

**Brock Howes** 

Image 1) Head & smoke
Image 2) Water & mist
Image 3) Flowers
Image 4) Molding, cotton & leaves
Image 5) Ribbon & strings

## Dear Brock,

Your interpretations reveal a sharp observational eye and a deep connection to both the tangible and the abstract. You see things as they are, yet also as they transform, which suggests a grounded yet fluid way of thinking. Your responses indicate a balance between structure and movement, control and flow, making you someone who appreciates both the rawness of nature and the artistry of form.

## Lack Your Unique Strength:

You have a **keen awareness of textures**, **states of matter**, **and transitions**—whether it's the way **smoke shifts**, **mist blends**, **or ribbons weave**. This suggests that you are a **thinker who sees beyond the obvious**, someone who can **adapt while maintaining a strong sense of identity**.

## ✓ Well-being Tips:

**Practice mindfulness through hands-on activities** (sculpting, painting, or woodworking). **Engage in environments that mix structure and fluidity**, such as being near water, foggy landscapes, or spaces with dynamic textures. **Take time to observe details in the world around you**—you have a natural appreciation for the unnoticed.

- TYour Personal Power Shade:
- Smoke Gray or Deep Blue Colors of mystery, perception, and quiet strength.
- **Changes to Your Home & Workplace:**

**Incorporate natural materials** (wood, stone, cotton) to reflect your connection to textures. **Use soft lighting and mist diffusers** to create an ever-changing atmosphere. **Have open**, **flowing spaces**—avoid clutter and embrace movement in your design.

- **Your Lucky Crystal**:
- Moonstone Enhances intuition, perception, and adaptability.
- Books You Should Read:

**The Hidden Life of Trees** by Peter Wohlleben – A fascinating look at the unseen connections in nature. **The Art of Stillness** by Pico lyer – A reflection on the beauty of silence and observation.

## Room Decor Tweaks:

**Incorporate flowing fabrics** like silk or linen. **Add art that captures movement**—perhaps ink in water or smoke patterns. **Use neutral tones with deep accent colors** to reflect your balanced perspective.

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Mindset Shift:
Embrace the <b>unstructured moments in life</b> —sometimes, beauty is in the <b>chaotic and undefined</b> .
→ Your Empowering Affirmation:
"I flow with change while staying true to my essence."
∠ Your Power Symbol:
Mist – Representing transformation, hidden depths, and movement between seen and unseen.
√ Your Recommended Song/Genre:
Ambient or Lo-Fi Music – Something with flow, texture, and soft movement.
△ Your Auspicious Time of Day:
● Twilight or Dawn – When the world is shifting between states, just as you naturally perceive.
<b>¥</b> Your Lucky Herb∕Scent:
Cedarwood – A grounding scent that connects earth and air, strength and fluidity.
Brock, your mind is a blend of solid and shifting elements, allowing you to understand both
form and transition with ease. You appreciate the way things evolve, break apart, and reform,
and this makes you a deeply perceptive and adaptable individual. Keep exploring textures,

Wishing you clarity, creativity, and ever-changing inspirations ahead!

overlook it. 🔙 🦙

movements, and the spaces in between—you have a rare ability to see beauty where others