

HEART BASED LIVING

MOVING THE HEAD BACK INTO THE HEART USING ART

Heart based living is something we all know in our heart of hearts, it's the most natural thing that occurs throughout the universe. As children we were heart based feeling beings then something happened leading to some form of heart lockout which can make it very difficult for us to fully show up as our true authentic selfs. Its the indigenous people that can be reference beings for us as they use their heart and head brains in tandem (head/ heart coherence) which naturally connects them to the earth and the universe.

Robert facilitates Heart Based living workshops and one of the tools he uses to help encourage people in navigating back into the heart ~ is his art "as a picture paints a thousand words." We could be described as pieces of performance art as well as painting our self portraits, the question is: is it a true representation or is it a fake.

The other question is: is our personality creating our reality, could it be the time to gently in a playful way remove the masks.

**WITH HEAD/HEART COHERENCE
WE HAVE UNLIMITED
FREE FLOWING CREATIVITY**

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