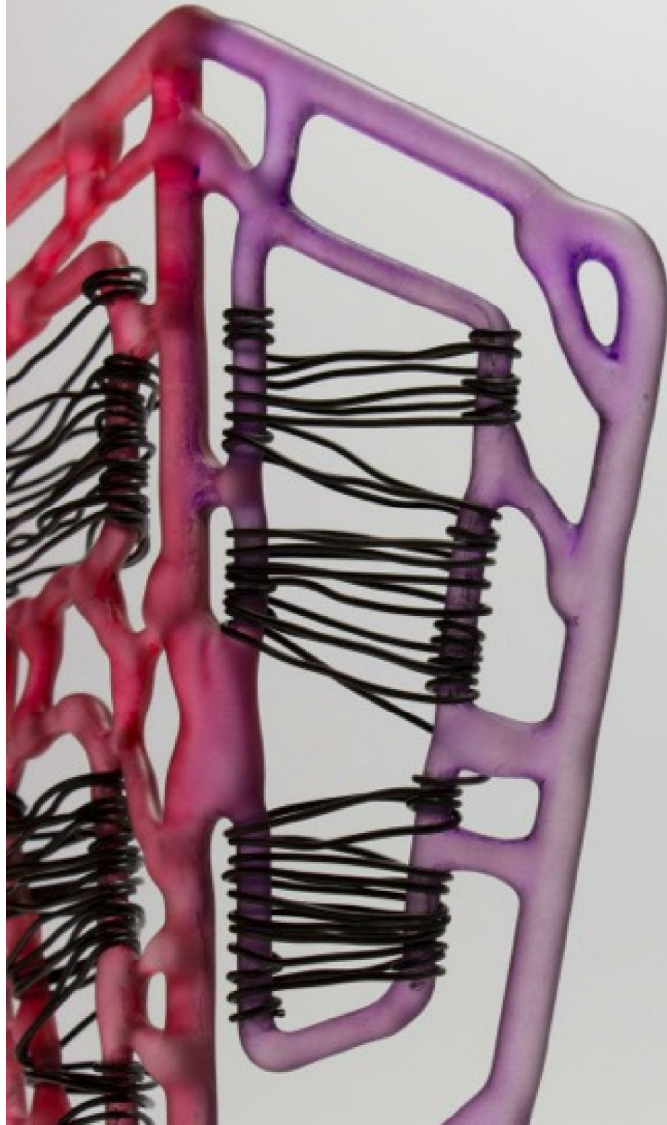


LIVING

An Artful Life

Issue 2
April 2013



the courage issue

Safety is an illusion

Art and images by Bronwen Heilman

Trust your heart

Art and images by Amber Ravenscroft

Overcome fear

Art and images by Kim Nogueira

Find your truth

Art and images by Brit Hammer

Live soulfully

Art and images by Angela Ridgway





Live soulfully

By its very nature, love is perfection.

In Japanese the words *wabi sabi* express the concept of seeing the perfect within the imperfect.

True perfection comes from the heart, which means perfection is inherent in anything created with love.

After all, if love is all that is, then it follows that everything is perfect. It cannot be any other way. Fear and pain are merely the absence of love.

But how does one attain living in a state of love and stay there? By practicing *kaizen*.

Kaizen is Japanese for "improvement", or "change for the better". It is a philosophy that focuses upon continuous improvement through self-evaluation. It begins by looking inside and seeing what's there, acknowledging that changes must be made, and by taking actions to make those changes. Kaizen is not judgmental in a harsh or hyper-critical way, it is a neutral state of observation.

Embrace wabi sabi as you look within. Remain a neutral observer and recognize all the parts of yourself as inherently beautiful.



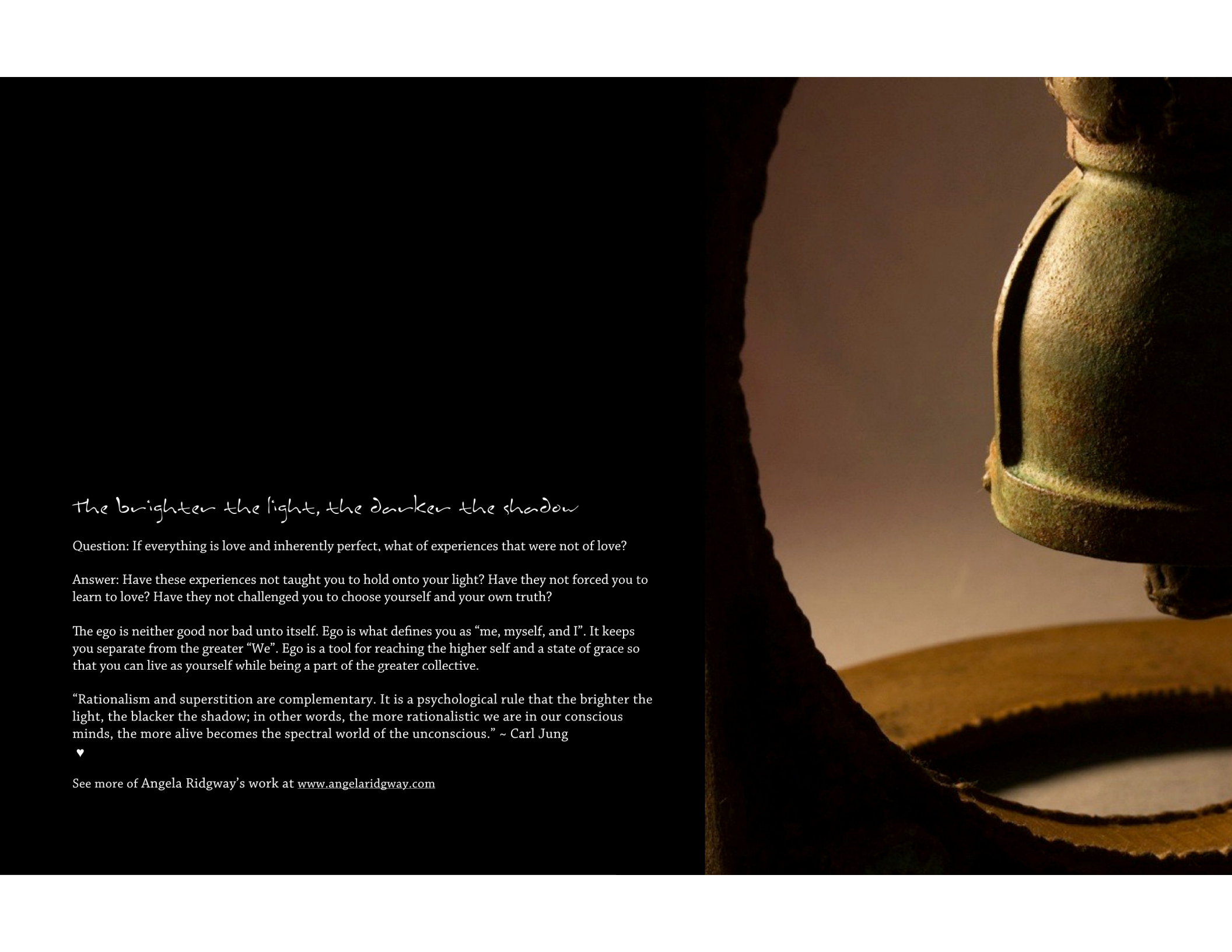
Text: Brit Hammer

Artwork and images: Angela Ridgway

www.angelaridgway.com

A close-up photograph of a heavily rusted, greenish-bronze metal object, possibly a bell or a decorative piece, with a dark background. The metal is covered in a thick layer of brown and orange rust, with patches of green patina visible. The object has a textured, irregular shape with several rounded protrusions. The lighting is dramatic, highlighting the textures of the rust and the metal.

seek only the counsel of your heart



The brighter the light, the darker the shadow

Question: If everything is love and inherently perfect, what of experiences that were not of love?

Answer: Have these experiences not taught you to hold onto your light? Have they not forced you to learn to love? Have they not challenged you to choose yourself and your own truth?

The ego is neither good nor bad unto itself. Ego is what defines you as "me, myself, and I". It keeps you separate from the greater "We". Ego is a tool for reaching the higher self and a state of grace so that you can live as yourself while being a part of the greater collective.

"Rationalism and superstition are complementary. It is a psychological rule that the brighter the light, the blacker the shadow; in other words, the more rationalistic we are in our conscious minds, the more alive becomes the spectral world of the unconscious." ~ Carl Jung



See more of Angela Ridgway's work at www.angelaridgway.com



Embrace wabi sabi



Reach inside to find your inner wisdom

The wisdom inside you

"In the center of your soul
is the wisdom that you have.
It is worn, and it is textured,
and it unique.

It sometimes feels small,
but it is your beauty, and it is your light,
but more than that, it is your strength.
Look deep inside yourself,
it is always there to be found."

~ Angela Ridgway





“Cherish time, cherish people in
life who matter, and eat well.”

~ Toni Thomas

About the magazine



Brit Hammer
Photograph: Armand Dijcks

Art is soul food, and everyone needs a dose on a regular basis to stay balanced in what can sometimes be a chaotic world.

LIVING An Artful Life magazine offers you beauty in the form of bite-sized photo essays along with some thoughts to ponder.

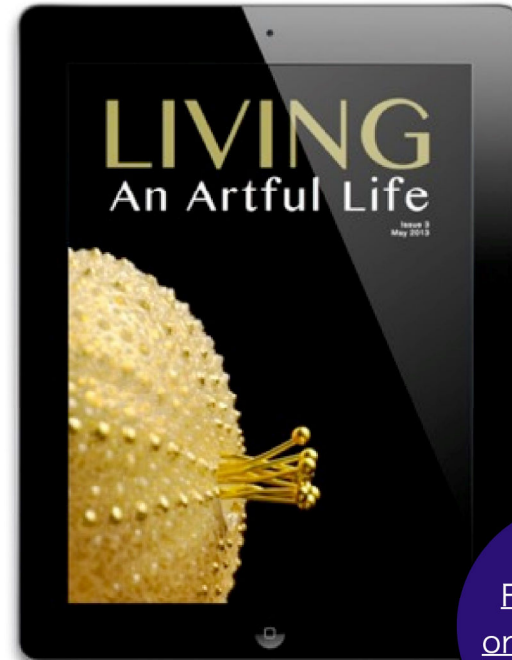
So what does it mean to live an artful life? I would say it's to see the sacredness in all that you are — mind, body, and spirit. Living artfully means to love yourself and to radiate that love from within. In short, see the sacredness in life — and celebrate it!

So surround yourself with people you love and with only the things that bring you joy — including the clothes and jewelry that you wear, the furniture that you use, and the art that adorns your spaces.

So why this magazine and why now? Living An Artful Life magazine is the culmination of several years of searching for a way to express myself while promoting the work of other artists whom I adore. These artists are not just students in my [Photographing Fine Art & Craft online course](#), they have become my friends and family. This magazine is my way of showing my love for my new friends and family while helping them reach others who will enjoy their art as much as I do.

I encourage you to visit each artist's website to discover their work. Many of these artists also teach workshops (in-person and/or online) and have published books and tutorials.

Enjoy your own artful life!
[Brit Hammer, Editor](#)



Coming in May 2013
The Rebirth issue

On the cover:
“Memory of the Sun”
by Martina Medenica

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