

## A WORK OF ART

- What if we were to look at our life as a quilt.....a complete work of art?
- Each block represents a life experience. Our life is like the blocks of the quilt—different patterns/shapes, bright colors, dull colors, dark colors, and pale colors.
- The bright blocks represent joyful times in our life—times of laughter, new beginnings, warmth, etc.
- The dark colors represents difficult times in our life—times of loss, grief, sadness, difficult transition
- Pale colors may represent times in our life that are but a faint memory, barely present in our conscious anymore.
- Dull colors may represent times in our life that were insignificant....nothing good, but nothing bad either—simply nondescript.
- Once a quilt is put together, the colors (dark, dull, pale, bright) all balance out to become something beautiful and balanced.
- We should try to view our lives similarly. Everything can balance out if we avoid focusing on or being trapped on one block of our quilt/life experience.
- When we look at our life, we should try to view it as a whole, rather than remain focused on one part all of the time.
- Too often we get trapped on small parts of our life.
- A quilt is only useful as a whole; we do not get much use of it if we only use one block at a time.

