

Lynn Sposito Studios

January Newsletter

Issue #2 Happy New Year! 2024

Happy New Year !

Hey beautiful friends!

I hope you all had a wonderful holiday!

It's a clean slate, a new beginning and we get to create anything we want starting on day 1! How did you end 2023? Are you ready to take on 2024 like I am?! I'm excited for you!

I've got a new format with my newsletter and I hope it reaches everyone and is easy to navigate!

I ended the year pretty strong in my personal and artistic growth, so I'm wanting to continue that momentum in January so that I have lots of cool things to share with you in the upcoming months!

I'm sending the BEST and most POSITIVE energy to you! Manifest and put out into the universe that you are READY to step into YOUR unique, appointed design and take action to make it so! One step today can begin the journey to fulfill your wildest dreams! One things I've learned, when I lead with LOVE, there is only positive.

I hope you enjoy my January letter!

With love and gratitude,

Lynn

HOLIDAY HAPPENINGS

I was grateful to snag another family photo in November. My kids are everything to me! I also baked some yearly traditions; Snowballs, Pecan Tassies, Pignoli cookies and homemade Italian Panettone. Yum!

Poinsettias in Florida do very well for me and I just love them as festive decor! Atka loves Christmas and laying by the tree. The holidays were also met with some colds and flu- so I'm ready for a HEALTHY and Happy 2024! Let's go!



We had a wacky holiday season, not gonna lie. I'm ready for 2024!

GALLERY NEWS

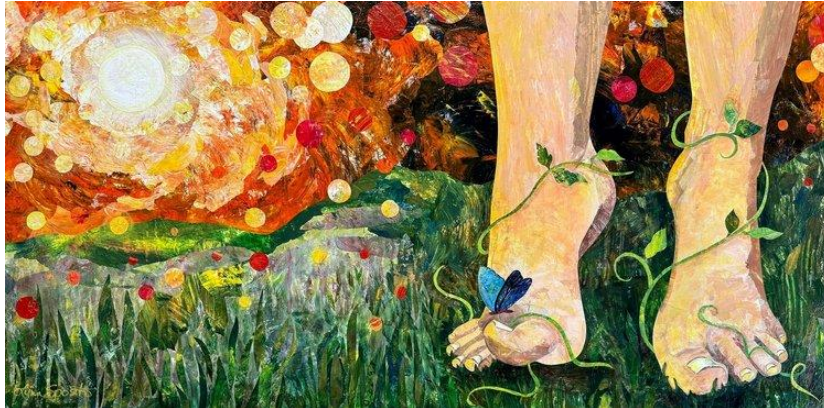
Currently Showing

["Grounded"](#) A new breakout piece for me, was entered and accepted into [The Healing Power of Art-Love, Peace,Unity and Hope](#) Art exhibition in December.

I recently found out that I was one of 3 artists awarded Special Recognition in this show and will be honored with a feature page on their website. I'll let you all know when that page is up.

I really connect with this gallery as they stand for love, positivity, hope and healing through Art. That truly resonates with me and if it stirs you too, I encourage you to check out their incredible website and other talented

artists! This show runs through January 31st. [The Healing Power of Art.](#)



Creating '**Grounded**' was a breakthrough collage artwork for me. Feet, grounded to the Earth, yet lifted spiritually with vibrational frequency, enlightenment and love. One with the universe, feeling peace, hope, unity and LOVE.

New Show Opening TODAY- Exhibiting now!

My piece '[The Forgotten](#)' was entered into an online [Exhibition for 'All Woman'](#) at the end of December. Out of 720 artists worldwide, this piece was awarded Special recognition. Thank you [Light, Space and Time Gallery](#) for this incredible opportunity!



The Forgotten Painted
Mâché collage painting.
Read more about the
artwork [here](#) .

STUDIO UPDATE

Pet Memorial Portraits- [Ashes to Art](#) .



Back in December, I shared that I was going to take on a Pet Portrait. Well, I did!

This piece has been on my mind for years. My skill and knowledge had to catch up in order for me to bring the vision to fruition.

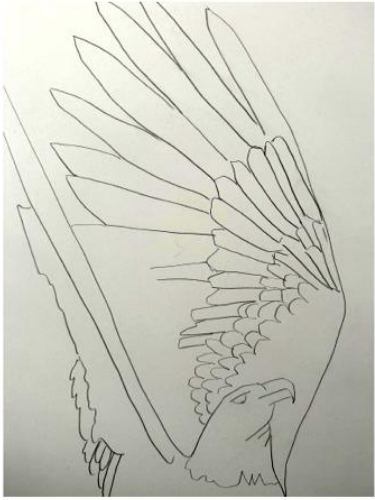
Before I started painting, I wrote loving prayers and messages onto the board. Then, I added Lucky's ashes reverently into the paint while I recorded loving, peace-filled frequencies into the artwork which will resonate forever.

Healing through art- it's pretty powerful!

For me, it's such a cathartic and beautiful way to honor our loved ones, grieve, heal and celebrate their life.

This piece took about 10 hours to complete as I wanted to give it the time and reverence that it deserved!

If you are interested in an [Ashes to Art Pet Memorial Portrait](#) for your loved one, please accept my 'newsletter only' offer of \$50.00 off. Use code PET50 during your checkout.



**A new
piece
being
worked
on for an
upcoming
show
entry in
February-
stay
tuned!**

FUN FACTS



Trish all bundled up on a chilly Florida morning, getting her daily frequencies.

Something about me that you may not know about me..

I am a very proud caregiver! Years ago, I took a job as a nanny to an awesome 5 year old named Luci. I was with the family for over 5 years, then I was with another family for about 2 years and then decided to make the leap to caregiving for the elderly.

Caring for my Mom through her journey of Alzheimer's was one of the most difficult things I have ever gone through. There were so many things I was NOT able to do for her and a grateful daughter would want to for their aging parent. Five years after her passing, I felt the call to a particular family and I am now with them starting my second year.

The woman I assist has Parkinson's and it is SO rewarding to cook for her and help her with her daily tasks! She's got an awesome personality and appreciates my sense of humor! LOL.

I have even created a frequency protocol for her and she has seen some marked improvement! It's been very healing for me, being able to do for her what I was not able do for my Mom.

QUESTION FOR YOU!



**Would you
take a one-
time, online
class?**

I'm considering teaching online classes and would love to know if it's something you'd attend?

Right now, if I'm looking for some input on WHAT you'd like my class to be!

I can teach 'paint and sip' type classes or perhaps you'd like to do some

collage like I do? Or something combined with my Frequencies for healing and positivity?

AND, would you like it to be a live ZOOM event or would you prefer something recorded that you could watch any time?

I'm only collecting information right now- there is absolutely no obligation for sharing your thoughts. AND, I'll have a special gift for every person that shares!

Thank you for your input! You can send it here;

LynnSpositoStudios@gmail.com

COLLECTOR'S CORNER



"When I first saw this, I knew I just HAD to have it! It is a truly incredible job that captures a very personal deep meaning for me! Not to mention, the quality and textures just made the feeling even deeper. Thank you, Lynn Sposito, for such a beautiful piece of artwork!"

Signed, Bill S.

Thank you Bill, I appreciate you and love sharing "Wish You Were Here" with everyone!

(If you own a piece of my artwork- I'd LOVE to feature you! Just send me a photo of you and your artwork along with a few sentences of what the art means to you!) LynnSpositoStudios@gmail.com

WINNER OF THE FREE ART giveaway!

Congratulations to Tamara Wollitz! You won my 8x8 LEO signed canvas!
(Hmm-this is fun! I might just have to have another drawing for my subscriber's next month! Stay tuned!)

May you ALL have a Blessed and Happy New Year ! I'm truly looking forward to a 2024 filled with abundance in every aspect of life!
And that is my HEARTFELT wish for you also! See you in February!

With never-ending gratitude,

~Lynn

Lynn Sposito Studios, Longwood, United States



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