



INTRODUCTION: STEPPING INTO CREATIVITY

WHAT IS CREATING BRAVE?

CREATING - to bring something into life that has never existed before

BRAVE - standing up for something that might be scary, something that is outside our comfort zone, facing our fears

In our fast paced, information overloaded, chaotic world, we need creative practices that can help us quiet our minds and listen to the still small voice within. This in itself is an act of bravery.

Disrupting life events, whether it is a cancer diagnosis, heart disease, the death of a loved one, a divorce, or the loss of a job, can overwhelm us with difficult feelings that are tough to process. Anxiety, terror, sadness, anger, stress, fear, and betrayal are all hard emotions to experience much less express! Understandably, we numb ourselves because many times it is just too painful to talk about. Many times, we do not even have the words.

Sometimes things are not quite speech ready and we need another language.

Creativity can help us face our anxieties, struggles, and fears. Creativity allows us to let go of the stress in our lives. Creativity can assist us in understanding where we are in our lives, help us move forward and begin heal.

Who doesn't need a little fine tuning in their life every now and then?

Who doesn't need a touch of healing from time to time?

RESPONDING to this week's lessons

It's time to pull out your sketchbook journal and your favorite thing to write with. I suggest putting the date and the name of the lesson at the top of your journal entry.

Lesson #1

What drew to you to sign up for this class?

What are your intentions, your hope for what this class will bring to you?

Lesson #2

Has there been a time in your life when you felt you needed another language?

A time when words were not enough?

Lesson #3

Has there been a time in your life when you wished you had had a creative outlet to express what you were feeling?

Have you had an experience where creativity has enhanced your life?

Mindful Mandalas Individual and Group Guidelines

Turn off all cell phones and let others in your environment know that you are not to be interrupted for about 20 minutes. You can of course use as much time as you want.

Try to stay engaged. Be Here Now in this present moment as much as you can.

Be gentle and patient with yourself.

Do not compare or judge your creations!
"Comparison is the thief of joy." - Teddy Roosevelt

Trust the process.

Ask more questions than seeking answers.

There is no right or wrong way.

Honor all emotions. Don't apologize for any. Notice what arises.

Your creative space is sacred and safe.

Be careful who you share your tender creations with. Remember they are expressions of your innermost self and should only be shared with those who have earned the right.

IF YOU ARE PRACTICING WITHIN A GROUP ADD THESE TO THE ONES ABOVE

Listen attentively to others with no interruptions and expect others to do the same to you.

Speak your Truth and respect the Truths of others.

We are not here to fix and solve.

Respect everyone's privacy. Share your discoveries if you like but not those of others.