

Your Body is Your Soul

The more I reflect on the connection between the mind and body, the more I realize that *the soul is the body*. A healthy body may, in fact, be a healthy soul. When you look into someone's eyes and observe their body, it feels as though you're glimpsing their soul.

Your Art is Your Spirit

Your spirit is expressed through your words and actions. Whatever you release into the world is your spirit in a state of constant becoming. **Treat your photographs as your spirit** and trust your intuition as you give birth to new art.

Your Intuition is God

When you listen to your gut and follow your intuition, consider this your *God-like state of being*. Everything is connected as one. Embrace the spirit of play, and follow your intuition with the openness of a child.