

A PLAYshop

In Creative Journaling



Saturday, March 3rd

10:00am to 12:30pm

@ Radiant Living - 6051 Brookline, Suite 126

**The Interior Council:
Talking with the Voices that Guide Us**

Okay, time for listening to those inner voices and no, you are not crazy! This month we play with Julia Cameron's amazing Interior Council: the wise ones, tyrants, judges, fools, clowns and warriors that speak inside our minds – offering encouragement or discouragement. Listening to them can tell us what we really want and don't want out of our life now! This is journaling put to great use in helping us choose wisely.

This PLAYshop is a mini-version of Pat's *Inner Terrain Journaling Retreat* at nationally famous Ghost Ranch. In a casual atmosphere, we'll learn how to keep a journal full of richly varied photographic images and poems to spark writing.

Our unusual approach will help us tease out that Wise One Within (WOW!) so we can discover hidden sources of creativity and forward motion.

Come ready to have some fun! Bring a wire-bound unlined sketchbook at least 8.5" x 11" size and your imagination. All the rest is provided. It's grown-up play time! Consider inviting a friend.

Cost: \$35 - Group Limited to 14 persons so please pre-register!

**Either email Pat at webbpat1@cox.net OR
use PayPal on the site www.MindfulnessOKC.com
Questions? Call Pat 209-7117**

Pat Webb is a creative writer and Oklahoma Artist-in-Residence. In 1997 she left her home and career to go "into the Silence" and renew her life's purpose. Since then, Pat has conducted hundreds of PLAYshops using art, journaling, and mindfulness exercises. She loves to help people of all ages walk their inner terrain and hear their inner voice.