

Gregory Edwards
steady work
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"you are a master of life and you make life work for you...from this moment on you accept only positive, neutral and happy thoughts and feelings...you reject all undesired thoughts."

YOUR WHOLE LIFE IN A FEW SECONDS

"the moment you recognize an undesirable thought, say "stop". you stop the thought and vividly imagine things exactly the way you want them to be. you catch all undesirable thoughts and you reverse their power. these suggestions are being communicated to every level of your body and mind."

THE WHOLE WORLD IN A FEW WORDS

"from this moment on you dwell only on positive loving or success oriented things, healthful things. you do. these positive thoughts and visualizations invoke the power of attraction."

THE WORDS ARE IN THE LANDSCAPE

"the law of attraction says where your attention goes your energy flows... you draw to yourself what you focus upon. we are energy reacting with energy and we create our own reality with our thoughts and emotions, which in turn create our experiences."

THE WINDOWS ARE ON THE SCREEN

the paragraphs in quotations are excerpts from a one hour audio mediation to relieve negativity and stress posted on youtube. in our individualized society self help culture is one of the most constructive forms of mass delusion human beings have ever developed.

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