

A PLAYshop

... In Creative Journaling



Saturday, August 5, 2017

10:00am to 12:30pm

Radiant Living 6051 N. Brookline, Suite 126

**Why Images Work Like Magic
(The heart of image-based journaling)**

In this month's Journaling PLAYshop, we explore the basics of working with images – those visual ones and those created by word metaphors. These magical devices help us decode powerful messages that help us move forward into our future. **Trusting an image might look a little crazy sometimes, but it works like a charm!** Come ready to play! Bring a wire-bound unlined sketchbook at least 8.5" x 11" size and your imagination. All the rest is provided. Consider inviting a friend!

Whether you want to keep a journal and are having trouble getting started OR a long time journaler needing fresh ideas, join us! In a casual atmosphere, we'll learn how to keep a journal full of richly varied photographic images and poems to spark writing. Our approach will help us tease out that Wise One Within (WOW!) so we can discover hidden sources of creativity. Simply put, it's grown-up play time!

Cost: \$35

Limit 14 persons so please register early

By emailing Pat at webbpat1@cox.net

OR use PAYPAL on the site www.MindfulnessOKC.com

Questions? Call Pat 209-7117

Pat Webb is a writer and Oklahoma Artist-in-Residence. In 1997 she went "into the Silence" to renew her life's purpose. Since then, Pat has conducted hundreds of PLAYshops throughout the U.S., Mexico, and Canada. This one is a mini-version of Pat's **Inner Terrain Journaling Retreat** at nationally famous Ghost Ranch, New Mexico. Pat's unusual art, journaling, and mindfulness exercises help people of all ages hear their inner voice.