

Multidimensional Nature: Introduction to Offer Email

Subject: Doing as the spilling of your being 🍷💧

Preview: What if everything you do could flow naturally from who you are at your core?

There's a phrase that came to me about 20 years ago, {{first_name}}, which is “**doing as the spilling of your being.**”

What I mean by that is **what if everything you do:** how you show up, what you create, how you move through your life **could flow naturally from who you are at your core?** Not performed, not managed, not pre-judged before it even has a chance to come through, just from the inside spilling out.

This makes me think about Jackson Pollock. He's one of my favorite painters, not because I love the aesthetic of his work, but because of his approach. He would just throw paint at the canvas. No predetermined shapes, no forms he was trying to create. For him, the very act of throwing the paint was itself the meditation. What ended up on the canvas was *secondary*, **the essence of what was coming through was primary.**

The plants show me this too. When I watch a Rosebud unfold, that Rose isn't concerned with how it's going to look five petals from now, it's just in the very act of unfolding in the moment, from the inside out.

I think if we could live more like that, letting ourselves unfold from the inside out rather than judging ourselves from the outside before we've even had a chance to do anything, **the entire experience of being alive would feel completely different.**

So much of the pain I see in people comes from exactly that: the impulse to share something, to be something, that gets shut down before it even surfaces. *What will people think? What if I get it wrong? What if who I am isn't quite right?*

The work I'm most oriented toward is creating a space that's safe enough, grounded enough, and open enough for what's already inside you to finally come through.

It's something I've been doing for over 16 years, from working in wilderness therapy and now even more as an integrative therapist.

For WA and OR: I'm now providing therapy to clients located in Oregon and Washington. I'm in-network with [several insurance companies](#) in Oregon. If you're in Washington I only offer private pay since I'm not credentialed with Washington insurance panels yet.

If you live in another state or country: I'm offering coaching services again that include a focus on personal growth, insight, career, or life direction, and of course integrating the connection with Nature.

If you're ready to find out what it feels like to unfold naturally, from the inside out, [I'm opening my calendar for free 15-minute consultation sessions →](#)

When you read about *"doing as the spilling of your being"* what came forward for you? Write a reply to let me know!

♥ Green Blessings,
Sara Artemisia

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