

pilot 1
2024

Hello and welcome! We are excited to present our new publication Flowforms and Energetics Quarterly. We hope to bring you amazing content to keep you in the flow and thriving.

Psychic Granola

Flow	5/21	Dynamic Painting: A Cosmic Art Workshop - Galactic Panther Art Gallery with Gavi Crane - Alexandria VA
	5/25	Free Community Yoga Class - Dragonfly Yoga - Fredericksburg VA
Resonate		Meditation: Navigating Liminal Spaces
Observe		How to Enhance the Color in Your Paintings, Using Transitional Colors by Ian Roberts

Reflect



Forecast

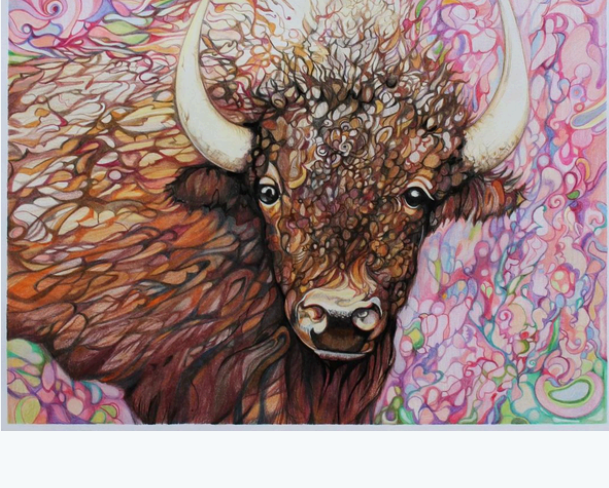
By [Mary Hurst](#) IG | [@inner.spark.astrology](#)

Weekly Astrology 5/20 - 5/26
Self Trust, Upgrades & Diversity of Thought

SELF TRUST

With Mercury now in Taurus as of last Wednesday, mental processing has slowed to a more sustainable pace... a welcome antidote to any impatience and impulsivity that was inflamed with Mercury's retrograde cycle in Aries. It's also providing grounding for the unquenchable drive toward uncharted territories ignited this week with Mars and the North Node together in Aries.

Taurus, along with Aries, has been a focal point as of late.



Since Taurus and Venus relate to the material realm and money, the bedrock of our physical existence is being shaken by a highly activated Uranus here. This could be showing up in unsteady financial and/or lifestyle circumstances. Part of this energy is about accepting external instability, while learning to more fully trust ourselves.

UPGRADES

Between the intensifying geomagnetic activity from our Sun and the exuberant Uranus activations, there's been a LOT of energy to process on all levels. Physically we may need more rest and water, while spiritually and mentally new abilities are turning on.

Upgrades are indeed occurring, even if they're only glimmers. And we're being urged to claim them, even if doubt and imposter-syndrome are present. By nourishing connection with the Divine, picking up the tools we've acquired, and using them from this connected place, we become conduits for Divinity here on Earth.

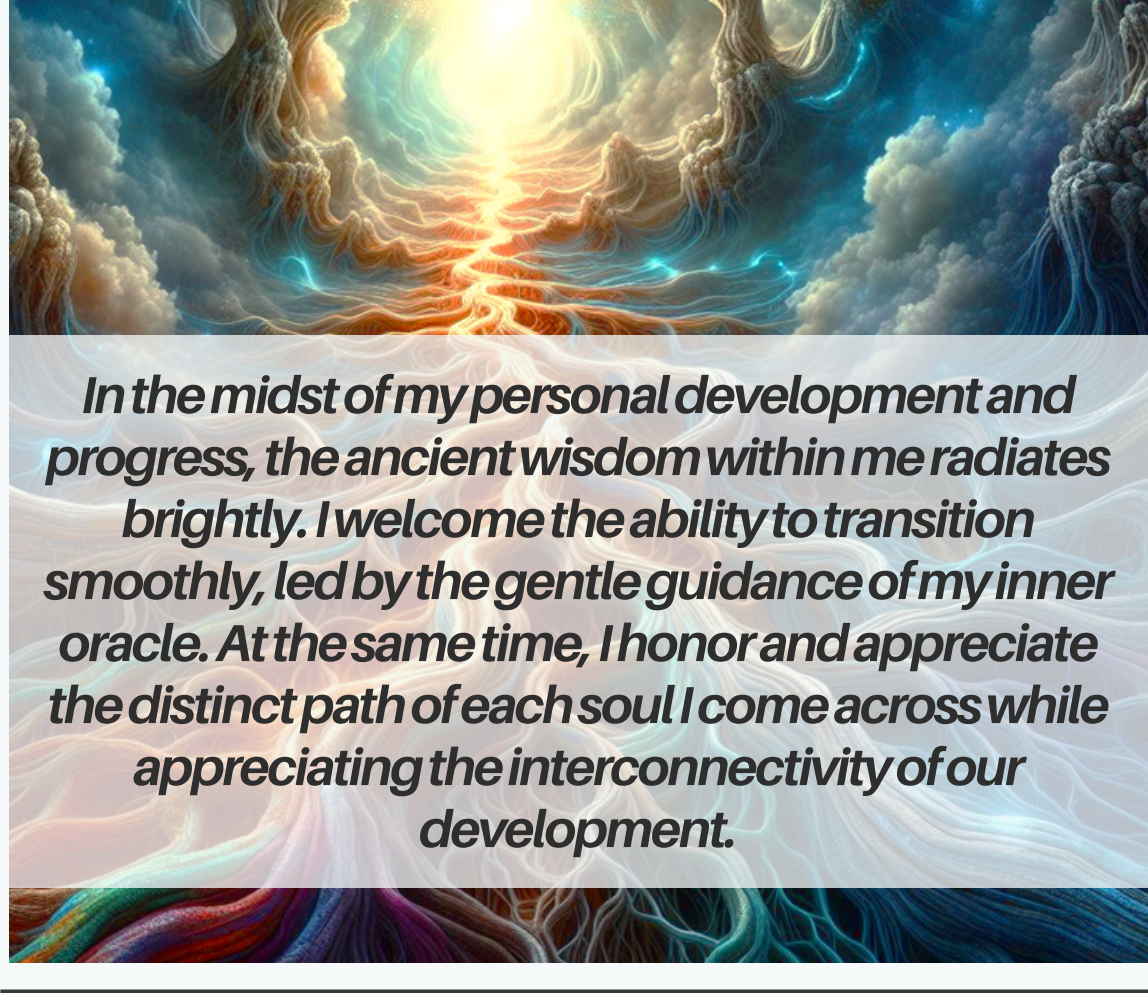
DIVERSITY OF THOUGHT

Finally and most significantly is that, not one, but three planets enter Gemini this week! The Sun, Venus and Jupiter all ingress into the air sign, turning focus toward socializing, communication, learning and curiosity. And since Jupiter only changes signs about once a year and expands whatever it touches, this is a big shift! Taking into consideration this move from fixed (Taurus) to mutable (Gemini), we can expect that change and flexibility will begin to feel a little easier going forward.

Jupiter's ingress into Gemini on Saturday introduces an important theme for the 12-month cycle ahead: embracing diversity of ideas and communication styles. This transit supports greater acceptance of our neighbors, be they local or global. It welcomes all the unique ways of thinking, articulating and operating as essential pieces to the whole of humanity.

The harmonious air trines made to Pluto in Aquarius as these three planets enter Gemini have a clear message:

As individual minds expand, collective transformation follows.



In the midst of my personal development and progress, the ancient wisdom within me radiates brightly. I welcome the ability to transition smoothly, led by the gentle guidance of my inner oracle. At the same time, I honor and appreciate the distinct path of each soul I come across while appreciating the interconnectivity of our development.

Wisdom & Integration

Meaning of Colors & Their Role in Your Life

By [Mel Bikowski](#)

Colors play an exceptionally prominent role in our lives. They influence our thinking, inspire our decision-making, and impact our moods/emotions. **Color is the visual identity of frequencies that we are interacting with daily. Color is powerful and exciting.** And through creating, whether that's developing a fashion sense, brand, art, or design of space, we need color to express ourselves.

I've been on a journey for many years through my artistic practice to express my emotions and consistently have a conversation with the universe. Through painting, I've been on a continuous exploration of how to process a very abstract and complex experience. I have a hard time holding the energy within my body and containing it. Which, as I get older, notice most people on this planet are having a hard time doing. We are meant to express ourselves and channel energy out into the world in our own individualistic way. Messages from the universe come into our lives in different ways. The natural elements that we interact with daily are symbols that offer us little glimmers into our lives, paths, and ways of expressing.

We're here on this Earth to express our individuality and find ways to connect and mesh with those realities and moments around us. It's a healthy balance of standing tall in who we are, and then taking a step back and harmonizing with our environment.

Color is an expression of light. It's the expression or translation of light's interaction with darkness. It's important to note that not all colors are created equal. Though some shades are similar, that doesn't mean they'll awaken the same emotions. To truly grasp the meaning of color, we must learn to accept this and relinquish intellectualizing or controlling our emotions. Color has a substantial effect on the mind and body, and until we make peace with this reality, we will forever see it as an inexplicable and abstract concept. We won't be able to utilize color intentionally and purposefully as the expressionistic artists of our past and present do.

Alchemists transform natural elements into intention. **Artists are transforming color into intention through their selected mediums. Color for me is my medium.**

When I was younger, I was obsessed with punk rock. I would not eat lunch all week, just so that I could have \$5 on Friday or Saturday night to go to the punk show with my friends. I was young, passionate about finding new experiences, and some would say angry. I teenager that had no idea how to express my emotions and honestly, current me, would say I lacked *emotional intelligence*. I was on fire, expressing myself as a blazing fire burning everything and anything that came near me. I spent quite a bit of this period wearing bright reds and pinks. I even at one point dyed the front strands of my hair magenta. During those days, I was not intentional by any means of who I was becoming, how I was expressing myself, but still, I found myself attracted to reds and pinks – the colors of action, passion, impulsivity, and creativity. While, it may have been a reactive choice and what I considered to be “cool” at the time to wear, I still was expressing myself through color and found a way to mesh with my reality.

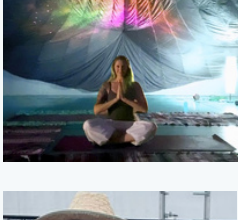
These days, I have noticed a shift in how I interact with color. I find myself being a little more purposeful and intentional. Deepening my relationship with color through color analysis, learning their stories and histories, and expressing myself through art, branding, and fashion. **As an artist, I find myself harmonizing the colors on the canvas as a story that expresses the significant purpose of its environment.**

The psychology and symbolism behind color is fascinating and ever-expanding. With that said, new meanings are always coming to light. The more knowledge we acquire, the more we can translate it into wisdoms and teachings for ourselves.

I leave you with a question to ponder this week as you continue your journey:

- *Make a list of the colors that surround you at work, at home, and when you are having fun. Is there a main color or a group of colors? What messages are coming up for you with these colors and how are you expressing yourself in these environments?*

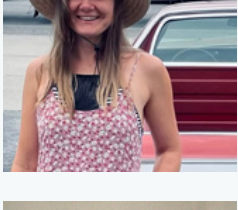
Authors



Lotus Heartsong - Alexandria, VA

Lotus is an expressionist who combines mysticism, organic narratives, and codes to integrate opposites in her paintings. Her newest series, “Dispersion: Studies on the Microbiology of Intention, Cause and Effect” is scheduled for completion July 2024.

[Homepage](#)
[Facebook](#) / [Instagram](#)



Mary Hurst

Artist turned Astrologer.

Mary offers intuitive astrology forecasts using the symbols in the sky as tools for personal growth and navigation along a spiritual path. Exploring how Art & Astrology inform each other.

[Mary's Etsy Shop](#)
[Mary's Art Website](#)



Mel Bikowski - Alexandria, VA

Mel inspires the world to unlock its magic. She is here to encourage you to ascend to your potential and align your creativity with your purpose, intention, and passion. Leadership Coach by Day and Artist by Night.

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