



CONFLUENCE

Helena Hadala RCA

Images and haiku from the book

*Embrace Your Divine Flow:
Evolvements for Healing*

*Durvile & UpRoute Books
2023*

Image on this page, also on the book cover, is “Transformation.”

THE BOOK, EMBRACE YOUR DIVINE FLOW

About the Artist, and Book Editors



Artist Helena Hadala MFA RCA is an artist whose practice focuses on imagery that reflects her perceptual world. Zen Buddhism and Taoism have informed her life and creative process. Helena is an elected member of the Royal Canadian Academy of the Arts and she lives in Calgary, Alberta.



Editor Julian Hobson CHt BHSC was born in Sheffield, UK, inheriting and developing the abilities of healing through his grandmother. He lives on the western slopes of the Rockies in the East Kootenays of B.C., sharing his time between his profession as a cardiac sonographer, his practice of hypnotherapy, and nature.



Editor Lorene Shyba MFA PhD is publisher and creative director at Durvile & UpRoute Books. She has brought her academic rigour to nurture the evolvments, exercises, and multimedia of this book, alongside her gifted project colleagues. She lives in the foothills of the Rockies, near Diamond Valley, Alberta.

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Images and Haiku by

Helena Hadala RCA

In *Embrace Your Divine Flow*, the Confluence series images provide a supplementary pictorial component to the book. To coincide with the notion of confluence, I have included my poetic response to complement each image in the form of haiku. The editors have thematically paired the images with the authors' stories to complement each of the chapters.

The 18 selected images illustrated in this book are part of a larger body of work entitled *Confluence*. This series, comprised of 36 visual images, was inspired by the poetry of Taoist author Deng Ming-Dao and was originally created for our collaborative, interdisciplinary project *Walking River*. For my contribution to *Walking River*, I created visual images to convey the connotation of each poem in an intuitive manner. My objective was to visually reflect rather than describe the meaning of the words, allowing for contemplation of the poetry to become visible and take on tangible form.

Deng Ming-Dao writes in his book *Everyday Tao*, "Tao is everywhere. It is literally the movement of all life. It is endless and flows in all directions. Since Tao is the total ongoing process of the universe, it makes sense to go along with it. If we swim in a river, we should make use of its current."

The images reflect the Taoist view that we are all following a spiritual path. They were initially created in my studio using mixed media elements such as gouache, watercolour, and crayon and then integrated with an image-editing program.

Hidden threads unravel
Circles around coalesce
The dance goes on



*The artwork "PATIENCE" accompanies
chapter sixteen, Rich Thérroux's story
"Let The World Catch Up."*



PATIENCE

Outside looking in
Waiting by the water's edge
Balanced counterpoise



*The artwork "PASSAGE" accompanies
chapter two, Antoine Mountain's story
"Spirits of the Departed."*



PASSAGE

Outside boundaries
A restful sanctuary
All illusions fade



*The artwork "BOUNDARIES" accompanies
chapter six, John Heerema's story
"Kick. Step. Kick. Step."*



BOUNDARIES

Whispers of silence
Unravel mysteries
Listen with intent



*The artwork "DELIGHT" accompanies
chapter fourteen, Audrya Chancellor's story
"Atlantean Illumination."*



DELIGHT

Water comes and goes
Following the ebb and flow
With full abandon



*The artwork "GRATITUDE" accompanies
chapter fifteen, Iikiinayookaa Marlene Yellowhorn's
"The Sacred Places Stories Take Us."*



GRATITUDE

Peeling the onion
Seeing into one's nature
Rock, paper, scissors



*The artwork "MASK" accompanies
chapter five, Kayla Lappin's story
"The Veil."*



MASK

Just before dawn
Dark sky full of emptiness
The message is clear



*The artwork "FREEDOM" accompanies
chapter eleven, Hilda Chasia Smith's story
"Felina Aloha's Evolution."*



FREEDOM

Sweet liberation
The flutter of a heartbeat
Pulsating with life



*The artwork "BREATHE" accompanies
chapter four, Julian Hobson's story
"Mother Son."*



BREATHE

Spirit moves through me
Subtle energies unite
Eternal rhythms



*The artwork "SOUND" accompanies
chapter three, Islene Runningdeer's story
"Nenet's Broken Heart."*



SOUND

Water flows
Undercurrent of desire
Traverses the divide



*The artwork "BRIDGE" accompanies
chapter thirteen, Lynda Partridge's story
"Tough Love."*

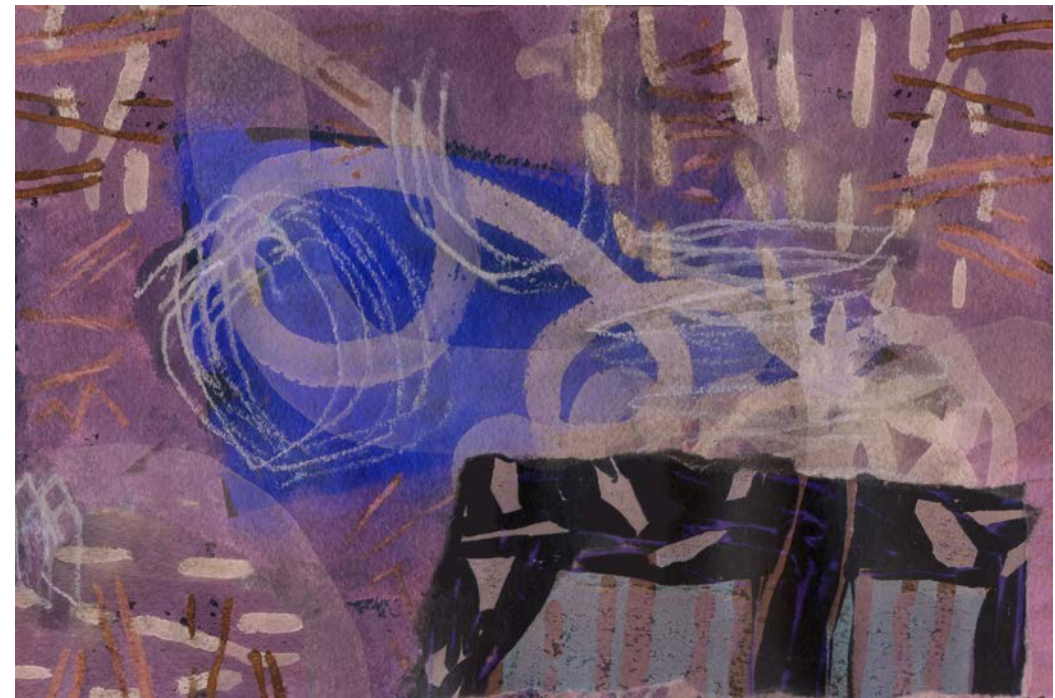


BRIDGE

Beneath the surface
Hidden virtuosity
All is potential



*The artwork "SPACE" accompanies
chapter eight, James R. Parker's story
"Simulation."*



SPACE

A fragmented mind
Birds twitter in unison
The shadow follows



*The artwork "SURRENDER" accompanies
chapter one, Mar'ce Merrell's story
"Water Calls, Water Holds."*

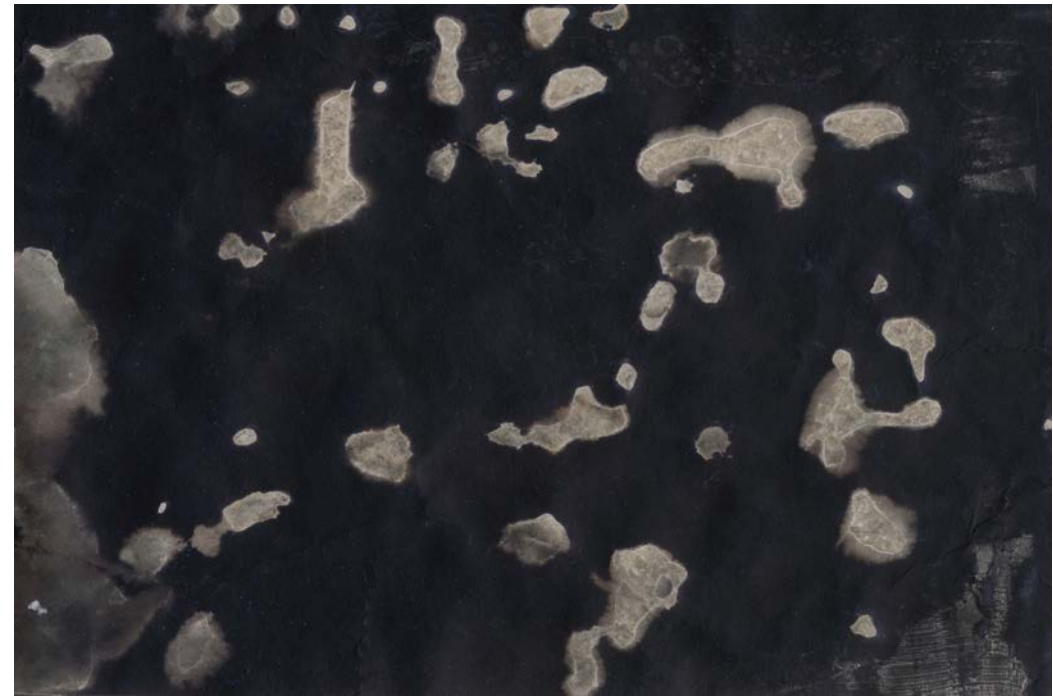


SURRENDER

Opaque and obscured
Mystery envelops me
The darkness brings light



*The artwork "NOTHING" accompanies
chapter nine, Lorene Shyba's story
"Aura Borealis."*



NOTHING

Graceful interlude
Flow of continuity
Restores confidence



*The artwork "INTERVAL" accompanies
chapter nine, James R. Parker's story
"Local Smoke."*



INTERVAL

Consciousness holds true
Harmony in trinity
Body, mind, and soul



*The artwork "HOME" accompanies
chapter twelve, Raymond Yakeleya's story
"The Mountain, the Wind, and the Wildflowers."*

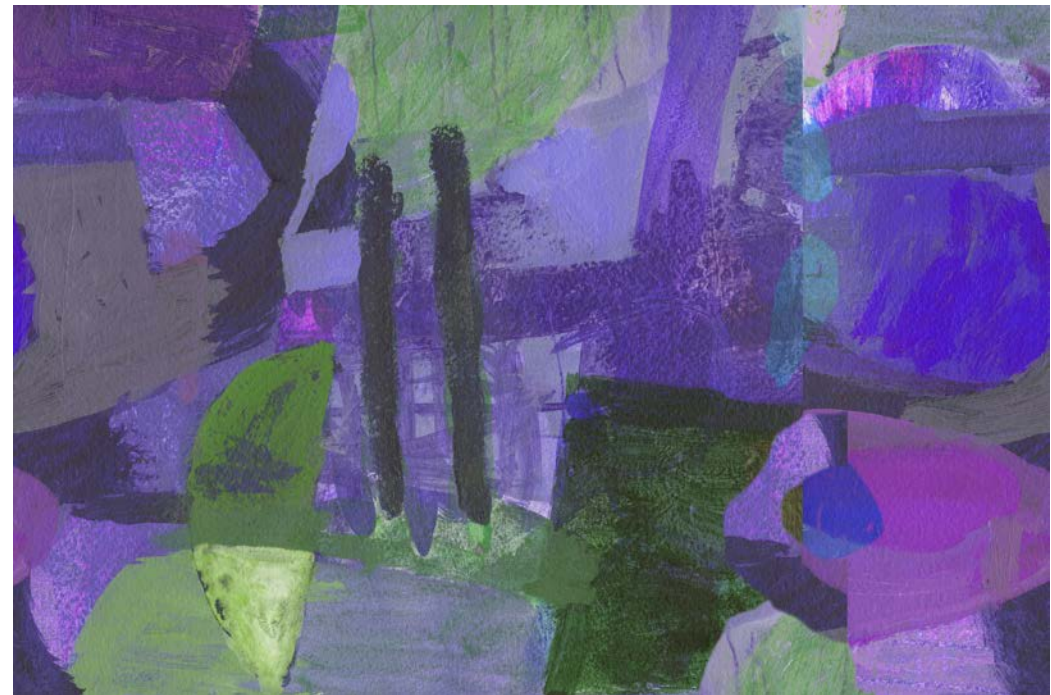


HOME

Seamless divisions
Ditto above and below
Refined strata



*The artwork "DUALITY" accompanies
chapter ten, Alex Soop's story
"Niisitapi Reveal."*



DUALITY

FLOW

In the composition entitled *Flow*, my intent was to create a harmonic composition to echo unity inherent in opposites. The fluid calligraphic lines imply 'flow' and seemingly connect in the centre of the image to unify the strong division created by the contrasting dark and light sides. The calligraphic line maintains flow whether one is in a dark (sad, stressful) or light (joyful, happy) situation in life.

The Sufi saying, "The ocean refuses no river," is a profound metaphor for our lives. To me, this idiom offers hope and encouragement to use one's inherent ability to flow through life, to not be attached to joy or sorrow, but to just accept what is. I often wonder when I find myself sitting at the edge of the river of life, just watching and fearful of stepping in, why I am holding back from the inevitable assimilation into that peaceful ocean? And other times, when I do find the courage to enter the river and end up frantically swimming up stream, I ask myself, "Why not float?"

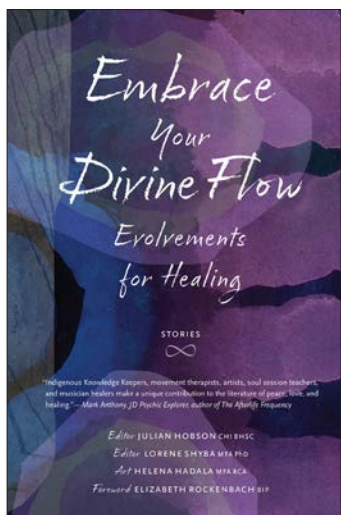
— *Helena Hadala RCA*
Calgary, Alberta, 2023



FLOW



*The artwork "FLOW" accompanies
chapter seven, Valerie Campbell's story
"Moving Her Poetic Body."*



“An inspiring book. This diverse collective of spiritual practitioners, from Indigenous Elders to movement therapists, artists, soul session teachers, and musician healers make a unique contribution to the literature and explorations of peace, love, and healing.”

~ MARK ANTHONY, JD Psychic Explorer, author of the bestsellers *The Afterlife Frequency*, *Evidence of Eternity* and *Never Letting Go*

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EMBRACE YOUR DIVINE FLOW

EVOLVEMENTS FOR HEALING

Eds: Julian Hobson and Lorene Shyba

Art: Helena Hadala

Foreword: Elizabeth Rockenbach

Created by a collective of 18 spiritual practitioners, *Embrace Your Divine Flow* combines ‘evolvments’ in the form of allegorical stories, with art and activities that encourage readers to undertake their own journeys of healing and wisdom. The substantive investigation asked of authors was: “What is your connection to the divine—whether it be God, the source, the light, the power of the universe, or *Newt’sine*, the Creator? How does this connection to the divine flow a path of least resistance along your river of life and beyond, and how might you share this?” Authors’ themes include sacred places, sound and sensuality, ancestors, magic and imagination, infinity, authenticity, spirits, and gratitude. Authors are Mar’ce Merrell, Antoine Mountain, Islene Runningdeer, Julian Hobson, Kayla Lappin, John Heerema, Valerie Campbell, James R. Parker, Lorene Shyba, Alex Soop, Audrya Chancellor, Lynda Partridge, Raymond Yakeleya, Hilda Chasia Smith, Iikiinayoonaa Marlene Yellow Horn, and Rich Th eroux.

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The book is available from local booksellers, Indigo.ca Amazon.ca and .com,
or direct from Durvile.com