

Creativity is the magic of our universe. It shapes our lives, enriches our souls and helps manifest our dreams. The very word elicits a variety of emotions for

many of us; a *longing* to be creative, *awe* for those who are, and a *deep knowing* that we once were as children, and still are deep within! There are many stages of the creative process to explore and an infinite number of ways to express that creativity. Reawaken that part of yourself that longs to live a more enriched, flowing and truly creative life!

Creative Flow is designed to explore the rich and exciting realms of creative consciousness, using Hemi-Sync tape exercises, hands-on “studio” sessions, group sharing and support, and multi-media presentations.

This week-long program explores the creative potential within each individual, and encourages expression of that creativity in a *safe, non-judgmental* setting.

Goals of the Program:

- To develop a deeper trust in one’s inherent creativity.
- To allow imagination, instinct and inquiry to act as guidance.
- To tap creative impulses and act on them.
- To express one’s true essence in a unique and satisfying way.
- To approach problem solving with inspiration.
- To experience that optimal state called “Flow”.

It is for *non-artists* and *artists* alike. All forms of expression are welcome: the written and spoken word, music, photography, painting, drawing, sculpture, dance, video and computer generated art. No need to have any previous experience.

Come to discover your unique way of self-expressing!

We will provide a wide range of materials to work with in the program. You are encouraged to bring along any additional materials or instruments that you may want to use. More detailed information upon request.

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