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fluxus

mindful. creative. sustainable.

who we are



Hi there! We are Fluxus, a brand that produces content with the goal to encourage sustainability, mindfulness, and creativity. Created by two sisters, Fluxus has become our passion project and creative outlet. This edition, formatted to be viewed digitally, is a true reflection of where we are in our personal journeys of change. Fluxus, being the latin word for 'flux', means 'a constant state of change'. Our name is just the perfect depiction of this brand and who we are as individuals. We are always changing and evolving and hope you embrace this facet of yourself. We want to extend our thanks for reading the words that come from our inner most selves.

All of our love,
Ren & Nikole



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leaving winter behind

I'm not going to lie, I've had a pretty rough time this year. Since the start of 2022, I've received news about a long-term infection, a disease in a family member, and experienced the instability of a changing familial unit, just

to name a few. Winters are usually hard for me because my depression spikes when I

don't get enough sunshine, and it's safe to say that depression definitely had a pretty firm chokehold on me. I'm still processing a lot, and the road ahead is long, but I have begun to see the sun again (both figuratively and literally).

“When something goes wrong, I need to know why. In my head, I think that anything can be fixed when I have all the variables.”

I used to live in the past. I know that I romanticize what was, and daydream about how I could've better handled situations that happened a long time ago, as if the control I exert over my fantasies is a way for me to regain the

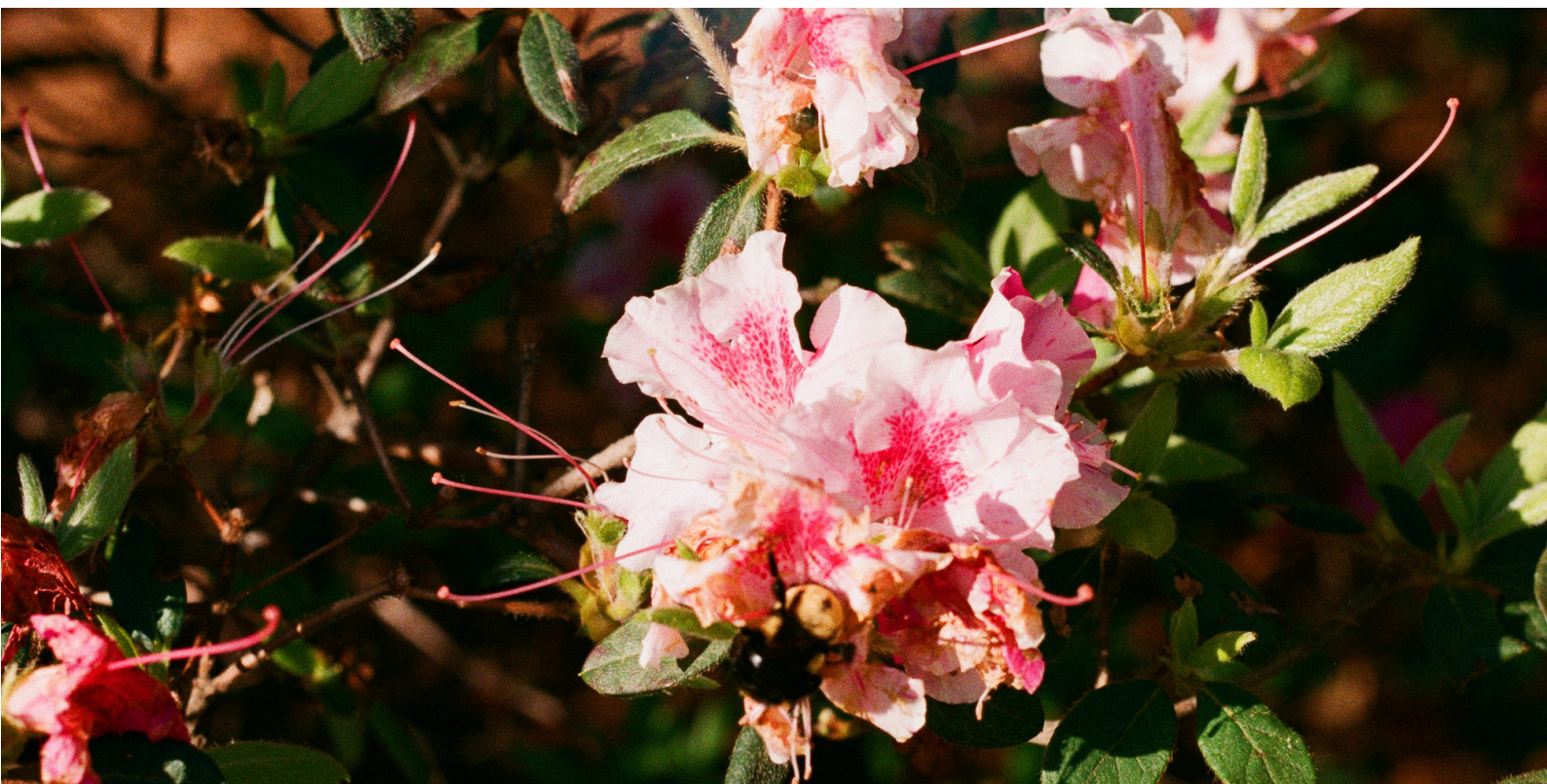
control I lost then. I never thought of myself as a controlling person, and when the Enneagram

test told me I was a type 8, I was pretty confused. Sure I hate being or feeling controlled by others, but I don't care to micromanage people. After some reflection, I realized that my form of control is over situations. When

something goes wrong, I need to know why. In my head, I think that anything can be fixed when I have all the variables. Some situations are like puzzles to me, and I desire to figure it out. Of course, I know that most things are out of my control, but that doesn't make it easier to relinquish the desire to know and control.

What's helped me immensely recently has been to shift my perspective in my thoughts. Instead of replaying and focusing on

past events that didn't go the way I wished that they did, I shift to the present and list things that I do have control over. Namely, what I learned from that past situation, and how I will implement this going into future scenarios. I have no control over the past or the future, but I do control how I act and proceed in the present moment. This frame of mind helps me to reflect on the past without getting lost in it, come back to the present, and leave any heavy-ness behind.



spring

clean

your

life

Happy spring cleaning!
From a young age, I remember getting excited about “spring cleaning”. I would rip all my clothes out of my dresser and off their hangers to make piles of what I wanted to keep and what needed to go. Sometimes I would move around furniture and just feel like it was a new season of life I was entering into.

For a little while, I’ve noticed myself getting really caught up in the business of life. I’ve been feeling like my day-to-day life needs a spring cleaning moment. Over the past few weeks, I’ve been cleaning up my daily routine by:

Being present.

I have been working towards being present in every movement or stillness. Instead of letting my mind wonder about what’s coming next or why yesterday was rough, I focus on allowing myself to just be.

Protecting my peace.

As a highly anxious virgo, I have to notice my limits in different situations. Recently, I have been working to identify any anxious energy that might bubble up inside me and take precautions, whether

that be removing myself from the situation to calm down or letting someone know I'm feeling uneasy with the conversation.

Shifting my perspective.
I'm not right all the time. Sometimes what I want is not what I need. People cannot read minds, so I have to be clear with what I want. The words I speak over myself impact me. I'm here to love others.

Unplugging.
I have been making a conscious effort to put my phone away earlier each night and reach for a book, rather than my phone, if I need some pre-sleep entertainment.

Decluttering my environment.
Personally, having a clean space brings me peace. After getting a puppy, I

made excuses for being messy and blamed it all on not having the time. I realized I do have the time, I just have to manage it correctly. Instead of laying on the sofa and watching TV, I can clean up the dishes or fold my laundry while I watch TV.

Resting.
Sleep! Is! So! Important! I always forget how important sleep is until I start breaking out, feeling exhausted, and becoming irritable. Although I haven't quite gotten myself into a set routine yet, I am working towards it!

Eating well.
I have never been one to meal-prep. In fact, I'm still not. But I am working on getting there. If anyone has tips for me on this one, let me know. Over the past few weeks, I have



been really trying to make sure I am keeping myself nourished. I stock the fridge up with Perfect Bars (so good if you haven't tried them), yogurt, and fruit. These are easy to grab when I don't have time to make breakfast or need a quick snack while I take the puppy out for his walk.

Moving.

Adulting with a full time job, teaching yoga classes, and a puppy has forced me to wake up earlier to take a workout class or be intentional with taking the puppy to a trail to get both of our movements in. I've been learning that sometimes I just have to make things happen.

angel numbers

I've always found numbers very comforting. When I got scared as a kid, I would count as high as I could until I was calm. Now, I count my breaths to sink deeper into meditation. While I never did count sheep to help me fall asleep, I'm not the only one who found the repetition and steady flow of numbers to be soothing. Despite my lifetime of proximity to numbers, I only recently discovered angel numbers. I'd heard mention of them by acquaintances and by people online, but I never knew their meanings. Until that is, I started seeing them everywhere.

For those unaware, angel numbers are repeating

numbers meant to convey divine messages to us. These numbers are typically in groups of three or four, such as 777 and 1234. In the last few months, as I've become aware of angel numbers, I've had three angel numbers continue to pop up in my life, almost on a daily basis: 1222, 333, and 444. Their basic meanings are as follows.

1222 is a sign to start in a new direction, and encourages you to step outside of your comfort zone.

333 indicates that you are being sent support and love by your spiritual guides.

444 tells you that the universe is protecting you.

While I have only just begun to dip my toe into numerology, there are so many sources online that dive deeper into numbers and their meanings. I really can only contribute my own personal thoughts and feelings about seeing these three numbers. For a bit of time, I thought that I was seeing 222, a sign that I was in the right place at the right time. I was comforted by that, spending time with my family and being in my hometown. About a month ago, those 222's started to turn into 1222. Before even knowing the meaning, I started to feel like a caged animal. I felt the desire to go, to travel as my Sag sun no doubt wanted. I knew when I learned the meaning of 1222 that I

was close to overstaying my time here. It was time for a new direction. So that's what I've been doing recently, preparing myself to go, calculating but also allowing the direction of my path to be revealed to me. Seeing 333 and 444, and knowing I was being supported, loved and protected by the universe, while also feeling it from my loved ones here has helped steady any feelings of anxiety and instability.

I look forward to learning more about numerology, and truly feel a sense of peace and deeper understanding from the little I've learned so far. I would recommend anyone interested to take a deeper look at the numbers and signs in their own lives.

a note from the writers

This edition follows a theme of self-reflection and listening to what you need from both yourself and the world. We took off April to really dive into ourselves and our relationships with others. Now we are back and ready for the summer! You can currently look forward to our weekly podcast episodes every Tuesday and our monthly digital editions (like the one you're reading now) that come out on the 15th of every month! We will most likely announce new content and projects on our instagram, so please make sure to follow us there. Please feel free to DM or email us with any thoughts or inquiries. Sending you all love and warmth this May!



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