

A PLAYshop in Creative Journaling



Saturday, September 2 - 10:00 to 12:30
Radiant Living 6051 Brookline, #126 (1 bl. So and West of May & NW 63rd)

Journaling on Thresholds, Doorways and Portals

In September we PLAY with a powerful journaling springboard – DOORS! We explore the metaphor of crossing a threshold or moving through a portal. Our exercises will unlock powerful messages that help us move forward into our future: deciding what we doors we need to open or to close.

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

Limited space 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.