Gwen HeartWorks

FLOWING Renewal

EVERY CREATION IS A JOURNEY OF RELEASE

"Within gratitude is a sweet spot filled with the essence of courage and adaptability for all beings to thrive in."

- Gwen

Gwen's Special Artistic Gifts and Qualities

Colors

Gwen's color palette is full of vibrant intention. She intertwines hues that resonate with her unique healing focus.

Orange: to help address nervous tension, fear, and depression.

Lemon: for general cleansing of the body, like an energetic laxative.

Violet: as a spleen stimulant, for assisting in cleansing the body of toxins.

Element Influence

Fire element: inferno's dance, passion's flame. Transforming energy, fierce and bright. Igniting possibilities within.

Geometric symbols

9-point star: helps absorb and clear past traumas; represents the duality of light and its shadow – the stability in change.

This is also used as Gwen's unique 'signature' in all of her artwork.

Inspirations

- Releasing emotional tension held in the body and assisting emotional toxins to flow out of the system.
- Integrative energy shifting from the past or childhood.
- Letting go and embracing life. Finding more flexibilty and adaptability.
- Bringing in understanding and feeling understood.
- She would love to assist with the Laws of Forgiveness.

Aromatherapies

Joy Blend: invites emotional balance and uplifting.

Blend contains: Bergamot, Ylang ylang, Geranium, Lemon, Coriander, Tangerine, Jasmine, Roman chamomile, Palmarosa, and Rose.

Sage: used with intention for clearing and strengthening the vital centers of the body.

Gemstones

Amethyst: aligning and protective, transmuting lower energy into love.

Peridot: the anti-toxin stone for letting go. Beckons the release of old patterns, cleansing organs and glands, and ushering in new opportunities.

Planet

The Moon: serene and mystical energy, fostering emotional healing, intuition, and spiritual illumination during its gentle, silvery embrace.

Chakra

Heart:

- Unconditional love.
- Heart forgiveness and compassion to the self.
- Self love.

Action

- Harnessing the energy within a situation, but also alternative paths. Sometimes the path to action is a different direction than intended.
- Flow with all.

As part of the GCA (Gratitude ~ Connection ~ Action method) from TriciaSybersma.com

Love Language

Words of affirmation: Expressing affection through spoken words, praise, or appreciation. Words of encouragement.

Gwen's Story inner-calm and releasing forgiveness

Gwen was bred and born into the sport of eventing. Irish by birth and on the fast track for high level competition when tragedy hit, and her rider was fatally wounded in competition. As a result, Gwen's life was turned upside down and she was shipped to a boarding facility in Florida from the UK to be sold as a performance horse.

Tricia first met Gwen at the boarding facility and she was totally taken aback by her. Gwen's warmth and grace opened her heart. It was love at first sight (for both of them). After three months of conversation and negotiation, Gwen was brought home and together they began a journey of deep understanding and healing.

Gwen has overcome the all-consuming pressure of the performance world and the ground being ripped out from under her. She taught Tricia about grief and the depth of emotional energies horses hold in their bodies.

Gwen continues to learn about vulnerability, trust, and forgiveness. That there is more to life than what she previously believed to be true. Now, Gwen amplifies a new energy, **"I am exactly who I am supposed to be in the present moment."**

Gwen's Offerings

Experience the essence of her artwork in your daily life. Elevate your space and self with Gwen's energy-infused creations. Explore her complete collection online.

Gwen's Gallery

Read more about Gwen online, view her full painting gallery, and more!

Watch Gwen's short biography video.