

Jungian Art Workshop on Visual Journaling

With

Dr Adrienne Witol, R.Psych & Dr Phyllis Jensen, Jungian Analyst

A Hands-on workshop based on the folktale “Three Golden Hairs”
as told in *Women Who Run with Wolves* by Clarissa Pinkola Estes



What is Visual Journaling?

- Mixed media art
- A creative way to express experiences, thoughts, feelings
- Great for people who don't remember their dreams
- Great for those who remember dreams and want to give full expression to the amazing images that emerge
- Used by artists to connect with inner imagery and to express it visually and verbally
- No art training is necessary, just an openness to learning a new mode of expression

**My soul does not find itself unless it acts.
Therefore it must act—Thomas Merton**

Creating art, exploring, expressing ourselves is action. Often when we identify how we feel, we stop and wish it all away. But feelings don't just disappear. We've cast them into the watery depths, where they tumble and sink before bubbling upwards. As energy, feelings cannot be extinguished they need to be transformed through expression, release of painful emotions and hurt thoughts to understanding and meaning. Expression happens *via* our hands, voices, mind and hearts through words or pictures, movement and song. Renaissance magicians and healers, Ficino and Pico della Mirandola, taught that **we need to be the artists, poets, musicians of our own life**. By making art of our deep wishes, feelings and desires, we express ourselves, transform our lives and give it new meaning.

“Inside you there's an artist you don't know about... say 'yes' quickly, if you know, if you've known it from before the beginning of the universe” — Rumi

Take Home: A new skill, a relatively completed story journal that can be expanded. The folktale is an exploration of personal ideas about self-care, exhaustion, and resilience.

When Saturday, February 18th 2012 Cost \$80 + \$20 supplies
Time 9:30-4:30 with lunch break Limited to 12 participants
Where Elements Wholistic Centre, 9865 85 Ave NW Edmonton
Register Call 780.486.2271 Email jensenpm@telus.net or www.phyllisjensen.com