Sofi
HeartWorks

PLAYFUL Vibrancy

EVERY CREATION IS
A JOURNEY OF LOVE

"Gratitude results in freedom of anything that weighs you down. When you sit in the energy of gratitude, nothing else can co-exist in that moment."

- Sofi

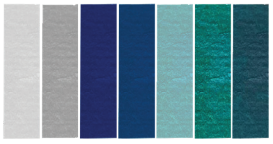
Sofi's Special Artistic Gifts and Qualities

Colors

Turquoise: helps clear patterns of stagnation.

White: all encompassing, holistic.

Silver: nervous system calming, overall calming.



Element Influence

Water element: divine energy, the centre of life. Emotional cleansing. Going with the flow. Joy.

Inspirations

- Working with children and connect with music.
- Bringing relief to worry, grief, and relaxing the mind.
- Infusing every moment with gratitude.
- Revealing our own divine potential within.

Geometric symbols

The Sphere: represents eternity and infinity; swirling to gain momentum.

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

Aromatherapy

Evergreen Essence blend: aligns with peace, serenity, grounding, balance.

Blend contains: Idaho Blue Spruce, White Fir, Pine, Western Red Cedar, Red Fir, Black Pine, Pinyon Pine, Lodgepole Pine, and Ponderosa Pine.

Gemstones

Caribbean Calcite: assists in easing stress with soothing and tranquil qualities, like the calming waves of the ocean.

Love Language

Acts of service: noticing and appreciating little things done for them. Striving to conquer obstacles and showering those around her with unwavering care and attention.

Planet

The Moon: promoting appreciation of home and family.

Chakra

Throat: authenticity. Being true to the self and your values. Linking to the higher self.

Action

Prioritizing what is needed to be done in this exact moment, for maximum positive impact on those around us.

As part of the GCA (Gratitude ~ Connection ~ Action method)

Sofi's Story *loving relationships and playful strength*

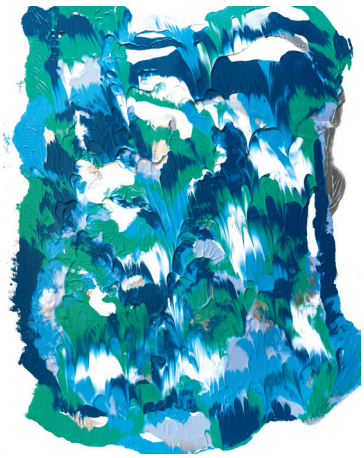
Sofi's story begins with her ancestors at the time when Christopher Columbus and the early explorers brought horses to the Caribbean. Her descendants trace back to those small yet hardy horses who sailed across the Atlantic Ocean.

Today, Sofi is referred to as a Cayman Islands horse known for its incredible sense of independence and resourcefulness, which can create resistance to interacting with humans.

Like her ancestors, Sofi had a challenging start, including the loss of her mother at a young age. She eventually became part of a tourist company but was too small in stature and independent for trail rides, so she was left to her own devices in a 10-acre field with other horses.

Tricia kept horses nearby and watched with amusement as Sofi climbed through fences to visit Tricia and her horses. After a year of these delightful visits, Tricia welcomed Sofi into her herd, giving her a forever home. Together, they learned the principles of natural horsemanship and developed a strong relationship built on understanding and filled with love, joy and adventure.

Sofi has overcome the loss of her mom while still a yearling, the pressure of growing up too fast, harsh training, and then neglect. As a result, Sofi was determined to create a new future for herself by taking the initiative to get Tricia's attention.
Tricia also discovered that Sofi's interactions with humans mirror the quality of the relationship.
With an open heart, Sofi shows you what she feels, an invitation for self-discovery and healing.



Sofi's Expressions

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

Sofi's Gallery

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

Watch Sofi's short biography video.