

A PLAYshop

... In Creative Journaling



Saturday October 7th - 10:00am to 12:30pm

Radiant Living 6051 Brookline, Suite 126 (near May & NW 63rd)

Talking to Guides in a Journal

This PLAYshop is devoted to a time-honored use of the journal: Contacting **Inner Guidance**. Whether your guide is a long gone relative, angelic spirit, or oak tree outside your window, now's the time to get in touch! Our source is the brilliant work of Christina Baldwin and Julia Cameron. Their inventive exercises offer images, poems and fun methods. **Inner Guidance** keeps us moving forward with life and our adventures!

Playful art materials, magazine pics and demos will spark your imagination. By writing from an image, we access our Wise One Within (Wow!) and uncover formerly hidden sources of creativity.

This playshop is a mini-version of Pat's *Silence and Inner Terrain Workshop* at nationally famous Ghost Ranch. In a casual atmosphere, we use simple centering, writing, and art techniques. We see how poetry can merge with images to bring up unusual reflections. No journaling or art experience is required. It's easy, fun, and not time-consuming. Come join us for grown-up play time and consider inviting a friend.

Cost: \$35

Class Size Limited to 14 persons

Please pre-register

by using PAYPAL on the site www.mindfulnessokc.com

or by emailing Pat webbpat1@cox.net

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. Pat's art, journaling, and mindfulness exercises help people of all ages hear their inner voice and follow their inner guidance.