

## **MEDITATE AND CREATE: INNER VISION ENHANCEMENT FOR YOUR CREATIVITY**

*Gail Lois Jaffe*

All levels

In this class, the instructor combines guided, creative visualization meditation to inspire and invoke inner images to surface. Participants will then journal their images, put them to paper with the medium of their choice, and afterwards have time to present and share with the class if they choose. No previous art experience is needed. The focus of class is on the process of enhancing expression and creativity over product. Each class students will produce a different artwork.

### **Recommended supplies:**

Journal and pen, large piece of paper sturdy enough and compatible with the materials of students' choice. Students may choose from any of the suggested materials: colored pencils, pastels, magic markers, felt tip pens, water colors, or paints of their choice that are fast drying and not too cumbersome/complicated for the 1 hour creating time.