

Arts for Spiritual Discovery

Session I, April 28: Breaking Through: Quieting the Inner Critic and Welcoming the Inner Creator (1)

Learn how to “Source Paint” or “Source Draw”, noting any creative fears that arise as you work. Through grounding and brainstorming, we will work through some creative fears by imagining how our Inner Creator could respond. There will be an opportunity to share with others.

Recommended Supplies: Paper, Pen/Pencil, Drawing, Painting, and/or Collaging Supplies, Refreshments

Session II, May 5: Breaking Through: Quieting the Inner Critic and Welcoming the Inner Creator (2)

In this Inner Critic workshop, we will interview our Inner Critics, learn about the function of Inner Critics, and honor their desires to help us. We will invite our Inner Critics to rest and share with others.

Recommended Supplies: Journal/Paper, Pen/Pencil, Drawing or Painting Supplies, Refreshments

Session III, May 12: Breaking Through: Quieting the Inner Critic and Welcoming the Inner Creator (3)

In this Inner Critic workshop, we will create a physical home for our Inner Critics, to contain them and invite them to rest. Share with others.

Recommended Supplies: Journal/Paper, Pen/Pencil, Drawing or Painting Supplies, Refreshments

Session IV, May 19: Breaking Through: Quieting the Inner Critic and Welcoming the Inner Creator (4)

Reflect on some common creative fears, attempt to create through a creative fear using grounding techniques. There will be time for sharing.

Recommended Supplies: Paper, Pen/Pencil, Drawing, Painting, and/or Collaging Supplies, Refreshments

Session V, May 26: Collaborating with the Creator

Learn how intuitive art-making eases us into spiritual mystery through painting/drawing and free-writing. Spend time sharing what emerges.

Recommended Supplies: Paper (as large as possible), Pen/Pencil, Scissors, Drawing, Painting, and/or Collaging Supplies, Refreshments

Session VI, June 2: Creative Prayer: Drawing Ourselves & Others in the Light

Learn how to sustain a prayer practice with a moving, tactile meditation. Through drawing or painting, we will strengthen our prayer practice of holding others in the Light. There will be time for sharing.

Recommended Supplies: Paper, Pen/Pencil, Drawing or Painting Supplies, Refreshments

Session VII, June 9: Spirit’s Invitation to Creative Play (1)

Learn why play is essential to a creative and/or spiritual practice. Through several silly drawing/painting techniques, we will see what new discoveries we may find together. There will be time for laughing and sharing.

Recommended Supplies: Paper, Pen/Pencil, Drawing or Painting Supplies, Refreshments

Session VIII, June 16: Spirit’s Invitation to Creative Play (2) or SHOW-N-TELL

This session is meant to highlight our work throughout the program. You are invited to share anything you have made in, for, or inspired by this series. We will celebrate our gratitude for Spirit’s working with us, and for each other.

Recommended Supplies: Something creative you made! Paper, Pen/Pencil, Refreshments