

Getting to the heart of it

a creative exploration

~with artist & coach Kara L.C. Jones



Getting to the heART of it

eWorkshop from KotaPress and Mother Henna

Details

Hosted on Mother Henna's private forums

Session starts February 13th, 2009

New experience prompts posted once a week February 13, 20, 27, March 13, 20, 27

Conference call sessions will be scheduled once class starts and we can gauge participant availability.

Registration will remain open until spots are filled or until the day before class starts, whichever comes first.

About the class:

Getting to the heart of self, grief, joy can feel like an overwhelming task or a meaningful exploration depending on the tools we have at hand. When we move from the busy activity and critical analysis done in the head (monkey mind) and drop into our hearts, we re-discover the foundation of love, authenticity, and our true path. To find meaning in the mundane & extraordinary, to feel we are more than cogs in a wheel, we move into the heART of self. And we find that to feel grief in equal measure with joy means we remain open emotionally. It is my hope that this workshop will open the tool box for you, give you ideas to work with, prompts for inspiration, empowering instruments you can use on your path.

How participants use the experience:

Some come just to be inspired and discover something about their own development. Some come with a specific creative project in mind and use this class to push them forward in material development. Some come because they are hurting from grief's sting, and they need help rediscovering meaning again. This is about the heart and heART of self. No previous art experience is required though. Creative prompts of this class are offered for you to explore your world. You can use the prompts to journal, make art, as meditation focus, as topics for moving a novel forward, writing short stories, to help tell your own Hero's Journey or memoir essays, as topics for exploring other coaching or therapy work you might be doing concurrently. In response to the prompts, participants are encouraged to share as much or as little as they wish on the private class forum. Sharings can include images, video, writing, blog links, and more.

Class fee includes:

- Copy of Mother Henna's "Suggestions & Ideas for Creative Supplies" (photo illustrated)
- Weekly workbook exercises posted in PDF format.
- MP3s for your listening meditations.
- Password Protected, moderated forum board dedicated as safe, sacred space for you and your class peers only.
- Forum board and private messaging with Grief & Creativity Coach Kara Jones (workshop facilitator).

Additionally, we may host several phone conference calls as group members begin to share and support each other. Please note, the calls are supplemental and not required for class participation. Your experience will be enhanced by calling in, but you can still have a full class experience without calling. Those calls are offered at no additional class cost, though your long distance charges may apply as it does with any call on your particular phone service.