about you!

xoxo

Kerri

Kerri Aab is an active Reiki and Bach Flower practitioner. She does generous morning group Reiki sessions that I participate in (this is a gift that she offers to anyone that would like to participate from her website at seedtoblossom.com more info in her bio on the contributors page). The messages shared here (and on the following page) come from recent morning emails she sent to the group that felt so in synch with the Thrive True essence! Thankfully, she agreed to share these in this e-zine offering.

May we thrive true in harmony, Julia & Kerri



"Thy Sacred Self" Art above by Julia Ostara



Message Below Shared By Kerri Aab:

"BeYouToFull Muse" Art above by Julia Ostara

Today's message, exactly as I heard it,
with a little extra commentary from me
at the end.

*Who are you living for?
When you make decisions
about your life
where to live
how to live
where to work
what to think
what to eat
who to love
who you are
Who are those decisions for?
What are they based on?
Are you deciding for yourself?
From yourself?
Or for someone else?
your family, your friends, your boss, your
teacher, your therapist, your religion*

*Are you being guided by your truth?
By your heart?
Or, instead, by
Fear, worry, doubt, anxiety, guilt,
Obligation, shame
Are you living a life that makes YOU
happy?
Or one that you hope will please some-
one else - keep THEM happy?
Are you living to win someone else's
Approval, praise, acceptance, loyalty
Are you living **your** truth?
Or are you living **their** lie?
Who are you living for?
It's time to decide.
Whew!
We're really being challenged this week,
huh? Both yesterday and today's mes-
sages came through with a tone that was
a little more urgent and insistent than*

usual. Loving, to be sure. But also firm. I
get the impression that now is a really
big time to ask ourselves some of these
deeper questions and start pondering the
answers more than usual. Step outside
our comfort zone a touch.
This is, of course, huge stuff and not
something that can be figured out and
resolved in a day. Much of this is the
work of a lifetime. But why not start to-
day by just allowing these questions in?
Sit with them and see what comes. I
firmly believe that we only get the mes-
sages we're able to handle. So, this would
not have come through if we weren't
ready. That said, as always, take what
works for you and freely use the delete
key for that which does not! :)
Wishing you a wonderful day!
Xoxo, Kerri

Wishing Well... By Julia Ostara

Choosing to fulfill the role of "Water Bearer" as one born in the sign of Aquarius, I'd like to share this cleansing meditation/visualization that recently came to/through me. It was probably inspired/influenced by a few days spent chasing waterfalls in Smoky Mountain National Park with my family the week before. In addition, I was reminded around the same time that people have considered wells and water sources and flowing water as sacred places throughout the world and ages... even today, many of us have thrown coins into wishing wells! When this vision came to me, I was sitting down to start a different one as shared in a Mandala book by Judith Cornell. I read the first bit about imagining a rainbow light and closed my eyes. I didn't open them again to read the rest of that meditation because such a vivid, cleansing, beautiful vision washed over me instead. I'm grateful to be able to share this short and simple cleansing with you here with prayerful well wishes that it may be refreshing for you also. Since I often find it challenging to participate in written guided meditation visualizations (like I'm sharing here due to written format of publication!), I've also recorded it and made it [available online if you'd prefer to download it](#) and enjoy it that way. I'm not any kind of 'certified' healer! I'm simply sharing something that felt good as it washed over me. Wishing YOU well, Julia ♡



Before you begin — If running water ever gives you an urge to use the bathroom, you may want to do that before beginning! You could also enjoy a cool glass of water or warm cup of tea if you'd like to increase the sensual aspect of the water flowing through you or even take a shower afterwards letting anything that needs to go wash down the drain! www.thrivetrue.com/wishingwell

I invite you to get comfortable and take a few deep breaths. Breathing in the vital life force and exhaling any unnecessary weight you may be carrying in this moment. Breathing in and out in a natural pace while relaxing into the present. Continue breathing deeply and naturally while letting go of any tension on each exhale. Imagine clear, pure water flowing in at the top of your head with a vibrant light creating sparkling rainbows in the water. Notice the temperature of the water being just what you want or need in this moment, whether warm or cool. Feel the water flowing both inside and around the outside of your body... touching every single cell, every bit of you with the deep cleansing, pure water.... Smoothing any stone-like blockages, toxins, or worries until they dissolve and wash away... cleansing the entire body inside and out... notice how the water moves within the inner landscape of your body... relaxing the muscles in the face, ears, and neck as the water eases any tension, letting the shoulders and arms float gently with the water, feeling the cleansing current as it moves along the spine and chakras, through and around all your organs and joints fluidly, down through the legs, carrying any debris with it, flowing easily through and out the feet and back into the ground as the cycle of water flows and returns to the soil, where any waste is composted and turned into healthy fertilizer, or flows out to sea where it nurtures the abundant life there. The water eventually evaporates continuing the natural cycle. The cleansing stream of pure water continues to flow... stay as long as you like. If it sounds like fun, shake yourself dry the way dogs do after. Dip back in anytime. Wishing you well. ♡

All Photos on this page taken by Julia Ostara



I love honey! Apparently, I have always loved honey. My parents told stories from when I was a toddler that I would stick my fingers into the dripping honey when they were harvesting it from the beehives on the farm where I was born in West Virginia. When I was 5 or 6 and they let me name our new puppy, I named her "Honey!" People have often used the adjective 'sweet' to describe me... which isn't always a compliment in the south and which I think is what people here resort to when they don't really know you or care to know you! I resisted that adjective for a while... now, I'm embracing my sweet side! I'm also blessed to be married to a man I now call honey. I started the above painting (still in progress) when he was playing his acoustic guitar and I've worked on it sporadically whenever he picks up his guitar and I can get to paint or paint pens. I was inspired to add honey comb shapes after seeing some on an Oracle card and as it progressed, the title, "Honey Be" came to me. It has a few meanings to me. I wonder what it might mean to you? The larger 2 feet by 2 feet canvas shown above inspired a smaller 6x6 inch honey bee (to right). It felt like a great fit to go with a favorite sentiment: "Anyone can find the dirt in someone. Be the one that finds the Gold" from Proverbs 11:27. This is something I've really been focusing on for the past few years and a frequent prayer, that I may see the best in others, such as when extended family visits! It's kind of like choosing to look at things from

a different perspective (which I did when photographing the art above to get the gold to shine!). It's also what the recent "Celebration" Thrivival online course/retreat offering is really all about... finding and celebrating the sweet golden honey in our lives, in others, and in our selves! The process of working on a painting with many layers/times like the one above is also similar to the art project for the next Thrivival offering about "The Present". May we find the gifts within ourselves, others, & the present moment. May we harvest the honey in spite of the stings we sometimes feel. May we be sweet like honey. ♡



Contributors

This wouldn't have come to fruition without these magical beings! And, they've unleashed their generosity to give without any financial compensation for their participation! I'm so grateful to have met these sweet souls through online courses and groups. As past contributor and poet, Laura Probert, once said to me, I like to think that collaboration multiplies the love and energy by like a zillion times! With a grateful heart, *Julia*



Linda Marie Hawkins

Daisy-spirit, coffee-loving Wild Woman Seeker. This is me, exploring my burgeoning creative whatever you want to call it in all its lovely imperfection. I do not consider myself an artist per se, but a creative soul seeking expression and connection with the others on this journey. Wherever that leads me, I'm curious to discover.

Find her on Instagram: [MSLindaMarie](https://www.instagram.com/MSLindaMarie)



Nippinonni aka Priscilla Bennett

I consider myself a self-taught artist because I learned the rules so long ago I've forgotten them. I enjoy the freedom of painting which allows me to express my inner self. I usually don't begin a work with a specific theme, but after hours, sometimes days, of playing with color & shape on canvas, something emerges. I'm always amazed & delighted when seeing the painting develop & express itself. Most of my work consists of vibrant hues, organic shapes, and a little whimsy, but the light, shadows, shape & colors found in Nature are my true inspiration. Please find more of my art at: www.instagram.com/nippinonni1954



Inge Zuck

Hi! I'm a German artist living in Bavaria with my husband, 2 daughters (17 & 19) and a dog. I was always a creative person: sewing, embroidery, crochet, knitting, silk painting, silver smithing, pottery.... About 2 years ago I started painting. YES!!! That's what I was looking for my whole life. I love the intuitive style and my faves are acrylics, mixed media, encaustic & art journaling. Visit me on Facebook: [Inge Zuck Art](https://www.facebook.com/IngeZuckArt)



Cherry Harris

Hello, I live on the West Coast of Wales here in the U.K. Home to our very own prestigious Dylan Thomas. I first became hooked on poetry at the age of 14 when a friend introduced me to it. I haven't stopped writing since. I have had two poems published and hope one day to have a novel see the light of day. I do lots of walking and it's usually out in nature when I am inspired. My favourite poets include Sylvia Plath, Emily Dickinson and Emily Bronte. Visit Cherry on Instagram: [@cherry_harris](https://www.instagram.com/@cherry_harris)



Ingrid Ieva

Hi friends! I was raised in Chile, South America, and I moved to Canada in my early twenties. After raising my four children and completing a degree at Concordia University in Montreal, Canada, I embarked on a spiritual journey in 2007. I've always been a creative person, who enjoys bringing to life the creative ideas that flow through my imagination, whether it is through writing or visual art. I enjoy painting intuitively, as it helps me connect with my Inner Self, my Soul. Visit Ingrid on Facebook: [Ingrid Ieva](https://www.facebook.com/IngridIeva)



Kerri Aab

Hi! I'm Kerri Aab - Bach Foundation Registered Practitioner and owner of Seed to Blossom. I'm thrilled to welcome you to the world of Bach flower remedies and be your guide on your journey to emotional health and wholeness. One on one consultations, custom blends and private trainings are available via internet or phone. I am also an active Reiki practitioner, IntenSati leader and Kundalini yogi.

Visit Kerri at: www.seedtoblossom.com

Life is not a solo act. It's a huge collaboration, and we all need to assemble around us the people who care about us and support us. - Tim Gunn



Lisa Estabrook

Mother, graphic designer, artist and obsessive gardener. I have spent the last 30 years in my gardens, tending & talking to the flowers & plants that grow there. I love learning about the plants, not just from books or classes but also directly from my connection with them. While my life goes through many ups and downs, as it does for us all, **it is in the garden that I find solace & healing.** It is there that I have learned to have a deep trust and confidence in my ability to be well & prosper. Soulflower is my journey of self-discovery. www.mysouflower.com



Julia Ostara

Artist, Brave Heart, Cheerleader, Co-Creator, Dreamer, Explorer, Farm Girl, Facilitator, Grateful Guide, Hostess, Medicine Weaver, Mystic, Mountain Momma, Rockband Singer, Sweet Sunshine, Thrivalist, Wild Wonderer

Getting in tune with my true nature, finding joy in the journey, and celebrating the sweet in a bittersweet life. ♡ Founder of Thrive True in memory of my mom's love for others, nature & life. Visit Julia at www.thrivetrue.com



Susan Nethercote

Susan is currently living in Ballarat, Australia. She has spent most of her professional life as the designer and owner of the Australian women's clothing label Manque Design. She also consults, coaches and does energy work with Soul-Driven Creatives and Healers in her practice Creative Conversation.

But her first & greatest love is making art, which can be seen on her website. She says, "I paint 'the veil between worlds where magic and nature meet.'" Visit Susan at: susannethercote.com



Shanti I. Kassebom

Hello, my name is Shanti. I live in Germany. Being creative has always been a big part of my life. I'm also very interested in healing and spirituality, so I attended many courses about spiritual healing techniques and meditation. These "2 sides" are more & more influencing each other, coming together for me. I often paint intuitively, not knowing what will emerge on the canvas. I am inspired by female archetypes and goddesses, spirit animals and nature in general. I love it when paintings are like windows into magical worlds and touch the soul of the viewer!"

Visit: www.shanti-art.de (in German, but I hope paintings speak their own language!)

"With Grace in Your Heart" Art below by Linda Marie hawkins



Seeds of Kindness...

There are so many ways we may find to celebrate nature, life, and generosity and to scatter seeds of kindness. Inspired by the [Art Abandonment Project](#), I've started leaving [inspirational postcards](#) in public places, such as restrooms, dressing rooms, doctor's waiting rooms, airplanes, and where ever else you may roam, leaving a trail spreading seeds of kindness and scattering sunny smiles. A short and simple sticky note might brighten someone's day. It's easy to make your own or you might buy some from an artist you like, planting seeds of support in addition to sprinkling seeds of kindness around.



www.thrivetrue.com



Know someone else that might enjoy this offering?

We'd be delighted if you choose to [share the link on social media](#) and add your breath to the wildflower wishes that we may thrive true together in harmony, scattering sweet smiles & soul food, grace & generosity, reverence & delight. ♥

www.thrivetrue.com

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