



## Erin's Intuitive Art Message from Lisa

When I first connected to your energy I saw a dark hole and slowly the hole opened up and I saw you dancing and being playful outside. It's time to connect with your playful side again. Explore and do things that bring you joy and happiness. Shake it up Erin! It's okay to be silly and playful again. Get out in nature and really be present in the moment. Go for more walks and hikes out in nature. Breathe in the fresh air of the mountain air or ocean sides. You put so much pressure on yourself and you worry about what you should be doing. Believe in yourself and you will make the right decisions and what directions to take as you move forward in life. Nature is calling you. Getting outside will help you feel lighter and help with clarity. Try standing barefoot on the grass or even lay down in a grassy area which helps you feel connected to the ground, our planet Earth. This will also ground you and make you feel more present.

I saw butterflies around you as you are going through a transformation. Find time to quiet your mind either through yoga, meditation or just going to the beach. The beach is one of your happy places. Depicted in the artwork there are crystals nearby as you are meditating. On your right side there is a red jasper crystal that helps you feel grounded. The blue lapis helps with clarity and white selenite helps reduce anxiety and stress. On the left side see yellow citrine which is an uplifting stone. Good for relieving stress, anxiety, and depression. When you have the chance, find a crystal shop and purchase these stones. It's good for you to have them nearby...even place them in your pocket and reach out to them throughout your day.



Your original IAM piece of artwork is 8" x 8" and mounted on an 11" x 11" matte board.

### The symbol of the colors used:


Red (Root Chakra)– Connect to the earth and ground yourself. Ground yourself will help you discover your true purpose and understanding about yourself. Trust that you have all of the knowledge inside you. Set healthy boundaries with yourself and others. *Call in Archangel Michael to help you release any fears you have and he will offer you the healing gifts of protection and balance.*

Yellow (Solar Plexus Chakra) – Step into and own your power and be a warrior. Dance, play and laugh more. This will help strengthen your self esteem, confidence and personal power. *Call in Angel Sarah to help clear any feelings of powerlessness and she will offer you the healing gift of empowerment.*

Green (Heart Chakra) – Let your emotions out more. See the green grass in the drawing reminding you to get outside more. Follow the paths that make your heart sing. Be more compassionate, forgiving, kind and loving to yourself. *Call in Angel Cassiel and she will help you clear any heartache or betrayal you feel and will offer you the healing gift of unconditional love.*

Blue (Throat Chakra) – Continue to use your voice and communicate what you truly want. Say it out loud so the universe, your spirit guides, loved ones and angels hear you. Speak, write and believe your own truth. *Call in Angel Celestina she will help you clear away any stuck feelings of not being able to express yourself and offer you the healing gifts of creative and self expression.*

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**The symbol of the dark blue starry night sky swirled into the background:** This is a reminder that you are connected to the universe and stars. You have infinite possibilities and messages, synchronicity, symbols and signs are coming to you. These messages are often signs that can reassure you that you are on the right path. You just need to be open to this. The stars are a beacon of hope; sending you positivity, love, happiness and renewal.

**The symbol of the butterflies:** The butterflies in this artwork represent change, transformation, hope, and self discovery. Also loved ones, spirit guides could be sending you signs or messages. Be aware of butterflies that cross your path, new beginnings are taking place watching new opportunities unfold.

**The symbol of the dancing:** The act of dance can bring you joy, hope, playfulness, and celebration. When you can't express how you are feeling with your voice then dance. The movement and rhythm can help you let go and clear away old energy, bringing in the feeling of hope, lightness and happiness.

**The symbol of yoga/meditation:** In this artwork you are sitting quietly facing out to the ocean into your future. By finding time to practice yoga it will help ease stress and your anxiety levels, plus improve your flexibility and strength. With meditation it can give you a sense of calmness, peace and balance which can help you find inner peace. Practicing both helps you discover a mind, body, soul and spirit connection.

Heartlinks and blessings,



### **ADDITIONAL INFORMATION:**

Each IAM will be digitally scanned and emailed to you once you have received your original. I know many clients are private and do not wish to share their (IAM) messages but if you wish to share it on social media such as Facebook or Instagram please tag me! You can type in @Lisa.greenleaf2 for Facebook and @lisagreenleaf8 for Instagram. The @symbol will trigger a page tag as opposed to just typing it in. Also when sharing on Instagram/Facebook, feel free to use any (or all) of the following: #lisagreenleafintuitiveartmessages #lisagreenleafIAM #lisagreenleafhealer #lisagreenleafartist #lisagreenleafintuitive.

### **A LITTLE MORE ABOUT LISA:**

I have been an artist since childhood and have naturally been channeling my artwork, either through my fine art, children's book illustrations, graphic design and presently with my IAM's. When clients see my artwork, it invokes a loving, peaceful, happy, calming and enlightening feeling. With your own unique personalized IAM, you are receiving a visual energy art creation that may help you awaken, shift, heal and perhaps guide you on your spiritual path and journey.