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The Power of Intention to Create

Throughout my personal life, intention has been everything. Every day, making breakfast, I focus on my thoughts and the intention that I am putting into my food and water. In caring for my house, I think about the energy that I put into cleaning the floors and washing each window. In planting my garden I think about what I manifest with each seed. Through this intention, the mindful nurturing of the seeds into blossoms has allowed me to develop a soul connection with flowers. When I first began to feel this connection I started to photograph the flowers to try to capture their essence. As I photographed them I began to see the light force inside of them that reflected the intentions I had manifested. Through their image I could see a portal opening up and in it I could feel a soul connection as well as deep gratitude and love. Out of this process I found a way to truly feel joy in my life and inner peace. Part of what has helped to heal me has been going into my garden and inhaling the scent of a single rose. I allow the scent of the rose to fill my cells and I ask the rose to bring peace and healing to me. In one of these moments of bowing my heart to a beautiful rose the outside petal opened up in front of me. It was extraordinary to see my connection with earth and nature as well as its deeply healing powers. I have also had experiences with Hummingbirds and Butterflies in my garden. I call in their spirits and hold their energy in my intention so that they would arrive within moments to bring message and healing.

As I grew as an artist I started to realize that this intention and these experiences were feeding my work and myself. I wanted to find a way to express these powerful experiences with nature through my art. As I begin my creative process I set the intention to create a sacred space through lighting a candle to bring light, having a glass of water which I have infused with affirmations, and also chanting and listening to music that centers and uplifts me. This process has helped to lift my frequency and bring my soul into alignment so that I can go into my heart and create from this place of inner stillness and joy. I have also used written affirmations in my work to allow it to carry the vibrations that I was feeling. As I painted I saw that circles were emerging in my work as I focused more on achieving a sense of oneness. The intention that I put into the world

had become connection between the world and myself and the artistic expression that had become a way in which I could express these personal relationships with nature. Painting has always been my medium since the age of 6. I love pure color. As I have grown I have realized a love for sculpture and movement that requires a new medium of expression. I have started to listen to music that lifts me while I paint and have wanted to find ways to integrate the sound in my creative process. I wondered how I could bring all of these experiences together and use this art to uplift others in the way that nature and my connection to the sacred geometry and colors of the earth have uplifted me.

As I move forward I want to find ways to carry this sacredness, grace and beauty into a new form of art I have found this in garments. For example, when I am feeling depression I wear orange because it is the color of joy and uplifts my spirit. When I feel passionate I wear red. When I feel alive I wear spring green. If I want more grace in my life I will wear fabrics that are sheer and flowing, clothing that carries the sense of grace that I want to embody. The garments I wear then become an expression of my intention to lift myself to a higher frequency, vibration and connection with the natural forces of color and form that have inspired me throughout my life. In my designs of sacred garments and in my paintings, I have tried to bring the sacred elements of nature and animals into each. The inspiration I have received by observing animals, nature and insects brings those qualities into my creative expressions. For example, when I see a deer in nature I connect with its soul and with the quality of gentleness that the deer represents. I then bring that quality of gentleness into the garments. Similarly, when I see the magic and freedom in butterflies and hummingbirds I try to bring that energy into the creation as well. I believe that animals wisdom and natures beauty is here to teach us and bring abundant gifts. A single blade of grass tree, or flower that is wilting can carry many deep lessons and intentions that we can embody.

Through my observation of nature and animals, insects, plants, universe and crystals I have begun to see the sacred patterns and structures that connect them and that I can also see within myself. Through garments I want to integrate these patterns. In the evenings as I walk my dog I look up to the stars and I am in awe of the patterns and shapes that exist in the universe and exist just as magnificently in a simple rose. I want to bring these same patterns that create oneness in the world into the garments that we wear

Through wearing these garments we can bring the intention of unity into our daily lives and create harmony with our surroundings. This perfect harmony which I have experienced in my garden and expressed through my art has healed me. It is a self-realization and a love for ones perfect self. Looking at the patterns that I have seen as phases throughout my life has helped me to heal and to identify the patterns that truly resonate with me. By bringing these patterns that do carry a higher vibration into my clothing and surroundings it can be easier to discern the patterns that are healing from those that no longer serve me.

I believe the desire to create can be expressed in unlimited mediums and forms depending on ones intention. What is really important is to express ones true essence and voice. True creativity is birthed from the depths of the creators heart and soul by being fully present and conscious. The vibration of our heart's soul carries the true origins of our divinity.