

A Memorial of Transformation: My Journey From Fragmentation To Limitless Living.



Martina Keast MTS EXAP

A Memorial of Transformation: My Journey From Fragmentation To Limitless Living.

[2] [3]

The Word of the Lord: [4]

Martina, this paper summarizes your creative, expressive, and emotive life's work up to this point—2021.

Despite roadblocks, (actual accidents) barriers (mental, emotional, physical), and spiritual attacks, you undertook the seemingly impossible challenges, We required of you. All this happened because you asked Us to remove the mountains you were facing forty years ago (Lake Louise Women's Conference). You asked—We delivered. You will notice the many crumbled mountains when you look back in your rearview mirror.

You were never alone. Because We know you, We permitted Satan to sift you. This you have discovered in your expressive and written works.

This morning, during your personal retreat, I reminded you of a time of surrender. I asked you to let go—of the birds and the geographical maps you drew as a child, with colour pencils for your Biology and Geography classes—as an act of faith. You carried them around for thirty years, despite all your Germany and Canadian moves. You treasured them. You loved their precision and excellence. I knew I would restore your gifts and talents during your desert journey, your personal wilderness experience. It was easy for Me to ask you to surrender the precious drawings.

At the time of "letting go," you were aware you were at a crossroads—a time of choosing between trust and faith—or not, you could not imagine what We had in store for you.

Martina, you are anointed; relax, and trust the process, as we move onward, Christian Soldier. Yes, I am referring to the song. I am glad you recognized that right away.

Martina, keep listening and looking; I am guiding you through the process. We directed your education through life-giving flow. As promised, We have great plans for you.

You need not fear you were misdirected.

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Martina, do you remember when you were overlooked, used, neglected and forgotten? I am glad you realized how jealousy tried to overtake you many times. Its power became viler and debilitating. We needed you to address character flaws and weaknesses like false pride and jealousy.

You fought back valiantly, coming to Me and telling Me what was happening and how you did not want to live that way. You surrendered your anger, jealousy, and deep sadness time and time again.

Martina, thinking back, I am shedding tears of joy for you, My love. Well done, well done.

Martina, your destiny is to complete your journeys into spiritually uncharted areas under the anointing of the Holy Spirit. I am aware you did not know. Today I am ready to show you more because you are prepared. You are taking your rightful place within My Bride, the Church, as a spirit-filled, anointed author, creator, coach, facilitator, leader, speaker, and world-changer.

You will continue to face challenges and new barriers, but you will also experience blessings never imagined. You will marry—happily, minister—powerfully, and make a difference in your world.

There is an occasional giant to face, a sneaky one, who is trying to steal your impact. . . it may look like he succeeds, but wait and co-operate with us. We will face the seemingly impossible, unthinkable together. Our journey continues. ^[5]

Introduction:

Being an artist requires enthusiasm more than discipline.

Enthusiasm is not an emotional state.

It is a spiritual commitment, a loving surrender to our creative process.

(Cameron, 1995, p. #188)^[6]

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Enthusiasm, commitment, and discipline describe my process since I surrendered to my creative process. God got a hold of me after I continually cried out to Him to change me, to make me more like Him. Despite difficulties, interruptions, and doing life, I became an enthusiastic co-creator. This entire process caught me by surprise. Matt Tommey says it this way: “The opportunity to co-create with the Creator of All is simply mind blowing.” (Tommey, 2021, p. 1) He gave me assignments through various programming and studies I enrolled in. Emotional healing, inner coherence, and a more profound knowing and understanding of His calling have resulted.

God assignments:

Enthusiasm (from the Greek, “filled with God”) is an ongoing energy supply

tapped into the flow of life itself. (Cameron, 1995, p. #189)

The presence of God can only be known by experience, and that experience is tantamount to revelation. Your eyes have to be opened, your heart has to become vibrant and alive, and your ear has to be attuned to a level beyond the normal octaves that the human ear can hear.

(Goll, 2012, p. 17)^[7]

My first God assignments were to collect all the art, poems, and songs I had written over the last few years. I heard Him, not in an audible voice, but in my spirit. Goll informs us, “Spiritual perception is the realm of knowing, of impression. In this type of vision, *people* may “see” something in *their* spirits, but *their* minds see no image.” (Goll, 2012, p. 142)

I could not believe my physical eyes when I saw the amount of material I found throughout journals and loose pieces of paper. I followed impressions to do specific creative things, wondering why.

Again, I like what Matt Tommey has to say:

Art functions almost as a stealth language by which God can commune with us as Kingdom artists, as well as speak to the viewer in beautiful ways that bypass the cognitive, left-brain processing of information. Art speaks directly to the emotion, beauty and desire of our brain. It goes deep and can be used to affect significant change. (Tommey, 2021, p. 9)

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Then came my personal story, from fragmentation to serenity. This was a significant paper for Introduction to Art Therapy. After collecting the many assessments I had done over the years spent at Bible School and Seminary, I realized it would not only take a miracle for me to heal, but it would be a supernatural endeavour to complete this God-given assignment. In a spontaneous outpouring of words, after painting the Tulips (see below), I wrote that there are three Spiritual Avenues to Inner Healing: the Spirit, the Water, and the Blood. I also thought of three Soulful Avenues to Inner Healing: Emotive Expressions: Art, Poems, and Songs. I was yet to realize there are also steps to Inner Healing.

Before discussing my healing journey with creative arts, let me share three spiritual and soulful avenues and five steps to inner healing.

Three Spiritual Avenues to Inner Healing: The Spirit, the water, and the blood. [8]

When the Spirit is released upon and within people, their eyes and hearts are opened

to a world beyond their limited seeing, hearing, and discerning. . .

Immersed in the Spirit, our speech changes because our eyes, ears,

and hearts have been opened to see beyond the world in front of our eyes

to the world that lies behind what our eyes can see.

(Goll, 2012, p. 18)

God can and will use your prophetic art to:

Bring healing Physically, Emotionally, Spiritually, or Mentally. (Tommeay, 2021, p. 11)

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For there are three that testify: the Spirit, the water, and the blood, and these three agree. 1 John 5:7

The Spirit:

How God anointed Jesus of Nazareth with the Holy Spirit and with power.

He went about doing good and healing all who were oppressed by the devil,

for God was with him. Ac 10:38

Jesus leads the way.

The Water:

And Peter said to them,

Repent and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins, and you will receive the gift of the Holy Spirit. Ac 2:38

Each person desiring to follow the Lord into the journey of becoming Christ-like must repent, be baptized in water, and receive the Holy Spirit.

The Blood:

And if you call on him as Father who judges impartially according to each one's deeds, conduct yourselves with fear throughout the time of your exile, knowing that you were ransomed

from the futile ways inherited from your forefathers, not with perishable things

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such as silver or gold, but with the precious blood of Christ, like that of a lamb without blemish or spot. 1 Peter 1:17-19

Jesus died on the cross for humanity. He purchased us not with silver or gold but with the spilling of His blood.

Three Soulful Avenues to Inner Healing: Emotive Expressions: Art, poems, and songs. ^[9]

The substance and nature of prophecy exceed the limit that the human mind

is capable of imagining. Its purpose is to edify, exhort, and comfort individuals

or the corporate Body of Christ.

(Goll, 2012, p. 25/26)

Most impressions to create expressions came to me during extremely uncomfortable, terrifying, and confusing times. Despite the outside pressures, difficulties and obstacles, my soul found a new way of expressing itself because the Holy Spirit had released the flow—I had been fixing my eyes on Jesus. (Kayembe, 2017, p. 111) It has impacted many others, bringing them joy, surprise, and a thought: if Martina can, maybe I can too?

While I keep creating new compositions, poems, songs, and art pieces, unexpected creations from years ago keep showing up. The gift of soul-ministering has been in seed form as long as I have lived. It has been waiting to be released.

I did not know about these seeds throughout my tumultuous years. They were safely tucked away in heart soil, nurtured, harrowed, and cleared of weeds during the years of transformation from my false self to my true inner self. This freedom occurred because my spirit and soul were healed and revitalized.

The original goal was to free my inner creator identity from my self-imposed exile. ^[10]As I discovered new knowledge and therapeutic ways to help me dislodge memories hidden away, I welcomed these memories, ugly, painful, and pleasant, as visitors.

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I did this patiently, lovingly, cherishing every picture or movie that visited me. Sometimes I cried a lot. Sometimes I was relieved. Sometimes when I played the tape to the end, I found I was less fragmented than a week ago. I still don't force the experience; come what may. ^[11]

The new goal for writing this course assignment is to help others who have been in this self-imposed exile. I have dreams for my compilation of emotive expressions. I dream of leaving a legacy for my family, friends, and others who suffered from trauma and sought healing.

Steps to Inner Healing:

Preparation: Lectio Davina, ^[12]Bible Meditations, New Creation Meditations,

To quote Matt Tommey again, "Everything in the Kingdom is birthed through intimate relationship with God through the Holy Spirit. Without it, we easily end up striving in our own strength rather than thriving in God's grace." (Tommey, 2021, p. 15)

Step 1: Go back in your mind, and picture the place and time of the hurt.

Step 2: Invite Jesus into the scene (pictorially)

Step 3: Let Jesus move freely using flowing pictures and words, watching, recording, and expressing what I hear or see. I will actively cooperate with the Holy Spirit to enlarge His flow through me.

Step 4: Prayers that heal the heart, Dr. Mark and Patti Virkler

Step 5: Removing Cellular memories. Dr. Mark and Patti Virkler

The Memorial of Transformation: a compilation of art, poetry and songs, with a demo CD.

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My prophetic art story begins here:

Prophetic writers ... have a gift and bent to communicate more powerfully and effectively through the written word than through the spoken word. . . .

Prophetic writers write with revelatory anointing, expressing in printed form God's heart to contemporary society.

(Goll, 2012, p. 51)

Creating with the Holy Spirit is more about the process than the product,

more about the intention than the outcome. It's about cultivating ears to hear, eyes to see, and senses to feel what God is saying and doing within your world. Then, responding through your chosen creative process. That's prophetic art. (Tomme, 2021, p. 16)



I came across a *How to Draw* art book a few years ago. I saw the book, bought it, and then traced and drew these tulips with coloured pencils. The purchase of the book was nothing special that I recall. ^[13]

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I do recall being happy with the outcome.

Dear Martina, the Holy Spirit led you to find this book. We have been active in your journey. We have known all along the gifts and talents. We've bestowed upon you. We have more surprised for you. We love you. ^[14]



Then sometime later, this card was given to me. At that time, I had just remembered the original tulip painting. I hoped to paint these tulips someday.

I finally painted these tulips (see below), which became the cover of this project: *Emotive Expressions*. While searching for a fitting Scripture, I came across 1 John 5:7-8, For there are three that testify: The Spirit, the water, and the blood, and these three agree.

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Before coming to the Art and Faith Retreat in October 2016, I set my intention and faith to paint the tulips. I asked Julie Drew for help because I didn't know how to express myself artistically. I followed Julie's suggestions and like how the acrylic painting turned out.

It took courage to step out and draw this painting. I didn't think I could create something so original and beautiful. My thoughts were incredibly negative toward creativity; Julia Cameron puts it this way, "Most blocked creatives have an active addiction to anxiety." (Cameron, 1995, p. #178) I felt anxious, believing what I was to discover were lies. [\[15\]](#)

My desire to step out and trust God, and Julie, makes me look at my future more positively. I would still be deeply wounded if I had not attended the Art and Faith Retreat. I feel hopeful today. I feel myself smiling and glowing for joy. When I look at this picture, I have a sense of worth. My understanding of value comes from the awareness that the Holy Spirit has been my guide throughout my life. This you will see as I present various expressive, transformational memorials.

I gave this painting to a supporter of the *Elim Oasis of Inner Healing* ministry, which I am the founding director of. She raised funds for two women to attend Sexual Abuse Recovery Groups my ministry offered. She confirmed not only that I am valuable but that my ministry is valuable as well. Thank You, JBC.

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Demo CD: List of 10 songs:

1. In the Name of Jesus; 2. We worship You, Mighty God; 3. I love You so, my great Redeemer; 4. Good-bye, other gods; 5. Lobe den Herren; 6. Fruehe suche ich dich; 7. The Easel and the bear 8. Watching and Waiting; 9. I can count on you; 10. Time comes for parting.

Martina, a friend of God. Chiming in at this point in your paper, your story, We want you to know how proud We are of you. We've watched your struggles and persistence in learning to play guitar, accepting our challenges to stepping out to sing, preach, teach, and lead worship. We are pleased, like a Father, best friend, or brother would be, except even more.

My Journey Continues with Art and Faith Retreat

In 2015, I saw the brochure *Vocabulary of the Soul Art Retreat* on the bulletin board at Taylor Seminary. I felt a hook enter my soul. I had to go. But, ... The price was out of my range. Most of all, I did not consider myself an artist. I did not think I belonged there.

I did end up going in June of 2016 on a partial scholarship. I also found a creative way to raise money in October 2016.

I believe God directed my steps. This venue, King's fold Retreat Center in Cochrane, AB, and these fantastic people, Sam and Julie Drew, and each group's participants have been part of the profound inner change within me.

First *Art and Faith Retreat*

Pre-retreat homework: Assigned Scriptures

Romans 8:26-27 ; Romans 7:21-25 ; Psalm 13:1-6 ; Psalm 18:6-19 ; Psalm 51:1-12 ; Psalm 63:1-8 ; Psalm 140:1-13 ; Psalm 150

How long, O Lord? Will you forget me forever? **Lord, am I not faithful?**

How long will you hide your face from me? **Am I not worthy of your presence?**

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How long shall I take counsel in my soul having sorrow in my heart? **I fear, I consider, trying to be faithful.**

How long will my enemy be exalted over me? **Those that do not know your plan for me give me bad advice.**

Consider and hear me O, Lord my God! Enlighten my eyes lest I sleep the sleep of death. **I feel like sleeping forever. Lord, despite my many questions, I trust in Your mercy. My heart rejoices in Your salvation. I sing to You, Lord, because You gave me this gift and because of Your great love for me.**

Martina, I heard your cry.

I delivered you because I delight in you. I am your support.

I know your sinfulness, and I know where you missed the mark.

Martina, I desire you to know my truth in your most inward parts.

I find you faithful, and I am always with you.

Martina, you are on the right track.

When people gave you bad advice, you came to me and asked for my opinion.

I opened doors for you, and I closed doors for you.

I am creating a clean heart, a steadfast spirit in you.

Martina, I am restoring the joy of salvation to you and upholding you by my generous Holy Spirit. [\[16\]](#) [\[17\]](#)

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While following the #3 Virkler meditation directions, I heard the Lord tell me to do a paint-pouring piece.

He clearly showed me the colours to pick. Red, white, pink, orange, and gold. Sparkles.

I did precisely how He showed me to follow the process.

This is the result.

Lord, what belief do You want me to let go of?

Martina, release any left-over thoughts and beliefs that you do not belong to My Kingdom.

I want us to celebrate our intimacy with love, joy, and much happy, sparkly laughter.

Lord, is there something You want to say to me?

Martina, it is springtime. You are budding, and soon you'll be a beautiful wide-open tulip. ^[18] Now, I know I could have chosen any flower, but a tulip it is. Your readers will understand later when they see your final work. For now, please accept this as my confirmation. You are on the right track. And boredom? I think you are tired from all this hard work, the many hours you put into My projects.

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My child, you pop up quickly with the first ray of sunshine. You bring to life the new projects, filled with enough energy to fan into flame others' gifts, others' flow.

My child, I died for you; you were obedient to baptism in water and the Spirit. Let me keep unleashing My healing power on you. Keep giving up the old you still showing up from time to time, the thoughts, feelings, and behaviours.

I'll fill you with Spirit-born emotions as you ask for the exchange. You'll need them as you move forward. Thank you for stepping up into your faith journey. You got this—we got this. And yes, the waves are rolling in. Enjoy painting waves tomorrow!

Now, it is time to rest before bed. Good Night. ^[19]

Over time, I felt to make changes to the tulip paint-pour. I added gold, green and purple.



Beyond my memories, # 1

September 20, 2018 A letter demonstrating God's healing power through art.

Lord, how do You see me?

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My dear child, I see you as swift on your feet, running along the shore, hands stretched out by your side, breathing in life. ^[20]As you run, the past is renewed into life-giving memories based on spontaneity, the flow experiences I gave you. I see you serene, joyful, strong, fulfilled, and capable. You are My warrior woman. As you tilt your head to see what I say, I give you pictures of creative works. Things you never even dreamt of will happen. You and I are one. I love you.

Martina, please add the picture Beyond The Memories here.

This picture is the created art piece the Lord asked me to add. This piece brought incredible inner healing. My attitude became more positive and trusting following this two-way journaling. ^[21]



^[22]

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Martina, I gave this expression to you spontaneously. I showed you the Strand Korb, or beach chair, from among the hundreds of choices: stones, various vehicles, barks, etc. I wanted you to choose the bright pink umbrella and the yellow chair. Martina, I saw how you carefully listened, watching where I led you next. My dear child, you had no idea what was coming your way. ^[23]

All you knew in your heart was this idea of using clay and tempera paint for the first time. You found the clay and made rocks. You then saw the piece of paper and painted the sky, the water and the beach.

You tried to glue the rocks (clay) to the paper, but that did not work. You realized the clay could not be glued to the paper and stay without ripping. You put the large ocean scene paper away.

Then you chose the canvas and tried again. This worked for you. I know it took you a while to assemble the clay, the paint, the layers, the foliage, and the chair. This was a slow process for you.

You, my girl, were praying, asking Me to guide your hand and eyes. I did because your eyes were looking at Me for a response. You did not worry what the professor thought, or the students would think of your choice; no, you wanted My choice for you. ^[24]

Then you had the spontaneous thought to place the canvas onto the large ocean scene paper. Then you saw...

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Martina, when the thought lit up in your mind about what this creative art piece was intended for, I was filled with great joy. You sensed freedom from your past. The ocean scene, past the canvas scene, gave you the idea that there are memories past the current memories.

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The memory: Your parents and you girls had gone to Timmendorfer Strand.

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You girls had to stay on the blanket by your parents when you only wanted to swim and play. You were already a teenager; you felt you were held in bondage to

your parents' fears. You were grumbling and complaining without words. However, your inner spirit remembered the attitudes of the heart. You bound yourself up.

Then, while meditating, your mind lit up with the thought that there are memories beyond the memories. I gave this thought to you. I want to see you free. You were curious to know if this freedom was right for you to experience. Freedom from the past is right for you. This past pain was an idol to you. It is no more.^[25]

You are free from the bondage of the memory filled with anger, resentment, and unforgiveness. You are free now.

Martina, I love you. You allow me to use you in the arts. You help others. By faith, you do what I ask you. I will reiterate something here: if you could only see how I see you.

Lord, what else would you like to say to me regarding idols? Lord, I know I've been living my life with idols in my heart. I have been trying to live life in my own strength.

Martina, Tina, please stop saying that . . .

My dearest child. Despite many obstacles, kids, grandkids, parents being sick and having surgeries, your surgeries and injuries, flashbacks, losing jobs, friends, dashed hopes and dreams, loss of homes, cars, and your furnishings, you follow Me into unknown territory.

You've made me proud, my girl,^[26] if you could only see what I see!

Your never-ending energy, which people comment on, comes from Me. I fill you with strength, wisdom, and skills you have never imagined using.

You've taken many times of rest. You have not let the lack of finances stop you.

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Martina, you are loved by Me. I will continue to hold you. If money becomes an idol, I will tell you. I will reveal to you if and when your family becomes idols.

Lack of money . . . we will talk about that.

Lord, I am beginning to see how You love me.

Lord, You were there. You were looking on and being present. Thank you.



Beyond the memories #2

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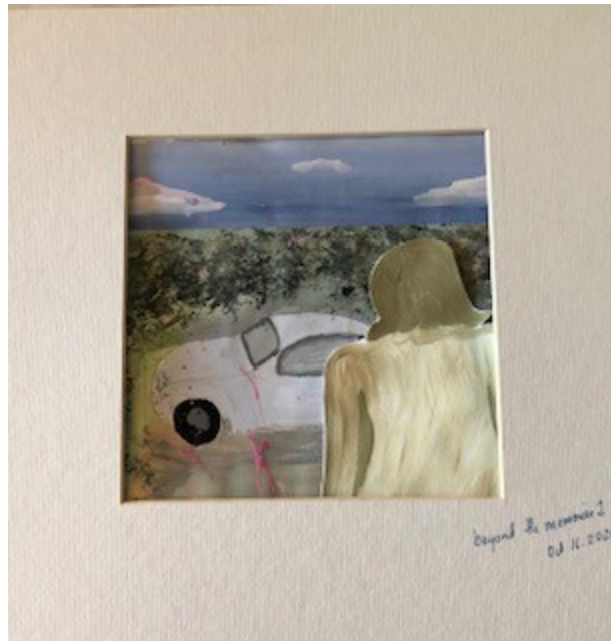
I was thirteen when a crime was committed against my person in a VW just like this. Our neighbour, a German Soldier, asked if I wanted to go for a walk. He had been paying attention to me.

I was very gullible. I thought he loved me and that he would marry me. The walk was interrupted by him sexually assaulting me. I ended up confused and lost. There was no one to talk to. I was heartbroken. In addition to the amnesia I had from childhood experiences, confusion, and the decision to be a doormat, and do whatever I was told to do, set me up for a life of suffering. [\[27\]](#)

While working on the idea that there are memories beyond the memories, I painted the sky, with pink in the clouds, lush greenery, and pink flowers. I then glued the VW memory to the bigger picture.

Today, I realize Jesus was with me throughout the entire ordeal. He kept His promise never to leave me nor forsake me. [\[28\]](#)

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Lord, You were there. You were looking on and being present. Thank you.

Beyond the memories #3

You! [\[29\]](#)

Your look into my eyes

Caused deep internal fear

Tried to jump out of the truck

I was frozen, internally caged.

I laid down my will to fight,

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Most of my life was a dark night.

That look, I have seen it before

Hate and contempt filled my core.

Now there are glimpses of sunshine.

From time to time, there is hope

Most of all, there is a will to live.^[30]

In 1979, I had the unfortunate experience of meeting JK in northern British Columbia in an oil rig camp. I describe the entire experience in my autobiography. For this paper, I will only describe the brief incident. Three parts.



I painted the first picture (see number 1) with the cab, John, and me. His eyes reminded me of an evil presence. I couldn't get away. I tried jumping out of the truck, but we were hundreds of miles from civilization. There was little traffic. The weather was terribly cold, and I was concerned for wildlife, like wolves, coyotes, and bears, only to mention a few.

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Then I bravely painted step 2 (see the number.) I looked beyond that first memory. As you can see, I noticed some trees with snow on them. Then step 3 (see the number) helped me immensely. I saw the sky and lifted my eyes above the experience. I could breathe. I saw there is life beyond the terror and the pain. ^[31]

The truck needs to be completed because it is optional. Looking beyond the memories is.



Today, I know Jesus was present. In this picture, I sense that He is smiling, during my experience, because He knew I will overcome all the harm that was done to me. ^[32]

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Lord, You were there. You were looking on and being present. Thank you.

An interesting two-way journaling conversation with the Lord about roaring. The picture included in this conversation relates to Beyond the Memories #3. I was terrified that He might ask me to roar, maybe even in public. As JK continued to build my fear and terror of what he could or might do if I tried to leave him, he laid his hands on my head and showed me what hell looked like. This was an actual experience.

March 24, 2021, Spirit Life Circle

Martina, what is still in your life that He has already spoken to you about?

The song we listened to was Chris Tomlin, Jesus. There is a truth of things yet to come...

What I am not believing is that I have been roaring...

I roar, my mouth opens wide.

Move over, demon; not welcome on the ride.

I roar while driving in traffic,

My heart and spirit sick.

I roar until my throat is sore,

And I am not in pain anymore.

What I didn't know until yesterday.

Is that I actually roared before.

What a reality show

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I did it repeatedly for many a day.

I sing sweet, loving melodies,

Inviting the Spirit, "Welcome." Join me.

I sing, moving gently to the tune,

my heart and spirit rejoice.

I sense the flow filling me. [\[33\]](#)

What I didn't know until my grandson's visit,

Is, I am free!

What a freedom dance, I do it frequently.

Whenever I get the chance.

Today, the miracle flow reached me without disturbance.

Oh, what a marvellous way to grow.

I realize He is using me more than I know.

In this earthly kingdom show, lay aside the fear and pride.

Fear and pride, I thought,

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they were long gone, but I am reminded . . .



Martina, it's not so.

The power of the evil one released into your head . . .

I saw it again this weekend; there is residual power,

Infesting my family, my offspring.

Yes, forty years ago, he laid his hands upon your head.

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Saying, "I'll show you hell."

He did, and the power flowed through your mind.

And the generations to come.

But He, Jesus, stood in the fire beside me,

He carried my healing in His hands.

His heart is plainly seen in the picture.

The cross is there also.

I can trust He has my offspring in His hands because I know He has got me.

His love flowing through me is more potent than any evil flow. ^[34]

Beyond the present moment: ^[35]

The Haiku

Invigorating Not depressive or saddened

Breathe in the fresh air outdoors, not stuck inside where the misery is.

Checking for the mail not settling for what is.

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Well-dressed in layers like an onion

Will there be a nice surprise? Looking for hope

Yes, the twirling leaves. Movement, not stuck.

Original creation: Rooms ^[36]



His [Jesus'] glory waves of potential and promise collapse into our hearts and change our lives, because observation causes transformation. . . Christian transformation is not a result of cognitive reasoning or setting my will and striving. It is a result of steadfastly looking at true spiritual reality, and being energized to become those things. (Virkler & Virkler Kayembre, 2017, p. 70)

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I cannot experience my new-creation self if I cling to my old self's security. (Virkler & Virkler Kayembre, 2017, p. 75)

Emotions are the channel of the spirit, so expect more of God's life-transforming, miracle-working power when releasing heightened kingdom emotions. (Virkler & Virkler Kayembre, 2017, p. 97)

May the key of intimacy be put in the door of our hearts, families, congregations, cities,

and nations. May the prophetic power of visions, dreams, and open Heavens increase.

May you receive an impartation of the Lord, and may you increase in your spiritual capacity

to "see in the Spirit realm."

(Goll, 2012, p. 227)

Just the other day, August 2021, a client said to me. Martina, my brain has rooms where I hide all my experiences. When I do that, I can stay numb. I am always happy when I can close another door. Julia Cameron has much to say about doors as well.



I experienced many anointing times regarding doors. In my submission for the course *4 Keys to hearing God's Voice*, I showed the various visions God gave me about doors at that time. In the book *The Dwelling: Reflections on my journey toward spiritual wholeness*, I wrote the following excerpt from 2008 or 09:

Another day, under Sally's prayer ministry, I saw two doors in my mind: one dark and one white, surrounded by shining light. I began sharing what happened, which ultimately led to my past. I have since looked at and addressed many issues behind that dark door. Some of these issues are described in the chapters to follow.

I could not enter the white door. It remained closed to me, and Sally agreed it was not time.

Since I opened the door through the paintings the Lord showed me, my level of trust has grown immensely. The power of God is at work.

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Materials

Materials for the next creation: a large piece of paper, tempera paints (blue, red, yellow, green and white), toothpicks, toothbrushes, and sponges. Magazines, watercolours, acrylics, pencils, markers of various sizes, toothpicks, sparkles, wool, buttons, and other available items. Paint brushes and containers to hold water.

Sometimes the idea of what to paint doesn't come right away. It takes faith and trust to pick up the toothbrush or sponge and choose a colour that wants to be selected. Then place it on the paper.

To explain the process of the painting above, I saw a maze in my mind's eye. I drew a zigzag line from the top left to the bottom right-hand corner. Then I tried to create walkways to complete the maze, but this did not want to happen. It was like my mind and hands followed an unseen guidance. I drew in various lines, which led me to think about rooms. I coloured the rooms.

I drew ten rooms. Sometime later, attempting to make sense of what happened, I came up with the idea that each room reflects emotions on my journey toward wholeness.^[37]

Before I engage further with this exercise or adventure as I like to call it, I decided to honour the discernment of my heart (Mark 2:8), and I ask God to guide my reasoning (Isaiah 1:18; 1 Corinthians 2:16), giving me Spirit-anointed reason or reason guided by the flow of His Spirit (John 7:37-39: 10:27) (Virkler & Virkler Kayembre, 2017, p. 19)

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Cognitive Example: The right side purple room is named depression and anxiety. The flowers represent occasional times of joy.

This reminds me of a soap dispenser.

“I am . . . fountain of youth.” Martina, I pour out blessings, gifts, and most of all energy for you to complete your purposes.”

Jesus: Martina, I gave you the spiritual blessings, gifts, and the energy to complete this expression in its entirety.

Please remember this quote: looking upon God’s promises produces Spirit-born emotions(faith, joy, and gratitude), which unleash healing power. (Gen. 15: 5-6; Matthew 14:14; Rom. 14:17.) (Virkler & Virkler Kayembre, 2017, p. 10; 109)

Emotions described in this section: depression, anxiety, and occasional joy.

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Kingdom Emotions: love, peace, prayer involves trust and peace, Biblical meditation and pondering is generally quiet and reflective, love for God calls me to pursue godliness, worship produces peace, agreeing with prophecy produces thankfulness, joy and peace, faith, gladness, gratitude and compassion.

Heightened Kingdom Emotions: compassion, joy unspeakable, intensified prayer involves crying out, roaring at the enemy is a form of Biblical meditation, fighting violently and taking the Kingdom by force (Matt 11:12) is an intensified emotion, wholehearted praise such as revival praise and throne-room worship produces heightened emotions, acting on the prophecy transforms our future.



Cognitive Example: My imposed analysis is that this blue is for tears. There have been many seasons of tears in my life.

Further meditation reminds me of a plastic water jug with an opening to release water—no valve to shut it down.

“Martina, I am your creative stream. I come straight from the throne room. Only you can stop the flow.”^[38]

Jesus: Martina, I am pleased with you. You have been faithful in seeing through the assignments I gave you.

Emotions described in cognitive examples: are sadness, grieving, and intense loss.

Kingdom Emotions: thankfulness

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Heightened Kingdom Emotions: joy unspeakable



Cognitive Example: Light purple, depression is less intense.

White, moments of pure praise, joy.

A wheel barrel

“Martina, I am a container which holds your depression while it undergoes a transformation. As we continue adding value, joy, emotive and creative expression to your life, the moments of pure praise and joy will multiply.”

Jesus: Oh, my dear child. I see you are working on this exercise now. You didn't know, did you? I've had this surprise for you since you created this creative peace. Since you opened this paper today, I have been clapping my hands and jumping for joy.

Emotions described in cognitive example: pure praise and joy overcome depression

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Kingdom Emotions: love and joy

Heightened Kingdom Emotions: joy unspeakable.



Cognitive Example: Pink, times of gentle Love.

Firm boundaries around my heart. I am not inviting any potential life partner in. No way!

“Martina, I am gentle love. I am slowly breaking down your fear, anxiety and unreasonable self-imposed exile.”

Jesus: Do you believe? You are not to be afraid of entering the Promised Land. I have a plan for you. When you begin your Expressive Art Practitioner Certification Program tomorrow, know I am sending you. Trust Me.

Emotions described in cognitive example: gentle love

Kingdom Emotions: Agape

Heightened Kingdom Emotions: joy unspeakable and full of glory

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Cognitive Example: Yellow, Jealousy.

Teapot cover, a cozy.

“Martina, I am hope, keeping you warm and snug. What you think is jealousy is hope. Let’s embrace the truth, ok?”^[39]

Jesus: Do you remember when you hurt so deeply because you were jealous of a couple of clients because they seemed to have passed you in author success and financial freedom? You were very conflicted. On the one hand, you were upset; on the other hand, you were happy and hopeful for your clients to continue their journey of transformation.

Emotions described in cognitive example: jealousy and hope, confusion.

Kingdom Emotions: love won this battle

Heightened Kingdom Emotions: joy unspeakable and full of glory and thankfulness.

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Cognitive Example: Dark Green, the first growth.

A garden hoe ^[40]

“Martina, yes, I am a garden hoe. I gently work your heart to release any hardness, callouses, and weeds.”^[41]

Jesus: I can't deny it. Your heart was buried under much clay, cement, and ice; you know, the kind you can find in the artic. But as I kept working the ground, adding my love, a Holy Spirit infusion of joy and trust, slowly you've come around...

Emotions described in cognitive example: None

Kingdom Emotions: Pamela White. The hope of this new beginning and outlook, the hope of the hopelife growing in you and the thanksgiving that He loves you so much He keeps tending this Martina garden. This seems like hope and maybe even watered with grace.

Heightened Kingdom Emotions:

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Cognitive Example: Light Green times of growth under cover of light.

The path.

“Martina, I am faith. Faith, hope and love ^[42]make a great team. We are yours.”

Jesus: Sometimes, my girl, it's not about the emotions. It's about just being...

Emotions described in cognitive example: None. Pamela White made a great observation.

Are you sure? Was He possibly changing disappointment and discouragement - a rocky, miry path to a green path in light, changing disappointment and dismay to the hope faith?

Kingdom Emotions:

Heightened Kingdom Emotions:

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Cognitive Example: Mishmash of colours all over the place.

A pressure cooker.

“Martina, I am a reflection of the butterflies one feels once touched by love for a potential life partner.”

Jesus: I am happy that each time you experience this mish-mash because you think you might be in love, you come to me, talk to Mark about your feelings and get clarity.

Emotions described in cognitive example: ambivalence

Kingdom Emotions: peace and trust

Heightened Kingdom Emotions: thankfulness

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Cognitive Example: Red times of incredible love for God, Higher Power, gratitude, and times of intense worship.

A Key.

“Martina, the key is to love God, find His purpose for you, and follow Him daily.”

Jesus: Oh yes, you’ve had incredible worship times with me. In the dance, the songs you were playing, and worshipping, leading others.

Emotions described in cognitive example: heightened kingdom emotions

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Cognitive Example: The Red Heart, the heart of God, my Higher Power.

Heart of love.

“Martina, I represent the heart of the person waiting for you. He will be knocking on your heart’s door very soon.”

Jesus: Don't rush, darling; the time will come.

Emotions described in cognitive example: heightened kingdom emotions

What happened?

I answered each piece with “I am. ” I created prophetic memories, followed by a description of the emotions, kingdom emotions, and heightened Kingdom emotions, if applicable. I completed this section on October 18, 2021.

[43]

Today, July 5, 2021. This Scripture again came to me during the meditation sessions.

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I pray this before moving forward. Please note that I am applying a trigger warning for what follows.

Ephesians 3:14 LifeRecovery Bible

A prayer for spiritual growth. When I think of all this, I fall to my knees and pray to the Father, the Creator of everything in heaven and earth. I pray that from his glorious, unlimited resources, he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust him. Your roots will grow down into God's love and keep you strong.

Introduction: Open for Life.

Even though the course *Polyaesthetics and the Phenomenon of response* is secular, one where the instructor and students focus on the movements and shifts of the soul, not through a Christ-Centered lens, when I participate, I pray and read Scripture. I listen and watch to see what Jesus has me create. As always, I am surprised.

I didn't realize that I would come face to face with hidden memories. I was a child, under six years old, when my mom and two of my sisters and I went to live with my alcoholic and violent grandpa. My dad had left us for another woman and her three kids.

When I visited him in Germany in 2010, my uncle told me about what we saw. He knew what had happened because he was present. Some of the things we experienced were so traumatic—we blocked them.

One day, he came to visit his sister when my sisters and I, 5, 4, and 3 years old (I was babysitting while my mom worked in the fields), were on the road. When he asked, we cried because we were hungry and lonely. He moved mom and us three kids to my grandpa's house. It was a very chaotic, violent place. Apparently, there was no other place we could have gone.

For this exercise, as always, I prayed, tuned to flow, listened to Dr. Markus' instructions, and then painted what I saw and heard. Once I reached the end of a particular part of this exercise, my heart stopped. I knew I had gone back in time, and my soul told my story, even though I no longer have any memories. ^[44]

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This exercise brought deep healing to me. This course took place on zoom. No one knew what agony I was going through. I hid my tears and sorrow while working on this creative expressive storyline. It was and still is nothing but miraculous. I am trusting the Lord to help me recreate the explanations.

Name it: Martina, you are wrecking my social life. Write an ode to Reacting.

Claim it: Ode to Smokey the Bandit.

Dear Smokey, we have been in an intimate relationship since the beginning of our time.

Since conception, there have been many opportunities where I was hurt.

You've been trying to protect my sensitive nature.

You've fired off words and actions to send a message.

Stay away from her, or you'll get burnt. You've done well.

We've lost many friends.

Relationships with the family are chaotic at best.

We've burned many bridges.

We've latched onto anger because we thrive on being unjustly treated.

Dear Smokey the Bandit!

Our actions have been judged criminal. We are in a self-imposed prison.

Dear Smokey, I want out of prison.

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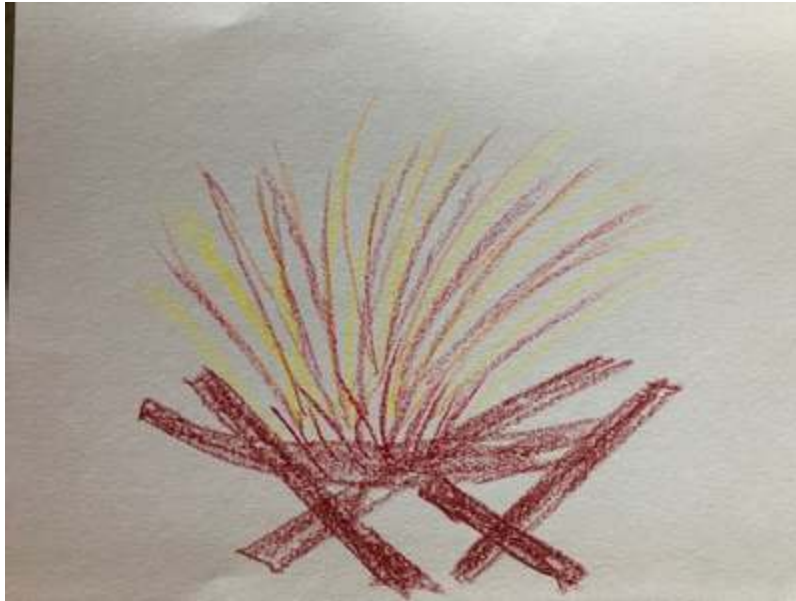
I am going to hose you down and kill your flame. Your ashes will bring new life, growth and intimacy.

Thank you for your service; your service is no longer needed.

Aim it:

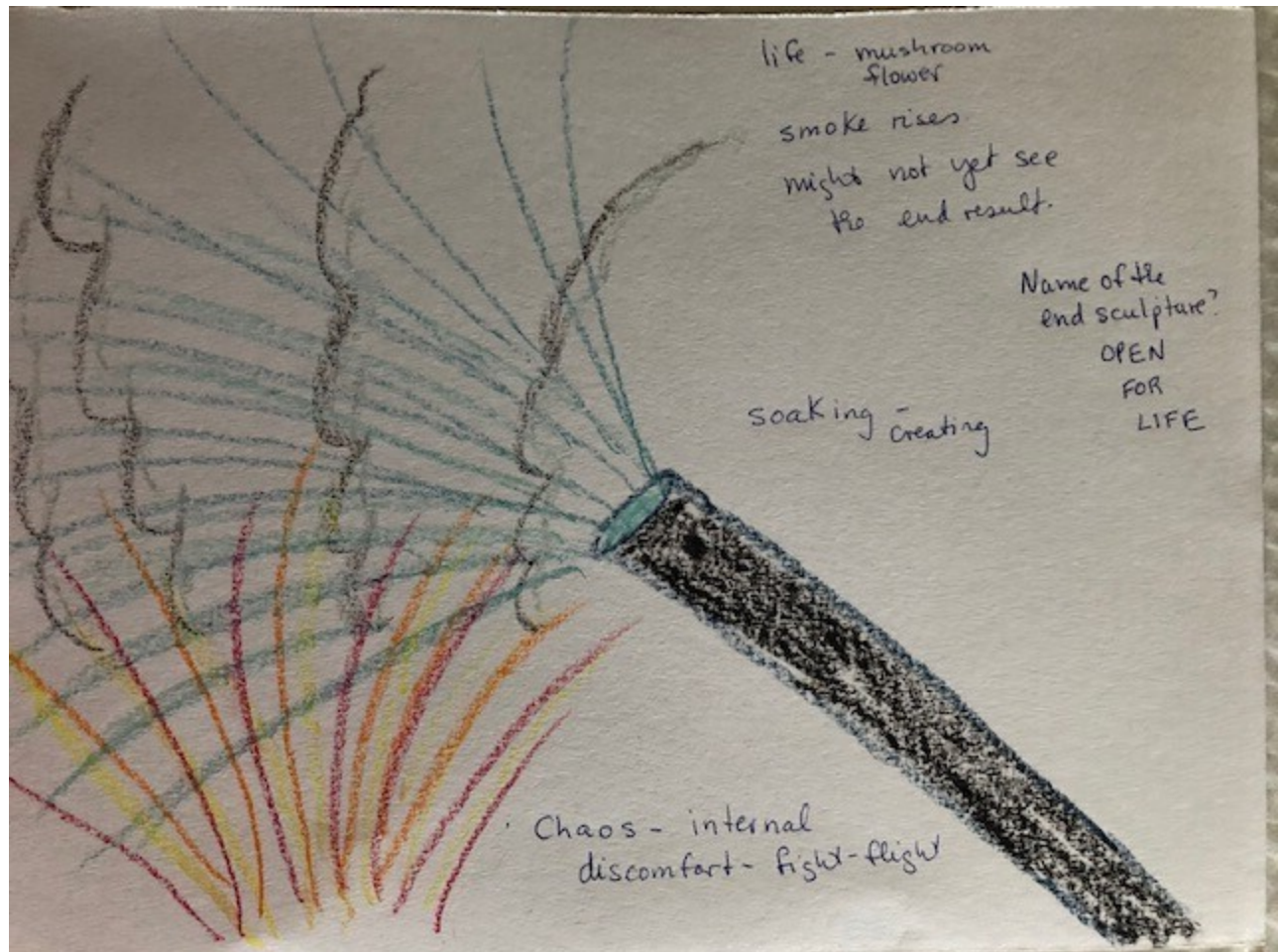


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I saw a fire with smoke; then there were flames.

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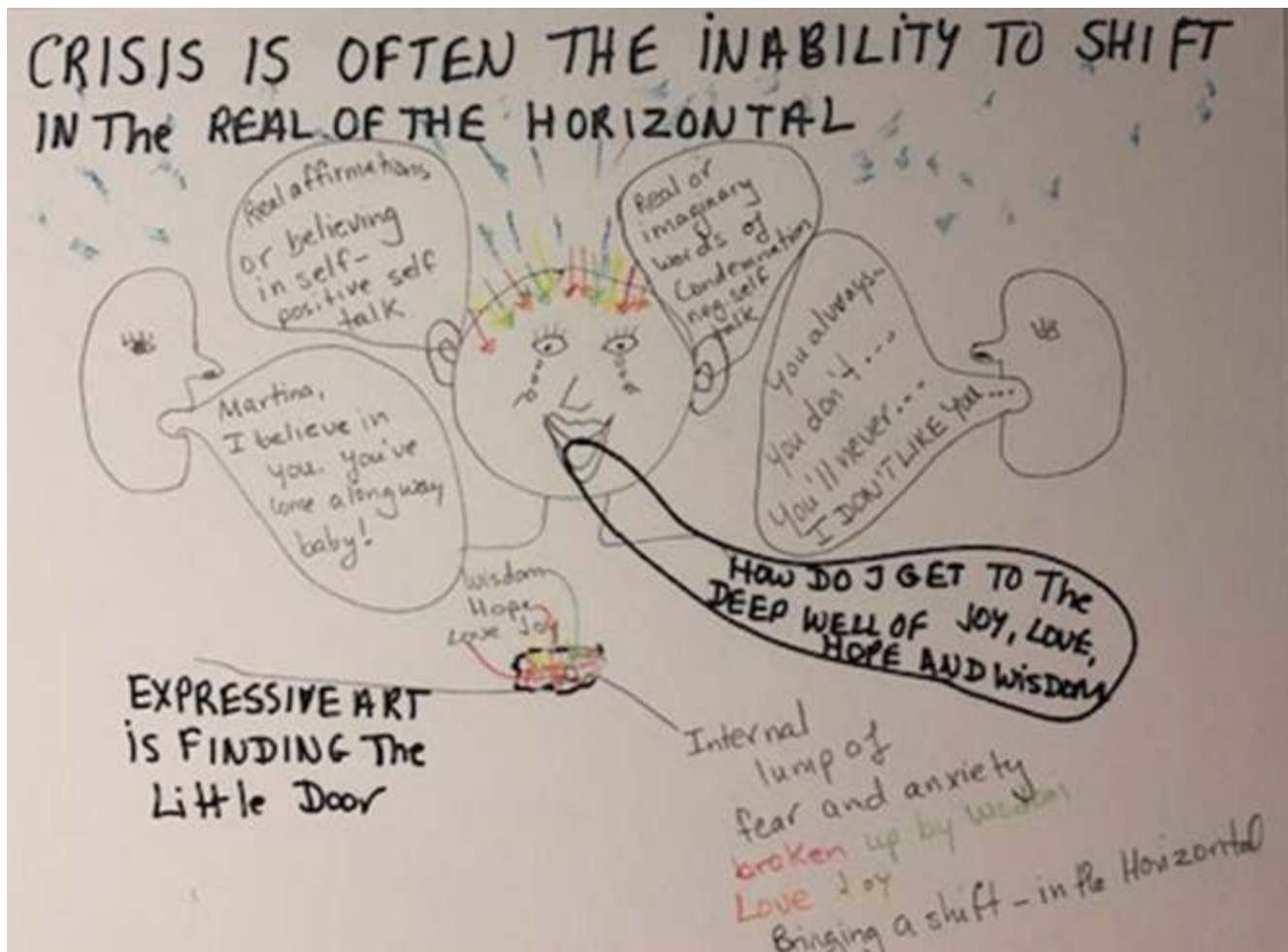


[45]

The exercise began with us painting a sculpture we saw in our mind's eye. I saw wood and smoke. The following picture had a fire. I added a water hose, putting out the fire on the third piece. These were some of my thoughts: Smoke rises—I might not yet see the end result of life. What is the name of the sculpture? *Open For Life*. Soaking refers to creating.

There is internal chaos—the discomfort represents fight and flight. What to do next?

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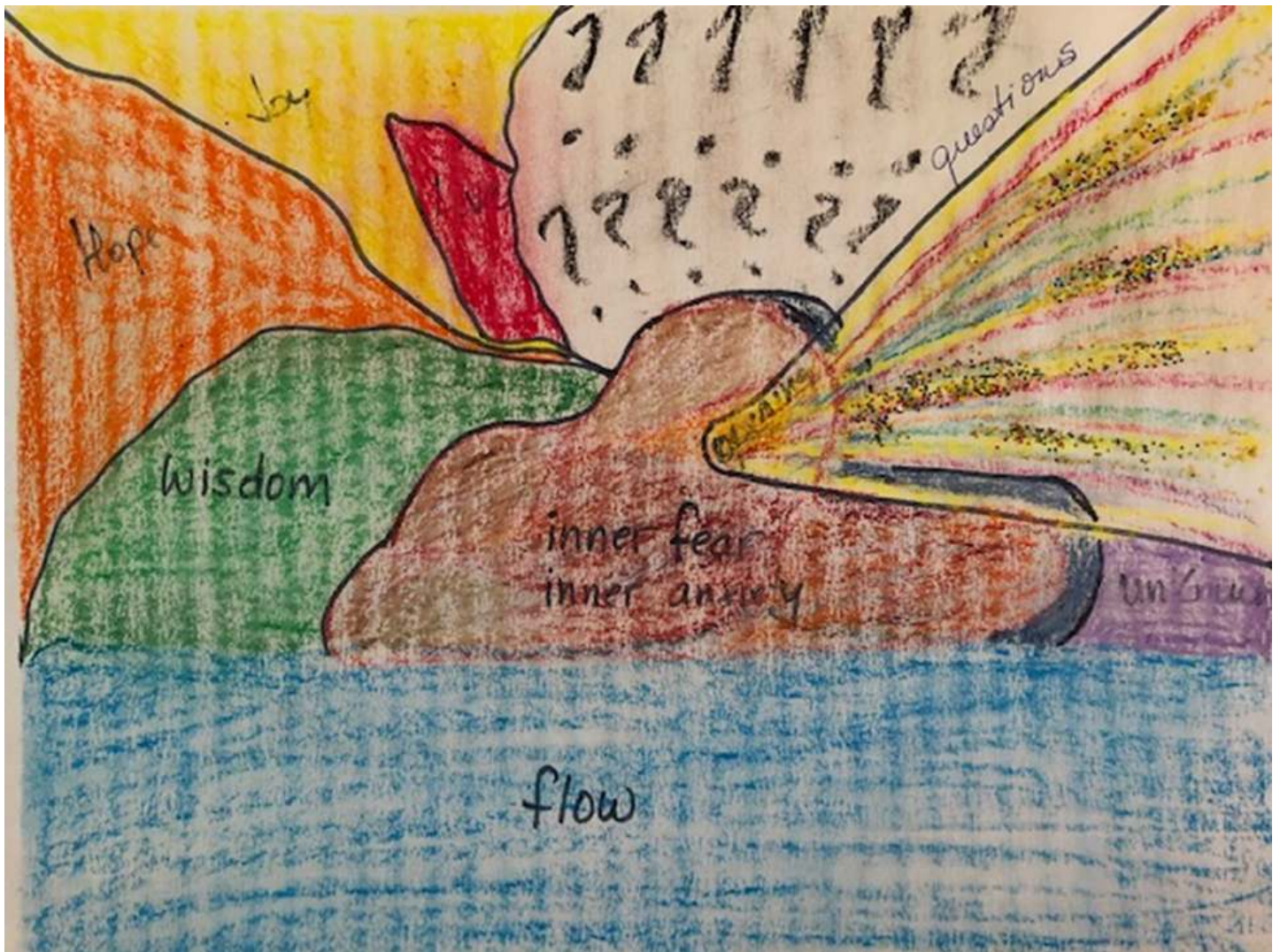


What I say or ask:

Expressive Art is finding the little door. (again, I am dealing with doors. If I had room in this paper, I would add all the other entries I've painted.) I am in the middle, with the affirming part of me on the left side and the accusative side on the right. I am at a point of crisis. There is an internal lump of fear and anxiety. This lump was broken up by wisdom, love, and joy.

How do I get to the deep well of Joy, Love, Hope, and wisdom? (Kingdom emotions. I did not know this six months ago. I was already studying The Power of Kingdom Emotions.)

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This is the next step. I painted a piece with different colours and shapes to express

Green for wisdom

Orange for Hope

Yellow for Joy

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Red for love

White for questions

Colourful for prayer

Brown inner fear and anxiety

Purple unknown

Blue for flow.

The next step was to connect both pieces with an arrow.

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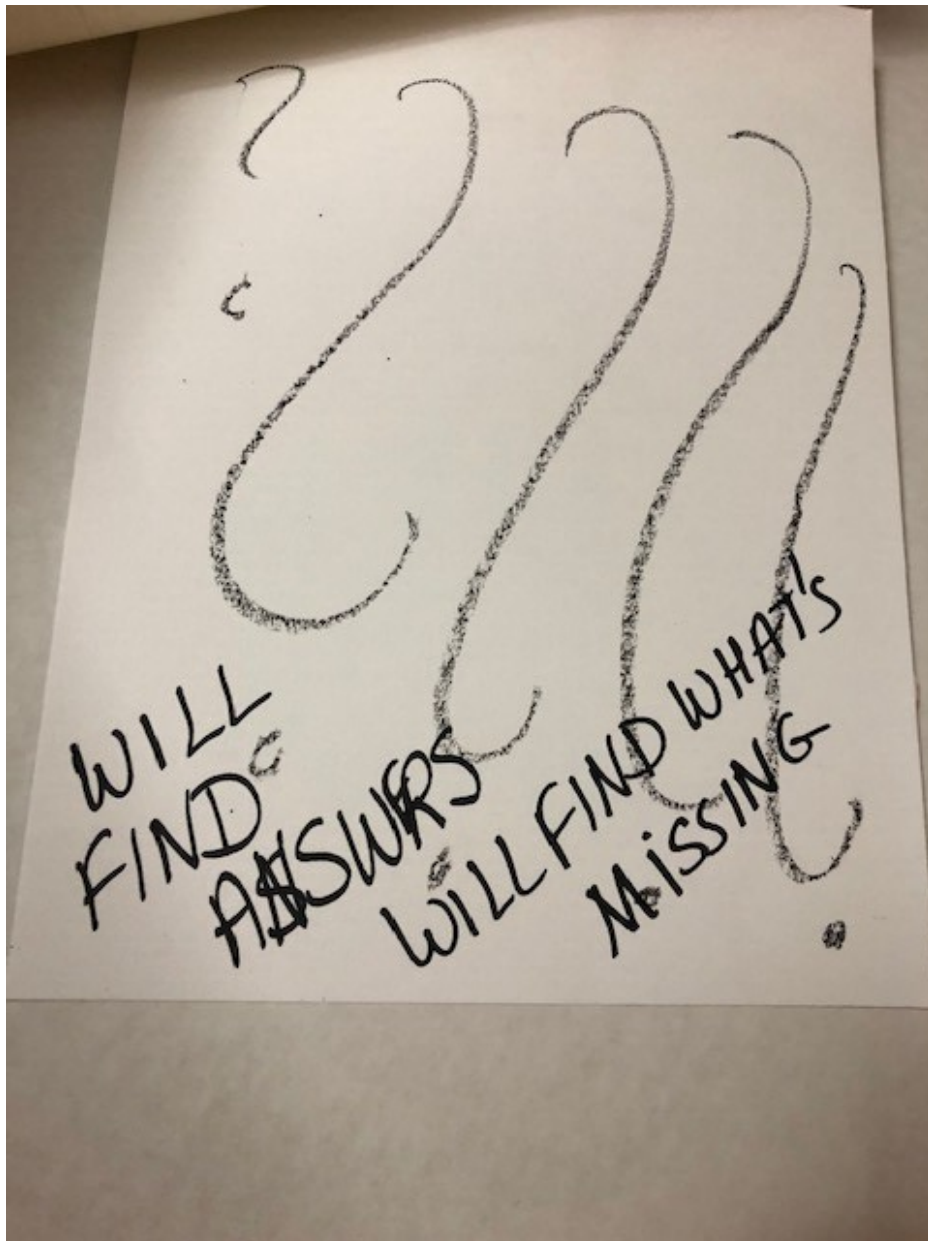
Then, the next step is adding more space to each colour word.

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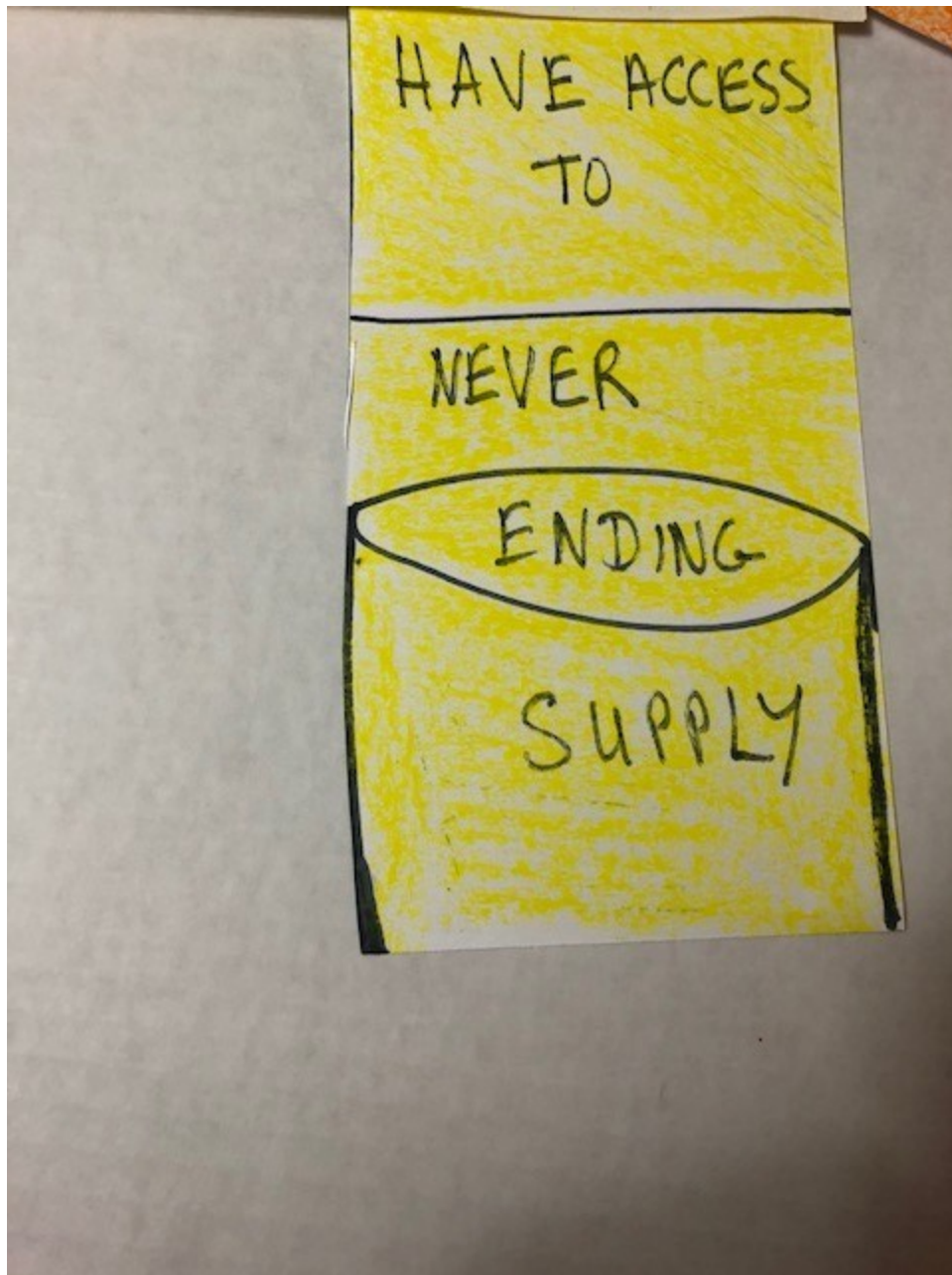
Red is for love. As I extended, it came to say I have access to a never-ending supply of love.

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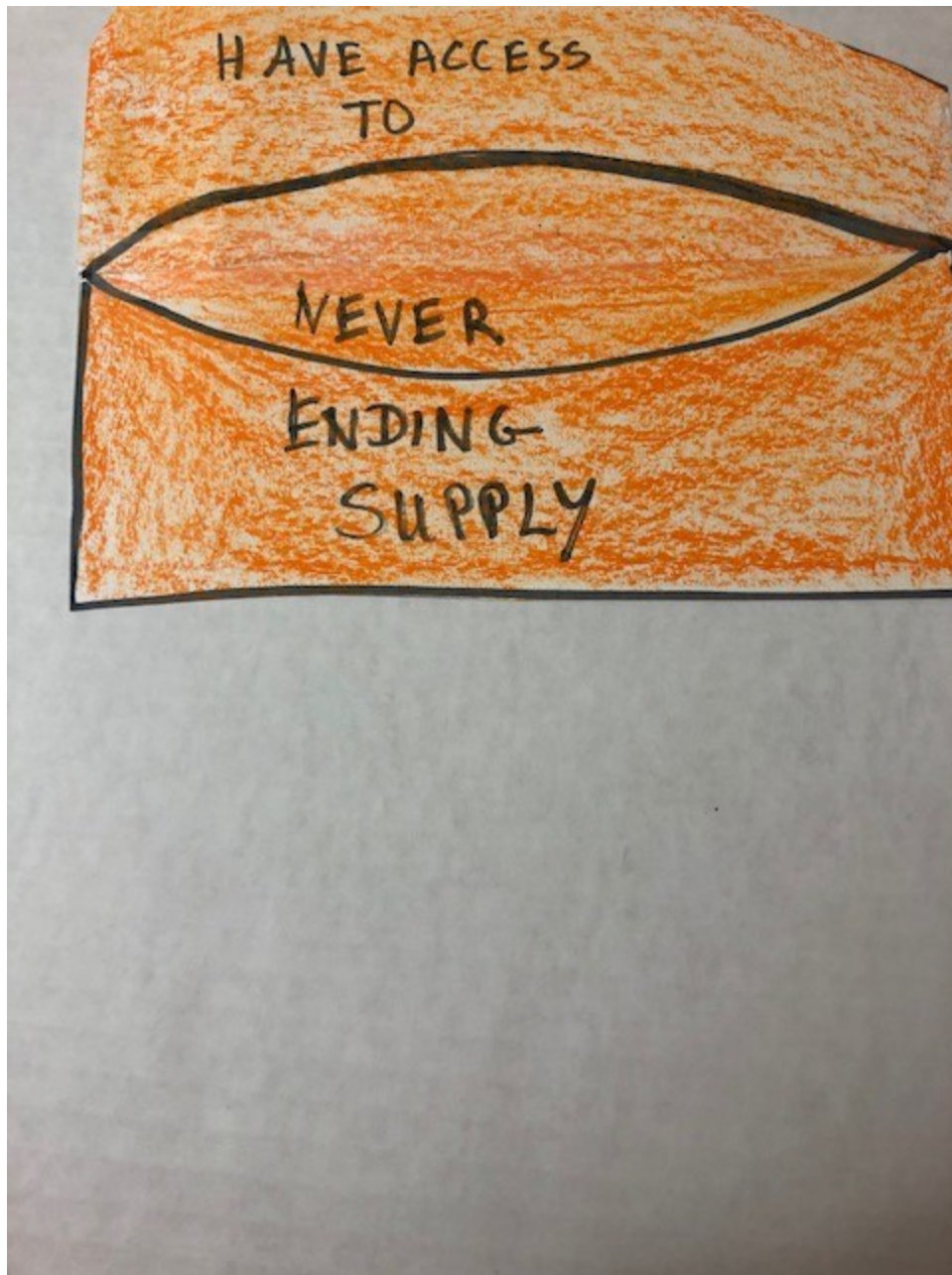
White for questions. I declared I would find answers and discover what was missing.

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Yellow for Joy. I declared I would have access to a never-ending supply of joy.

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Orange for Hope

I declared I would have access to a never-ending supply of hope.

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Green for wisdom. I declared I would have a never-ending supply of wisdom.

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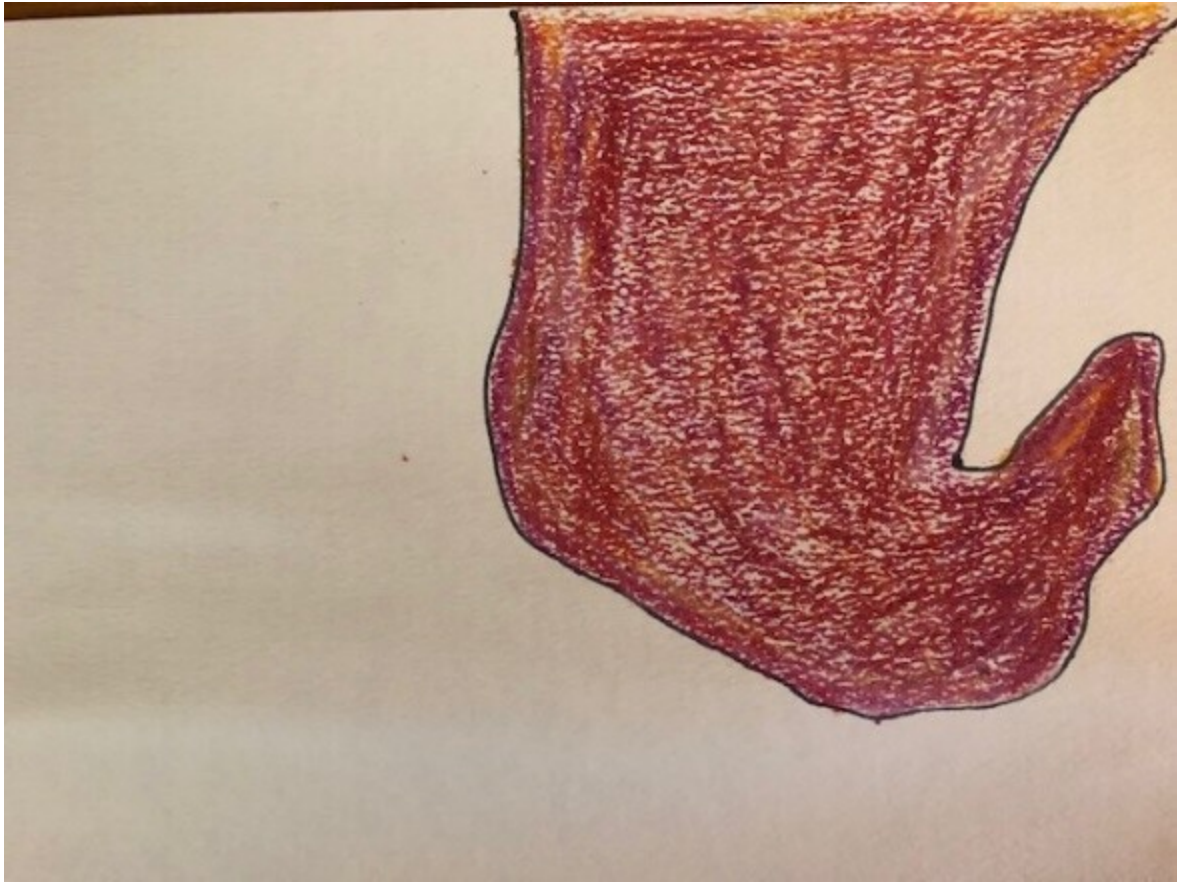


Purple the unknown

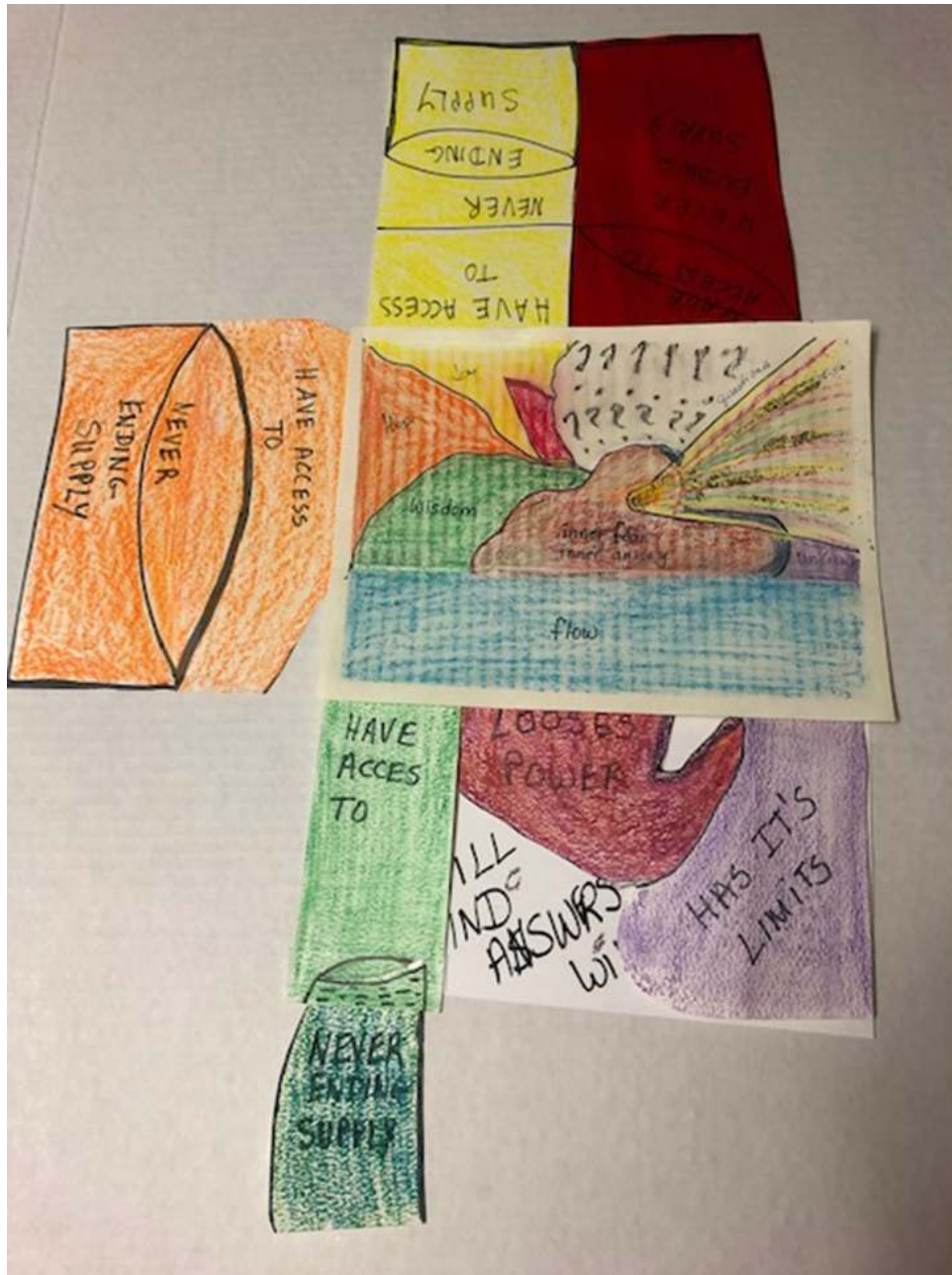
I declared that the unknown has its limits.

This is where the tears, recognition, and memories were released. I believe this confirms how the male anatomy has impacted me. The known and unknown incidents that occurred throughout my life robbed me of my power. They left behind inner fear and anxiety. ^[46]

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Today, October 18, 2021, I realize I never looked at the word prayer. I didn't expand the prayer section. This prayer section has been developed through the study of this course.

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Today, I acknowledge that without prayer or Jesus being present in this picture, I cannot or could not heal. ^[47]There is life-giving power which flows from Heaven. This power does not abuse or violated. This power heals with love, hope, and joy.

The wisdom He gives, heals and is available without limits. It has answers to many questions, and it removes invisible boundaries.

I will ask Jesus where He was while I was creating this piece. He has shown me in the past that He was hiding with my sisters and me under the bed. He was close by.

Lord, please tell me where You were and even where you are during the WAO sessions. I will have three more coming up this week.

Oh, dearest. Yes, you have come to the end of this adventure. Martina, throughout the last few months, I have been guiding you. You followed. I never left you, ever. As I said, I permitted you to be sifted.

Accept that movement, the shift in your heart, your soul. Please remember that I see the future; I am the future. You are in my future.

For now, why don't you get ready for bed? We will finish the last section, Steps 4 and 5, on another day. Rest well.

And yes, there are memories beyond these memories. I will show them to you.

You will actively cooperate with the Spirit to enlarge His flow through you. Teaching Others.

Today, March 27, 2021

Expressive Art Adventures

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1. River of Life Meditation. Gloria and Connie both agreed to begin the workshop with meditation. Connie, professing unbeliever, and Gloria, who attends church, prays and reads her Bible, both feel the presence and the peace of the Lord in the room. I could barely open my eyes. God's sweet, sweet love and aroma were in my little apartment. Jeff Jansen describes this aroma as "the sweet wine of heaven." (Jansen, 2017, p. 19)
2. We did this exercise called Buried Dreams ^[48]

As recovering Creatives, we often have to excavate our own pasts for the shards of buried dreams and delights. Do a little digging, please. Be fast and frivolous. This is an exercise in spontaneity, so be sure to write your answers out quickly. Speed kills the censor.

1. List five hobbies that sound fun
 - o 1. Sewing, knitting, walking, journaling, reading, painting, knitting, gardening, crocheting, baking
2. List five classes that sound fun
 - o 1. How to use a camera, sewing classes, history classes, looking into your past, reading a book and talking about it, Zumba, Tai Chi, Line Dancing, Nutrition, BollyXLit
3. List five things you personally would never do that sound fun
 - o 1. Jump from a plane, ride a horse, fly a kite, dive, and public speaking – sharing my ideas. Sky diving, ballet dancing, tight rope walking, kickboxing, Race Car Driving
4. List five skills that would be fun to have.
 - o 1. Conversation, decorating, cooking, baking, sewing, being more tech-savvy, improving my baking skills, cooking, industrious, more organized
5. List five things you used to enjoy doing.
 - o 1. Skipping, playing with a hula hoop, playing dress up, play-acting with friends, trying on makeup, baking, Line Dancing, Zumba, going on a picnic, Tai Chi
6. List five silly things you would like to try once.
 - o 1. Different dance styles, dressing in old period clothes, wearing out makeup, playing drums just for fun, drawing a large picture in different shapes and colours and skipping rope, working with paper mache, walking across a log, singing a silly song, blowing bubbles.
7. The rest of the time went as usual; we all were pleased with the Pansies we drew with pencils.

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[49]

Support:

Grateful to acknowledge Mark Elvin, Urban Sanctuary (employment-related supervision,) Dr. Markus World Art Organization (Expressive Art Practitioner training,) and Dr. Ron Horst, Spiritual Director.

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Several professional psychologists, counsellors and spiritual directors assisted in other projects. I am also grateful for any coaching I've received thus far. Hope Writer's: The Artist Way (2021), Pamela White, Spirit Life Circles (2021), Kate Nash, How to Create a Christian Online Course (2021), Ruth Snyder, RLS Creativity, Christian Entrepreneur Coaching (2020). James W. Goll, *The Seer: The Prophetic Power of Visions, Dreams, and Open Heavens*. (May 2, 2014.)

A special mention to Sam (also a Spiritual director) and Julie Drew (teacher, artist, and spiritual guide), spiritual friends who have been supportive in spiritual direction, enneagram workshops, and, most of all, releasing the inner artist in me.

Emily Poppel has been a friend, supporter, and proofreader for every assignment, every paper, and every book draft I have written since July 2018.

Em Poppel



Wow, Martina. You have gone through so much throughout these past years, and I am proud to be called your friend. I also loved this final paper; the picture indicates your journey. I love you dearly.

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1. Joyce Bellous... Personal Development and Educational Task of the Church. Taylor Seminary 2016/2017. ↑
2. Martina Keast, 2016. October 2016, at my second Art and Faith Retreat. With help from Julie Drew. ↑
3. See YouTube Channel Martina Keast - Emotive Expressions. https://www.youtube.com/channel/UCwZohB0qOKF3HU9SCs_vSsQ for any expressive art videos, and two-way conversations ↑
4. July 25, 2021 during the personal retreat as recommended in Lesson 9. River of Life (5) and the Possessing Your Promised Land (3) Meditations. ↑
5. **Pamela White.** Martina, this is an amazing journal. He speaks to the journey, the process, the promise, and the praise. I love how He says hey, you asked for this, so here it is! That's so awesome and even terrifying but beautiful beyond words. ↑
6. **Pamela White.** I love this quote. It puts a different perspective on creativity. ↑
7. **Pamela White.** beyond the normal octaves that the human ear can hear - that is a beautiful way to put it. Great quote ↑
8. *Art and Faith retreats* (Sam and Julie Drew), *4 Keys How to Hear God's Voice*, and *The Power of Kingdom Emotions* (Drs Virkler), *Spirit Life Circles* (CLU: Pamela White), *The Artistic Way*, (Julia Cameron) with the Hope Writer's have contributed to the Spiritual content of this paper. ↑
9. This work includes art, poems, and songs completed during *EDSNA Workshops*, *Deepening Centering Prayer Retreat*, *Introductory Workshop to Art Therapy*, *The Spiritually Informed Creative Art Certificate*, *St. Stephens*, and *World Art Organization*, and personal creations from times of silence and solitude. ↑
10. **Rev. Dr. Ronald Horst.** A wonderful way to put this. ↑
11. See lesson 7, expressive art and journaling. ↑
12. Matt Tommey includes the Practice of Imago Divina. (Tommey, 2021, p. 35) ↑
13. Idea came from Walter T. Foster. *How to Draw*. (Walter Foster Publishing, INC. 2003) www.walterfoster.com. ↑
14. **Pamela White.** He's been there all along, growing you into His creation. That's so beautiful. I love the drawing too. November 26, 2021. 9:46 am. ↑
15. **Pamela White.** Whoa... is that true? I wonder if my husband's high anxiety could be relieved by some creativity? Very interesting thought. ↑
16. Two-way journaling or dialogue journaling (Patti Sadallah) before I took the 4Keys to Hearing God's Voice course. ↑
17. **Pamela White.** That journal entry makes me want to shout! Hallelujah! ↑
18. **Pamela White:** OMG Tyler saw you as a flower! ↑
19. **Pamela White:** That is so cute. ↑

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20. **Pamela White.** This is a beautiful picture. And this journal shows that as you run freely that changes happen. Isn't it marvellous how God can have us do something so simple as enjoying our freedom, and this very act of faith can reach back into our past and breathe life into what tried to kill us? He also didn't call you a warrior woman... he called you MY warrior woman and then speaks to you so intimately about you tilting your head. You and the Lord – one. Incredibly beautiful. ↑
21. **Rev. Dr. Ronald Horst.** Good observation. As you know, this is one of th4 things Mark says shows that God is speaking to us. November 20, 2021. 8:26 pm. ↑
22. **Professor Michaela Slipp.** *Art Therapy and Spirituality. July 2018.* St. Stephen's College. Edmonton. (*for this Art Therapy Course assignment*) ↑
23. **Rev. Dr. Ronald Horst.** Accepting uncertainty is necessary to create. ↑
24. **Rev. Dr. Ronald Horst.** This a good statement of what freedom is. November 20, 2021. 8:28 pm. ↑
25. **Pamela White.** Thank you, Jesus, for revealing this to Martina and bringing healing and freedom to this memory. Hallelujah! ↑
26. **Rev. Dr. Ronald Horst.** The world does not think God could be proud of us, but He is. ↑
27. **Rev. Dr. Ronald Horst.** This a great example of how a lie believed set us up for ongoing suffering. ↑
28. **Pamela White.** I'm so sorry this happened to you, and so thankful the Lord took you beyond the memories to heal this tragic attempt to destroy you. God is faithful ↑
29. **Martina Keast.** It was written about JK when I first met him. ↑
30. **Rev. Dr. Ronald Horst.** I am convinced that what pleases Abba Father the most is not what we achieve, but what we overcome. Moving from hate and contempt to hope and a will to live is a wonderful example of overcoming. ↑
31. **Rev. Dr. Ronald Horst.** This reminds me of Victor Frankle's hope in seeing a sunrise while imprisoned in a Nazi concentration camp. ↑
32. **Pamela White.** This makes my heart break for you, and then I rejoice that the Lord again clarified the truth of this experience. Thank you, Jesus. ↑
33. **Rev. Dr. Ronald Horst.** This is a beautiful poem. It makes my heart sing. ↑
34. **Pamela White.** Speechless. This is raw and full of emotion. Thank you, Lord, for healing and Your presence. ↑
35. **Martina Keast.** Week one of Expressive Art Practitioner Certification. World Art Organization. October 19, 20, and 21, 2021. ↑
36. **Martina Keast.** Art and Faith Retreat at Kingsfold Retreat Center June 2019. "In my Father's house, there are many rooms." John 14:2. Julie reads for us on the first night of the Art and Faith Retreat at Kingfold Retreat Center. From this reading, we create a picture. ↑
37. **Martina Keast.** Art and Faith Retreat at Kingsfold Retreat Center June 2019. "In my Father's house, there are many rooms." John 14:2. Julie reads for us on the first night of the Art and Faith Retreat at Kingfold Retreat Center. From this reading we create a picture. ↑

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38. **Pamela White.** I'm glad He said this. I know when you painted this that the blue had significance for you. When I saw it I immediately thought of the flow of grace from the Holy Spirit. ↑
39. **Pamela White.** Very interesting. I had never thought about this before, but with the Lord's explanation, I can see where this could occur. We need Jesus so much! Mindsemisinterpret things so incorrectly? ↑
40. (Allen, 1995) ... imagination is the deepest voice of the soul and can be heard clearly only through cultivation and careful attention. page 3 ↑
41. **Rev. Dr. Ronald Horst.** Jesus as a garden hoe, another wonderful image. ↑
42. **Pamela White.** YES! The teapot = love, the garden = hope, and the path = faith - faith, hope, & love ↑
43. **Pamela White.** Discussing the transformation of each room reminded me so much of the analogy I heard once (I think I shared it in a SLC) about how the Holy Spirit comes into our lives. He comes into the 'house' that is us, looks around, evaluates what needs to be cleaned, adjusted, rebuilt, torn down, etc. Then He begins the process of tearing out walls, repairing, repainting, and bringing in new furniture, paintings for the walls, and new fixtures until He has an entirely new habitat that is prepared for His presence. This is a beautiful section about the rooms. ↑
44. **Rev. Dr. Ronald Horst.** Yes, the HS goes beyond the memories we have lost, repressed, or can no longer hold. ↑

45. **Dr. Markus Scott-Alexander.** Polyaesthetics and the Phenomenon of response. Edmonton: World Art Organization. April 25 and 26, 2020

↑

46. **Pamela White.** Your detail in these works is impactful. As you describe each section, I can almost feel the Lord reaching down into your depths, caressing your soul as he enlightens you about events that tried to destroy you and transforms them as He brings you healing and restoration. ↑
47. **Pamela White.** That is very true - excellent point ↑
48. Julia Cameron. *The Artist's Way. The Spiritual Path to Higher Creativity.* New York: Penguin Random House LLC. 2016. ↑
49. Prerna. How to Draw A Pansy in Colored Pencils. <https://www.youtube.com/watch?v=x1ooujSpUwg>. ↑