

Tools of Transformation

They say, it is possible to come to a place within, where we are totally aligned with all of the love and light in the Universe - that we will be complete and no longer require material things to help us stay on course.

I believe this is true, yet today, I am aware of the reality that I'm not quite there yet! Thus, there are objects found and made throughout our house and garden, intentionally placed to inspire and encourage us.

Downstairs, beside the air tight stove is a small wrought iron stand upon which we've placed shells, dried herbs, eagle feathers, crystals, and beside it a prayer cushion. This is where we do our meditations and I also say my prayers.

It's a bit of ritual to start the day and being on my knees for prayer keeps my focus on track. It creates a mood of reverence. I like to linger over these contemplative objects; I like to touch them and marvel over their intricacies. I like to get my heart and head into their space. It brings that certain knowingness that the same all-pervasive Spirit who created such a delightful gift as a sprig of lavender also created me.

These moments of grace are what I look for in my day; these are the moments that fulfill my hunger and satisfy my thirst. These moments come too far apart and too few between for my liking, so I drink deeply of them when I'm there and I try to make them expand.

Perhaps when we are more highly evolved we won't need our aides, tools and props but right now I need help to create these prime moments. My head is always running off on one tangent or another, creating little scenarios and dramas or lingering over yesterday's news. So these utensils from our spiritual toolkit make us pause and get into the present. When we are in the present, we seem to receive our jolts of joy.

Thus we were inspired to make prayer cushions, designed with the hopes that the textures, fabrics and colours will help to evoke a mood or atmosphere to inspire us inward where we can rejuvenate our souls. We created scrolls as gentle reminders to stay on our path, to be true to our hearts, to be still inside and take the time to get into the present. These art aides for the spirit are meant to sow some seeds of beauty, to help others in a common movement towards peace and well-being. We all need encouragement and support in our efforts to generate a community of love and peace, and by contributing from our individual hearts we can build that community.

Ron and Lorna, LMK Fabric Arts - Specializing in Decorative Accessories, check your favourite stores for these fine products.

LMK FABRIC ARTS

Specializing in Decorative Accessories
for your Contemplative Practices.



- Sumptuous prayer cushions in rich, exquisite fabrics.
- Inspirational quotes and blessings on beautiful parchment style papers packaged in a lovely fabric pouch.



These hand-crafted items from the Sunshine Coast are available at the following stores:

- Avalon Books Metaphysical Centre, Victoria
- Lobelia's Lair, Nanaimo
- Red Door Gifts, Qualicum Beach
- Inner Odyssey Books & Gifts, Campbell River

Lobelia's Lair Metaphysical Treasures

Tarot Cards & Readings

Incense, Herbs, Jewellery

Bells, Books & Candles



Lotions & Potions, Clothing
Local & Fair Trade Art

Home & Hearth Adornments

#8-321 Wesley St., Nanaimo

753-5440

www.lobeliaslair.com

