

January 2023



Welcome to Contemplations!

This newsletter is new to your IEA inbox and will show up monthly to inspire, uplift, and maybe make you laugh just a little.

It is with delight I begin this space for you, and with anticipation I compose a few months entries then invite you, fellow IEA member, to compose thereafter! Do you have a story to tell, an encouragement to share, an insight to inspire? Then please submit to me [Patricia Baldwin Seggebruch](#) and let's begin to see what can come as we all reach out with the desire to help each other rise higher.

Growth is beautiful~

There is no better feeling than realizing you no longer live in the same realm you used to.

Growth is beautiful-
shocking sometimes;
scary a lot of times.

But always, once one trips into it entirely; beautiful.

Yes, physical stepping is required to take this road, but there's something more, too.

Where the beginning truly resides, is in listening.

Have the courage and conviction to trust your intuition.

Alan Schoonmaker



You must hear the voice from within first, let it grow in volume to override the voices from without, in order to make the difference that a brush in hand, a saw against wood, or fingers on a keyboard, can create.

I have found that anymore, we can not settle for a skillset; we must hone this yes, but only to the point that is in response to the fine edge of our own intuition.

**One day you finally knew
what you had to do, and began,
though the voices around you
kept shouting
their bad advice —
though the whole house
began to tremble
and you felt the old tug
at your ankles.**

Mary Oliver

I can paint until my last breath with the skills and tools I have amassed over the years, but I can not make the impact, create the wonder, open the eyes and hearts and yes, intuitions, of others, if I do not now, from now on, respond with these tools and talents I have amassed, from my gut first.

You will never be able to follow your own inner voice until you clear up the doubt in your mind. Roy Bennett



Image credit: Pam Nichols

So let this first letter in this first IEA newsletter be your siren call. Let yourself hear the voice that you've up until now been able to ignore, or that has been buried under the noise of the world. Take up this necessary listening I'm prescribing and let it guide you to your own simplicity and evolution, as I have and continue to let mine. This still small voice gets louder all the time, as you keen your ears to hear. You will doubt what you're hearing with your head; but in your heart you will know, this is the truth.

Follow it.

Be amazed.

Live in your own personal evolution, so that we all up-level the world.

Now is the time.

And we are the artists for it; here to co-create the world back to life.

warmly in wax,
Trish