

Life Is Our Blank Canvas

By Melissa Van Cleave

Every day... in every moment... we are co-creating with life. Our thoughts, our beliefs, and our daily choices all open the possibilities for the next moment of our day to be outrageous!

Do you think *Celebrating* life means living a small life? No, it means it is a powerful day to be remembered – one that we have lived fully in the moment. It is a day when we feel joy in everything we do. Is it possible to have this much joy inside? Yes, indeed! Even in the face of chaos, crisis or illness we can move differently with our choices.

What space we “come from” in living our daily life is vitally important. Personally, I ask myself, “Who is home inside?” Am I coming from a space of my smaller self (my ego-duality nature) or am I really making decisions from the deep soul-wisdom space inherent in my feeling body. No shame, no blame, no guilt are allowed here. We think our challenge is that we have done something wrong. Not so. It merely signals the next piece of “self” that is ready to change and do things differently.

My art teacher and mentor, Ilene Satala, taught me that *thoughts + feeling + action = manifestation*. Sounds easy and it can be once you become aware of your actions and risk changing them. Learning this has been a powerful tool. Believe me, I have chosen many times in my life to take action from my ego/mental self. This works, but it does not carry the depth of passion and feeling in my core. It does not make me more of who I have yet to become. Besides, it is “ground hog



day” all over again *trying* to rekindle the passion. This is my red flag – *trying* to make things happen is totally my ego, the known space.

The soul-space is the unknown door, the big black hole. It can be both frightening and exciting. When we have the courage to do things differently and risk surrendering our attachment to “how we think it should be,” this unknown doorway opens

meaningful feelings and emotions and excitement. We feel deep passion inside the body... a “runner’s high” of sorts. It is an *erotic* feeling. This is living an *erotic* life. All our senses are fully alive, with a heightened level of passion felt deep inside the body. We feel life right now, right here. True, we cannot change chaotic events, but we can change our thoughts of reactivity and begin to co-create with the chaos. We can change events and heal our bodies by moving differently with a challenge... by believing we can.

As an artist, I co-create with the subject I am painting. My work relates to what is ready to be transformed – those parts that need *light*, that hold judgment, that keep us small and prevent us from fully celebrating life. My specialty is building layer upon layer on my blank canvas to create the authentic beauty that carries soulful wisdom... a wisdom that heals the body through the essence inherent in every stroke of paint I apply.

Only one person can change the reality of your world. What are you going to co-create on your blank canvas? Choose to create a body that is free from wounds, a body that feels joy and that *celebrates YOU!*

Melissa Van Cleave resides in Fort Wayne, Indiana, where she creates personal power pieces, soul paintings and writings for a soulful purpose. Her work is sold worldwide. Melissa is a frequent visitor to Maui and is accepting new commission work internationally. Call for a consultation. She can be reached at 260.414.4086 or www.visionsofecstasy.com.

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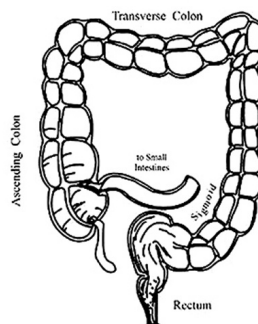
Dr. Paul Bragg

This Cleanse Pack is a three-day program designed to assist you to revitalize your gastro-intestinal system, to remove the mucoid plaque & get rid of the stagnating fecal matter. Most people, within the 3-day program, are able to eliminate significant amounts of mucoid plaque & retained feces.

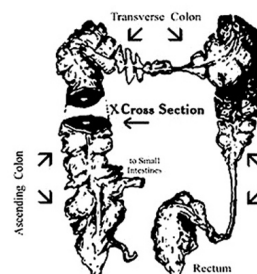
WHAT IS ‘MUCOID PLAQUE’?

Mucoid plaque is encrusted layers of hardened mucus mixed with retained fecal matter and other waste that clings to the walls of your colon. It is the result of a very acidic colon and clogs the colon passageways. YUK! Unlike formed stools that crumble when moved, mucoid plaque is rather tough to break apart. Outside the body it looks like rubbery tube that has the shape of the colon, is dark brown in color & can vary in length. **WOW!**

Healthy Colon



Unhealthy Colon



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