



Finding Our Promises and Secrets Within



Patrice Federspiel
PO Box 61707
Honolulu, Hawaii 96839

(808) 392-9104

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This month's featured painting, Promises & Secrets Within, was titled by good friends and the people who watched me paint her in public.

This mystery woman peers out at the world from within us, quiet and confident in her wisdom. She is delighted with the many promises and secrets she holds for us. They are all there for us to find - if we will look with our hearts instead of our eyes.

Who knows what really lies within the inner landscape of our existence? Can we navigate through to find out? Our future stretches out before us. We're on the verge of learning something new, of becoming more fully present in our own lives.

These times in which we live can be exciting or frightening. The choices we make regarding our perception of events, dictate our feelings and our responses to them.

Fear and excitement are "kissing cousins" of one another. When we realize that we can choose between fear and excitement, we have the power to decide which to feel in any given moment.

The awareness that there is a choice to be made comes first.

Collectively we have all begun a new year, 2009. On January 26, we

entered the Chinese Year of the Ox, a year representing prosperity gained through fortitude and hard work; how appropriate. In addition, we have a new president who has emphasized the need for accountability and responsibility.

A new time is truly upon us. Who knows what promises and secrets lie ahead? We all have access to our greatness within. Let us choose to open ourselves up to all that is left to be discovered.

Our strengths await our presence. It is up to each one of us to stand tall and true ... our lives hinge on our decision to do so.

Gratitude, Appreciation, & Celebration

This month I want to publicly express my gratitude to fellow artist, [Sue Connor](#). Sue taught me the technique I used to paint Promises and Secrets Within.

Thank you Sue, I am enjoying the task of transforming your technique into a style all my own.

Drawing a Life That Matters!

Join [Aletta de Wal](#) and Patrice Federspiel in Honolulu on Wednesday, February 18th, 2009 for 2-hours of "**Drawing a Life That Matters!**"

Recall the joy you felt as a child, crayons in hand, freely drawing your life's experiences with confidence. Bring that ease back into your life. Use it to create more of what you want and less of what you don't want.

A creative environment of multi-sensory, non-toxic materials, simple instructions, a few local companions provided.

Course fee: \$65.00

Contact [Patrice](#) for more information

Travel to warm climate sold separately.



If you missed last month's newsletter

and want to know why these journals
are spilling over with ribbons,
download the pdf file [here](#).

Mahalo for reading all the way to the end of this newsletter.

If you have anything to share with me, i.e., more ways to celebrate,
more recipes to illustrate, or more good news, please email me at:
patrice@artofaloha.com

Please feel free to share this with your friends. That way you too can
help spread the "Spirit of Aloha" throughout the world.

Aloha Pumehana - Maluhia
(May you go in peace and love),

Patrice Federspiel
"Painting the Essence of Living Aloha"

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