

MINDFUL MEDITATION FOR ENHANCED CREATIVITY

Do you find yourself struggling to open to new creativity and ideas?

Does a fear of rejection hold you back?

Are you easily distracted by the critical voice in your head?

Would you like to develop a meditation practice that can enhance your creative life?

This nine 1 ½ hour session group will introduce you to Mindful meditation and visualization practice to enhance and revitalize your creative potential. No matter how your creativity manifests, or how advanced you are in your art, meditation and visualization can help to super charge your creative life, by allowing you to let go of blocks and clarify your goals.

The group will make use of guided visualization to examine creative blocks. We will learn and practice Mindful meditation to lend grace and excitement to our daily lives, thus allowing creativity to flow. Participants are encouraged to develop a regular daily practice of meditation. Each session includes guided visualization or mindful meditation, a period for individual reflection with journaling or sketching in response to guiding questions, and closes with a period of sharing.

The cost for the nine 90 minute sessions is \$175.00 and begins on Feb. 7, 2012.

Taught by Rusty Lynn
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Register online at www.convergenceccf.net.