

Questions to Ask Myself

- Have I been feeling powerful or disempowered recently?
- What is power?
- Is the Sun in this artwork of the right size, style, intensity or something is too much or not enough?
- Does this sun feel dangerous, calming, invigorating or weak?
- Is the artwork that I chose depicting my mood or is it something that is lacking at the moment and I would like to feel this way? Why?
- What would help me achieve or maintain this state?
- Is there enough place under the sun for everyone?
- Is there enough money in the world for everyone?
- Is there enough love for everyone?

Now close your eyes and try to imagine that you are the sun. What kind of sun would you be? The sunrise, the sunset, the sun in its zenith, the sun hiding behind the building or shining gently through the tree?

Notice all the sensations in your body, all thoughts that visit you. Write them down. And whatever you discover, be gentle with yourself and remember that if you want to change something, you always have the power to do it.