

THE SPONTANEOUS

ART & LIFE



PROJECT

& WOMEN'S CIRCLE



THE SPONTANEOUS ART
& LIFE PROJECT

*was dreamed, imagined,
designed & created by
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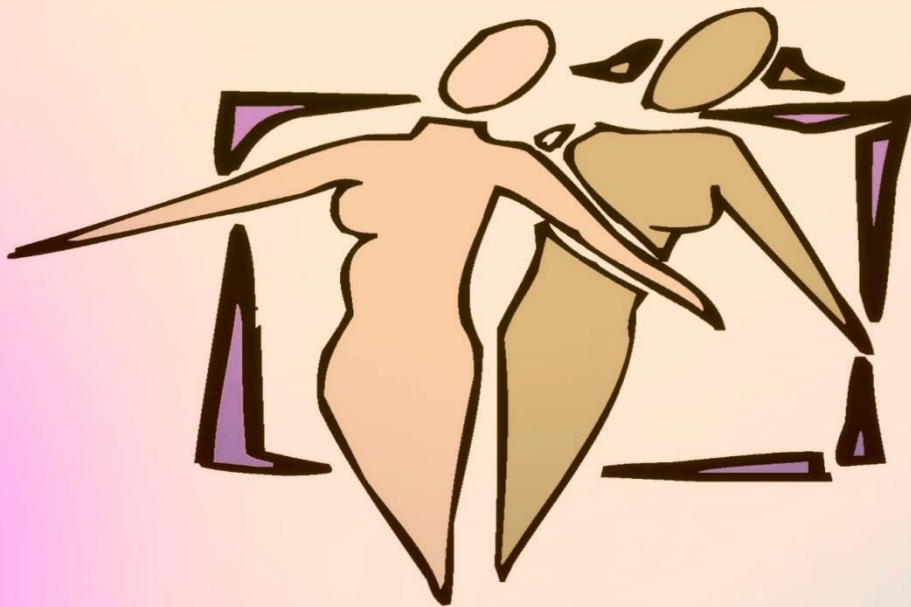
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"You will be teachers for each other.
You will come together in circles
and speak your truth to each other.
The time has come for women to
accept their spiritual responsibility
for the planet."

Sherry Anderson &
Patricia Hopkins
The Feminine Face of God





MythoBiography

Remember, as you face the exercises this week that in MythoBiography our goal is to get at the real story which doesn't necessarily align with the actual facts. It is more important to write about your feelings, the way that you felt, than to actually write in detail about what was said or done. Often we really don't remember which is why people will argue over a shared incident because we may have experienced or remember it quite differently but no one can argue with how that incident made you feel. In the end our lives are shaped by our feelings. not actual facts. You might, then, write, "I never really felt loved." instead of writing the specific things that were said or done that are too painful to go into today. Also, you can't change what happened then, but you can work with the feelings and change and heal them now. Too, as I have said and many of you have found helpful, you can write about something in the third person. "She never really felt loved." This is really helpful when dealing with those painful things. The point is that we need to tell our stories. We need to know our stories. This is why sometimes it can be very

difficult when you are struggling in therapy to remember actual facts. Just go with the feelings and you will get there. Also remember to take any topic, divide the decades you have lived in halves, and answer the question about each time period. This is very helpful.



What are the things you are proudest of?

What are your deepest regrets?
Just meditate on this for awhile...



The next exercise will help you work this through in a positive way...



Okay, take a deep breath. Relax. Now I want you to write about how your past regrets can become present, joyful moments of fulfilment and peace now...

What are the things you
love most about your life?

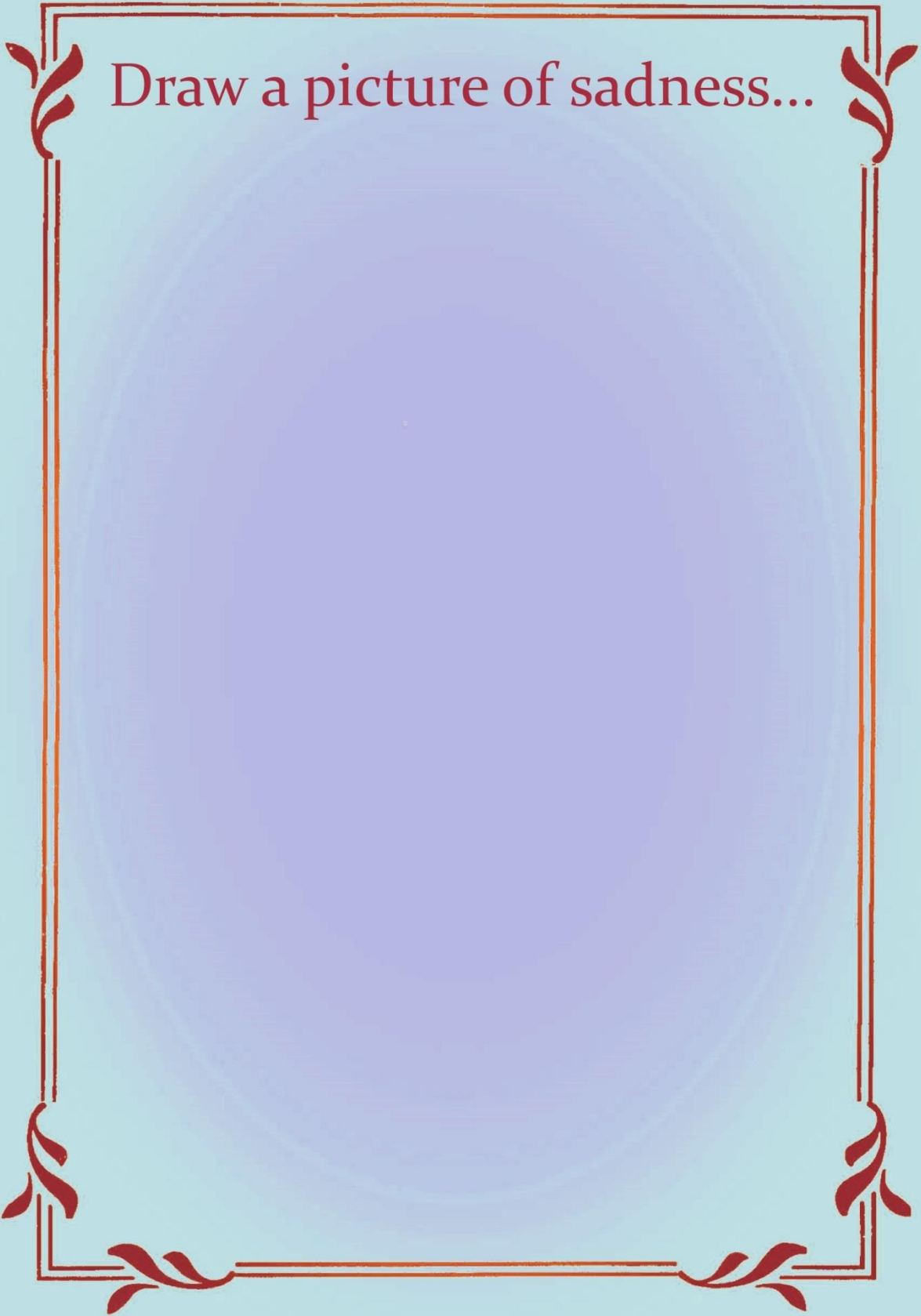




What
Fills
You
With
Joy?

Walt Whitman said,
"I loafe and invite my soul."
How do you loafe and invite your soul?
(And you should do it more often!)



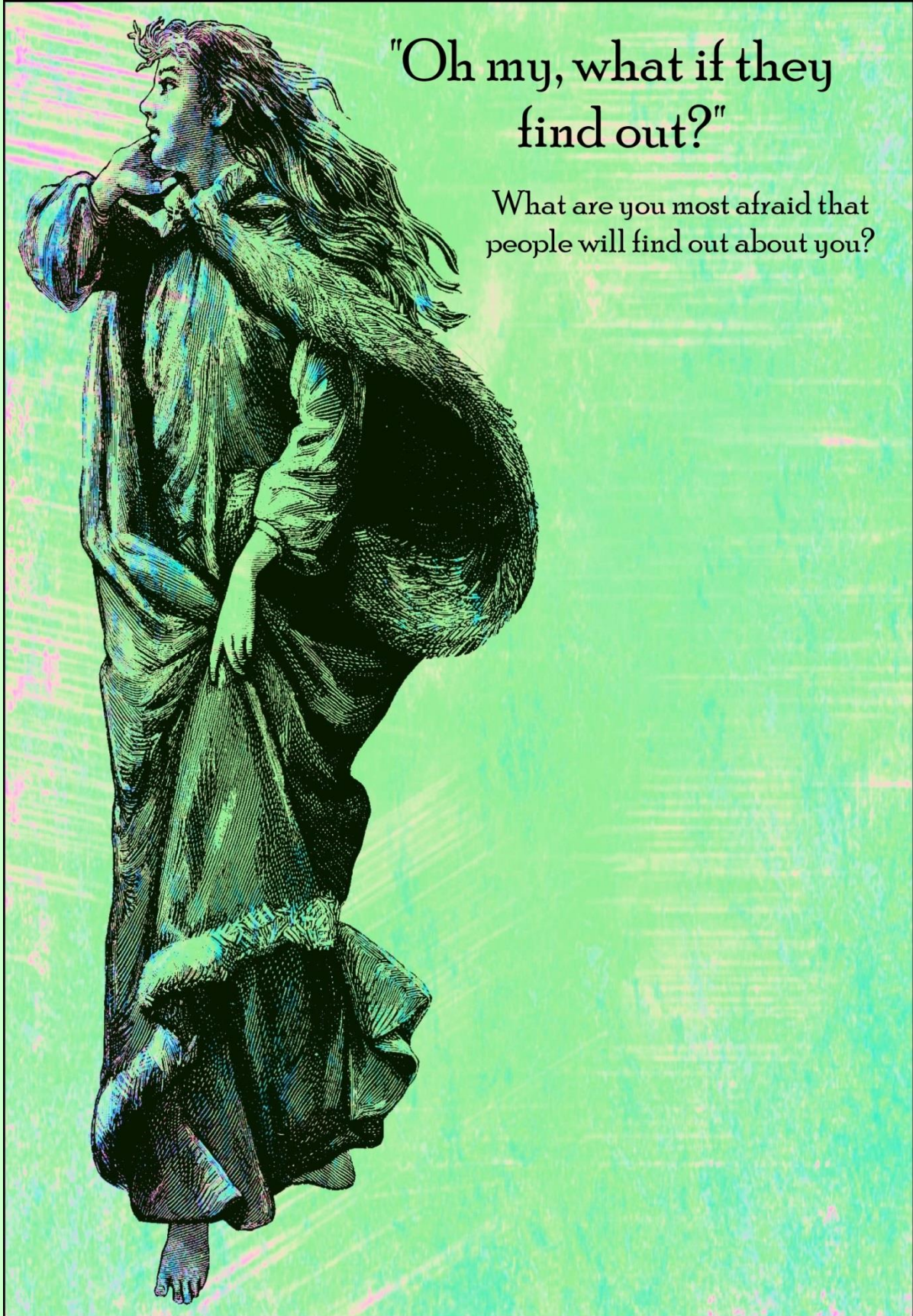


Draw a picture of sadness...



She was a woman of mystery...

(Write her story. It might be you, or somebody you know, or perhaps a mysterious woman that haunts your dreams...)



"Oh my, what if they
find out?"

What are you most afraid that
people will find out about you?



What makes you feel playful?

(Draw me a picture...)

What fills you with awe and wonder?



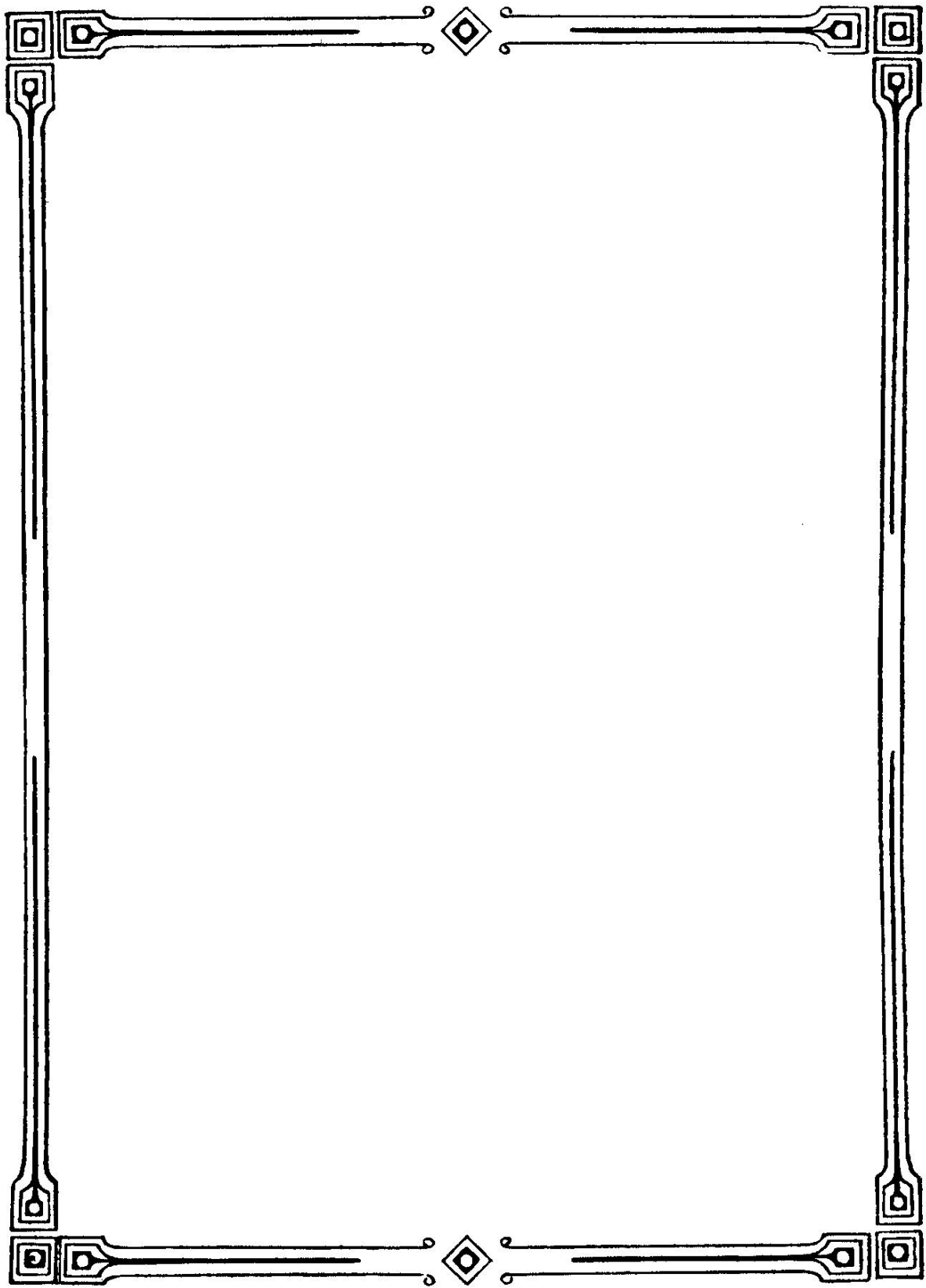


*When do you most feel in
a state of grace?*



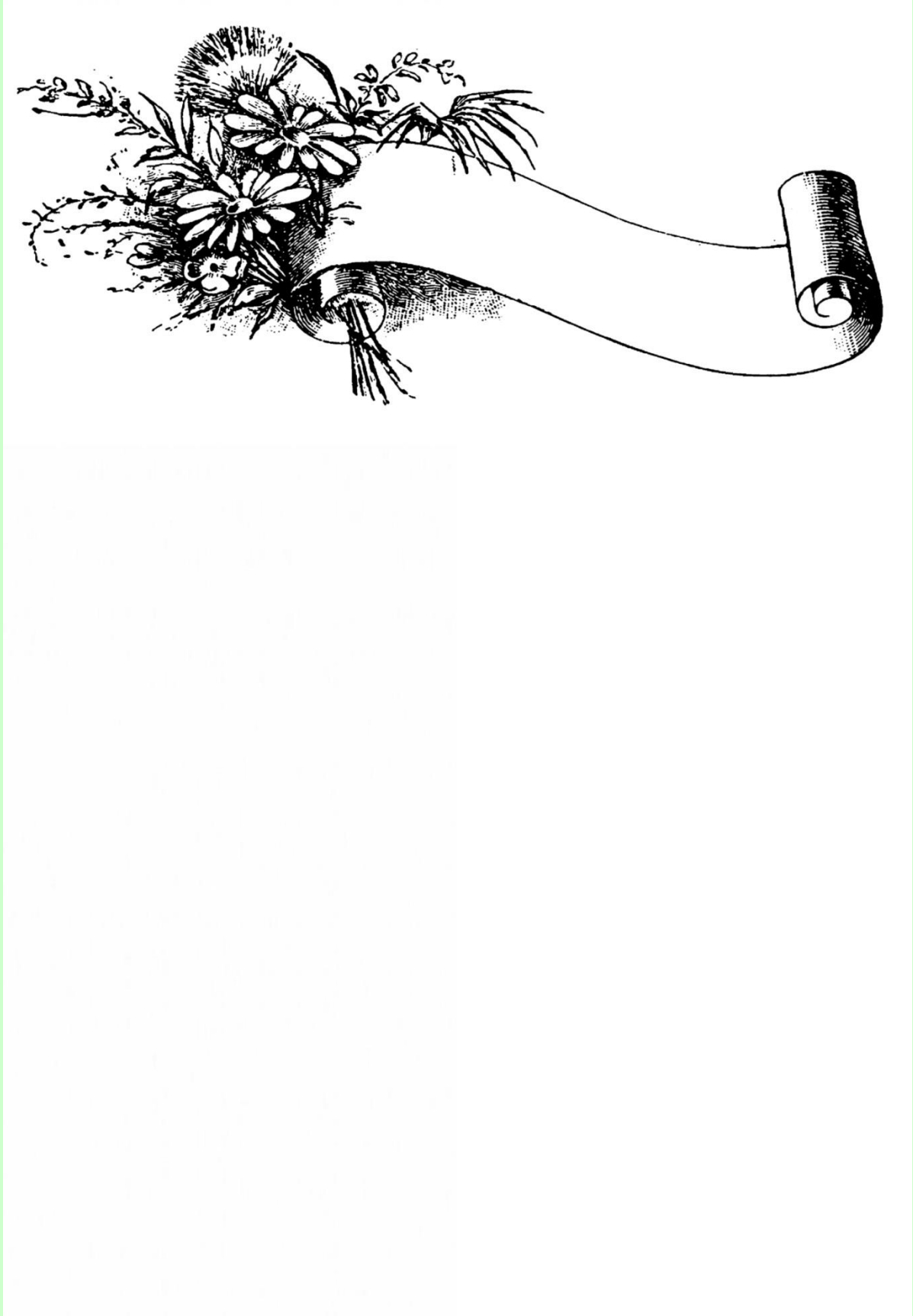
*Here I made these blank pages
just for you... Oh please, hold
your applause, you're making
me blush! Just have fun, enjoy
yourself, and use them in joy
& good health...*

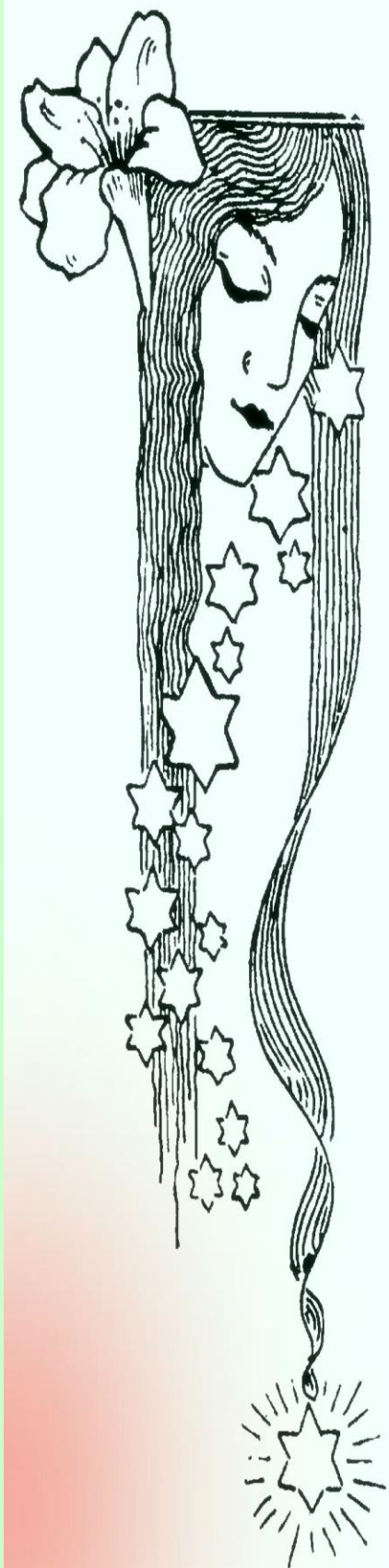


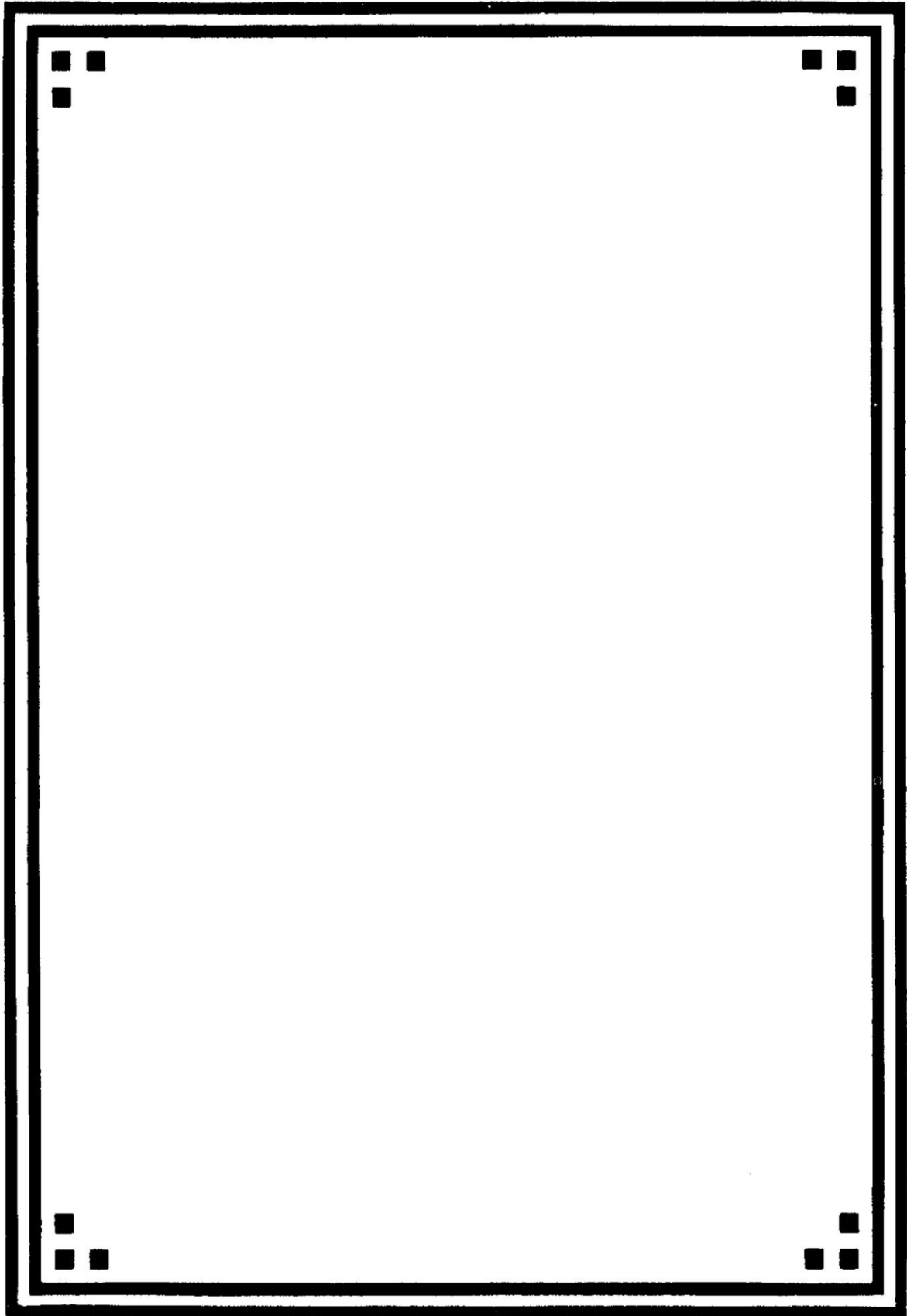


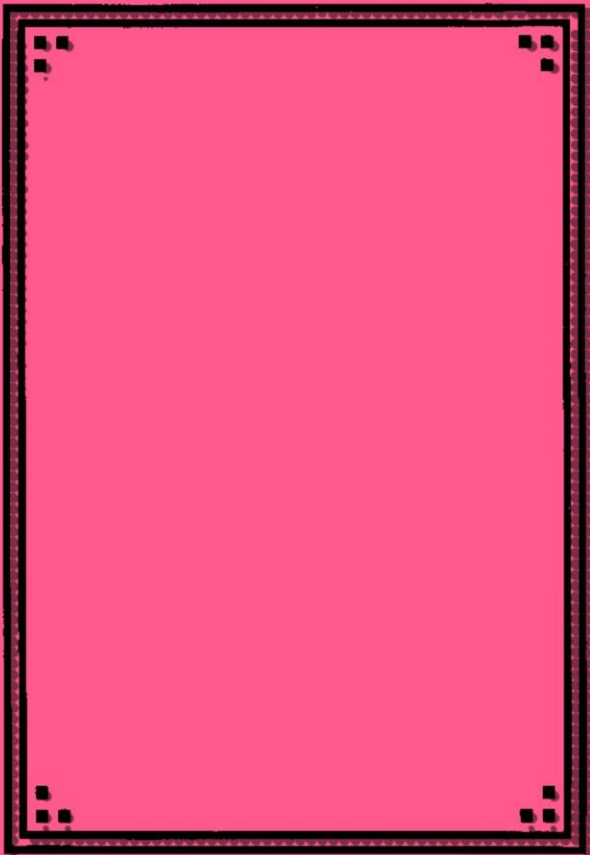
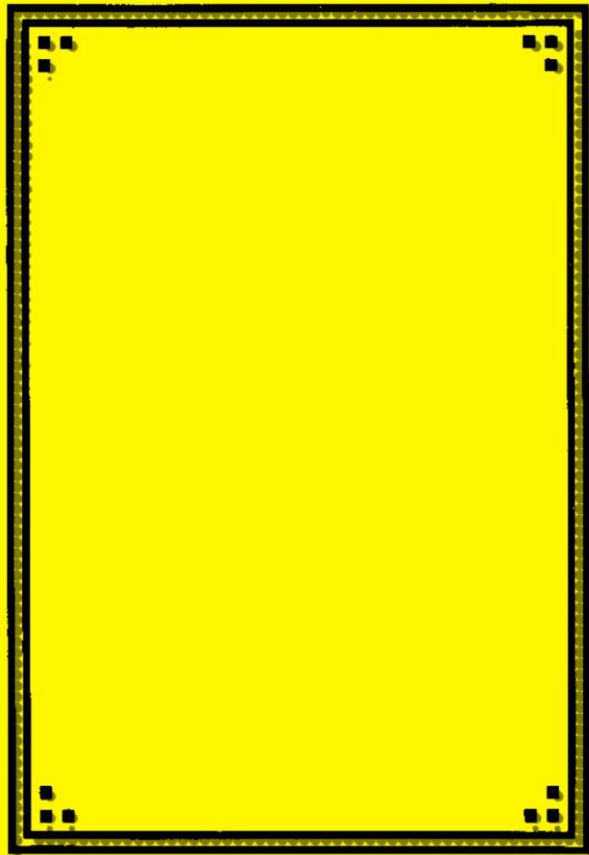
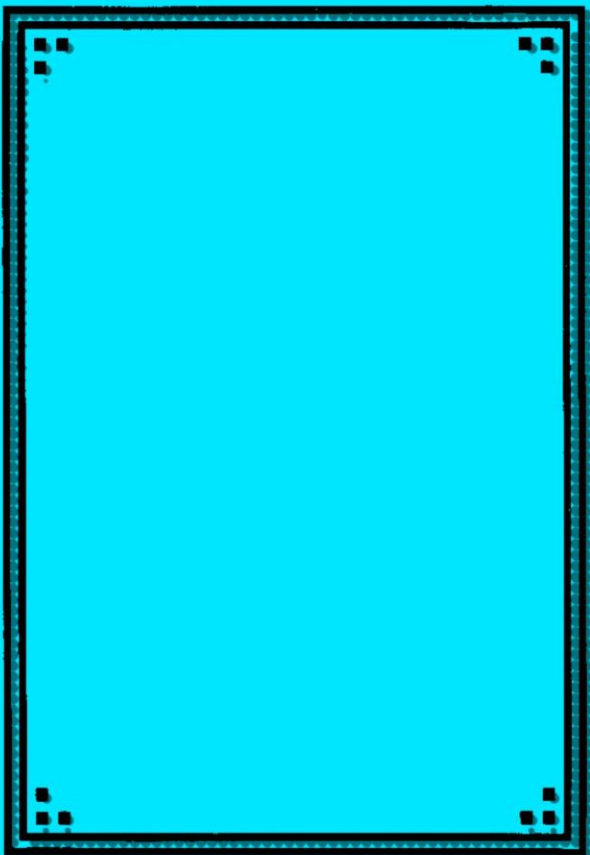
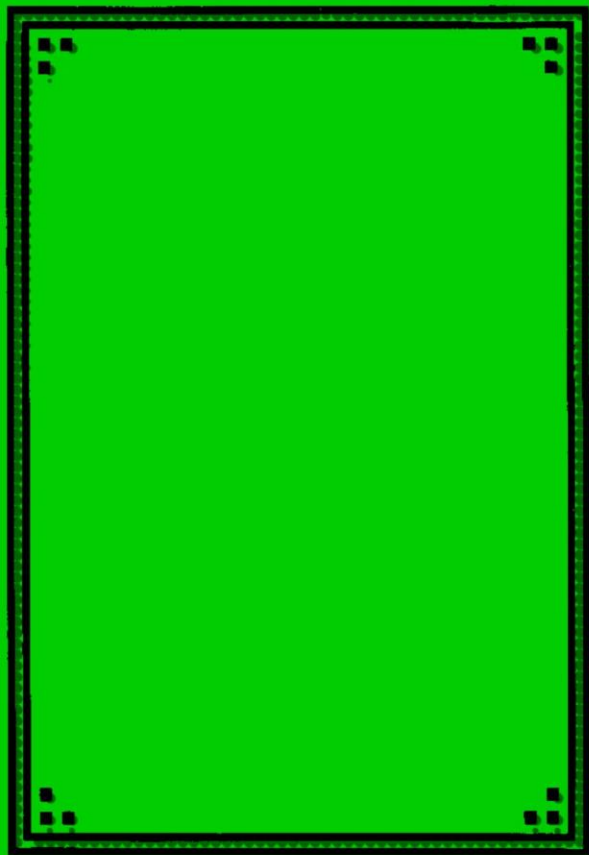


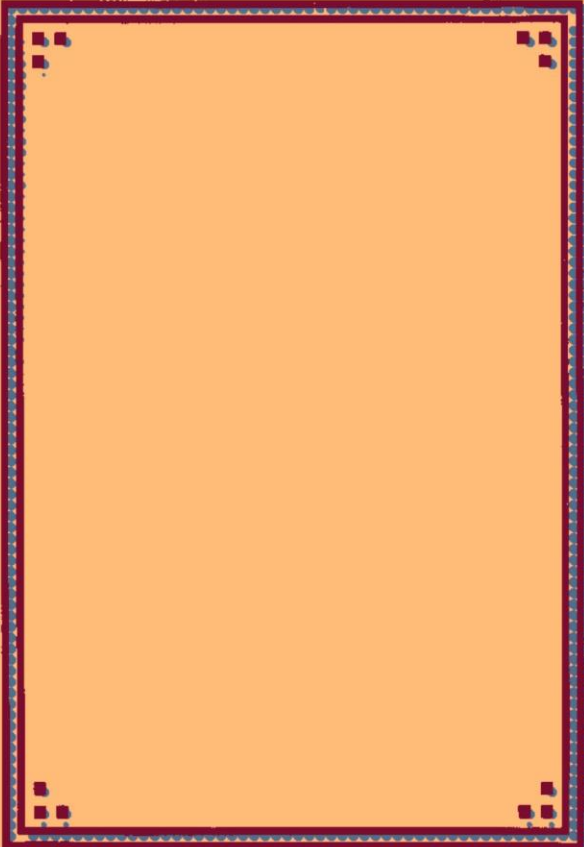
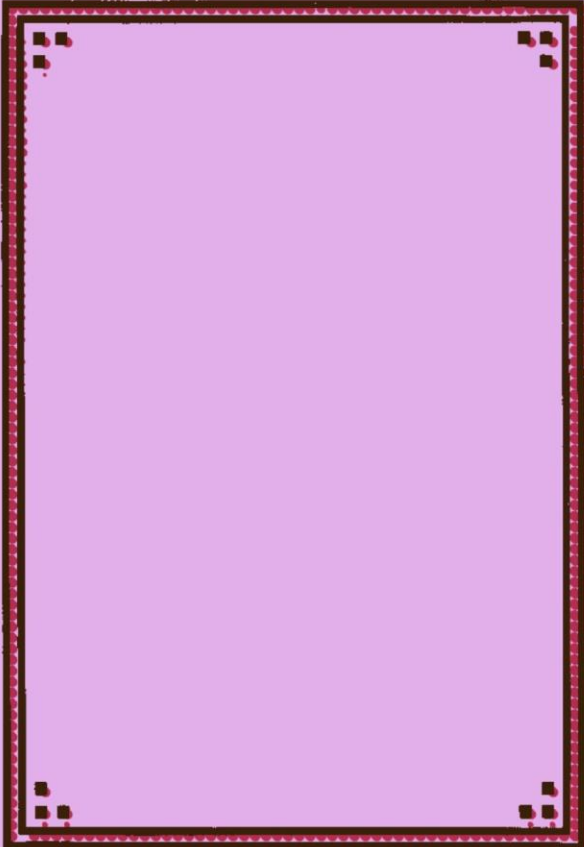
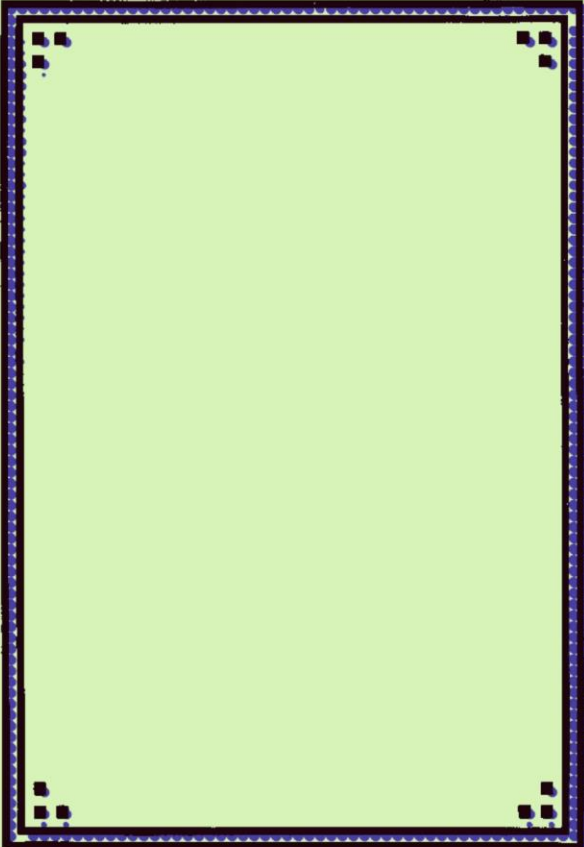
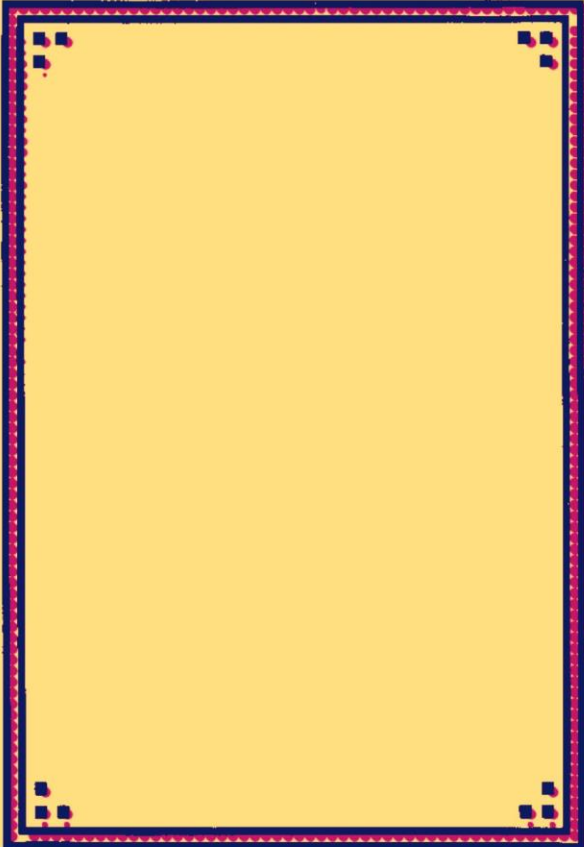


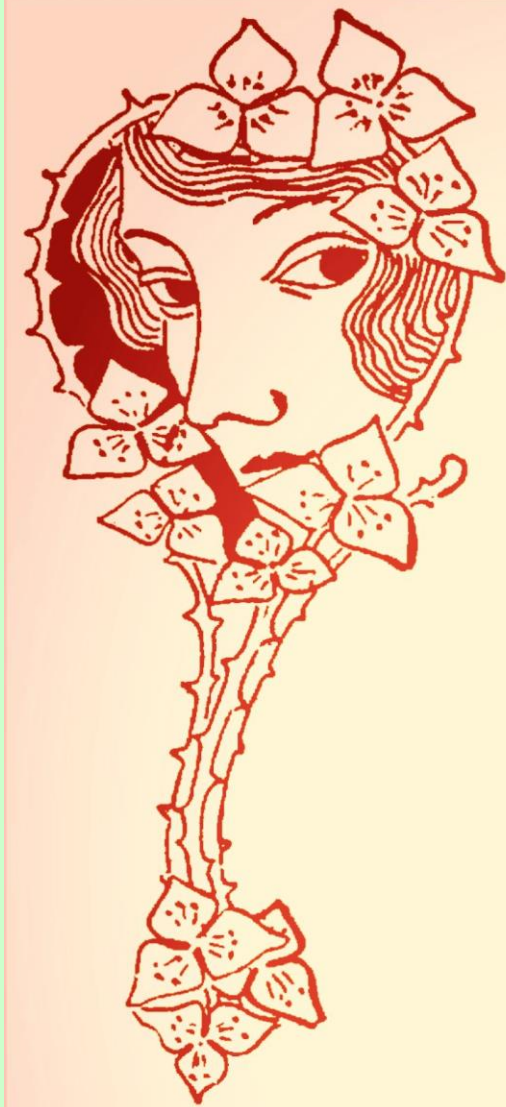


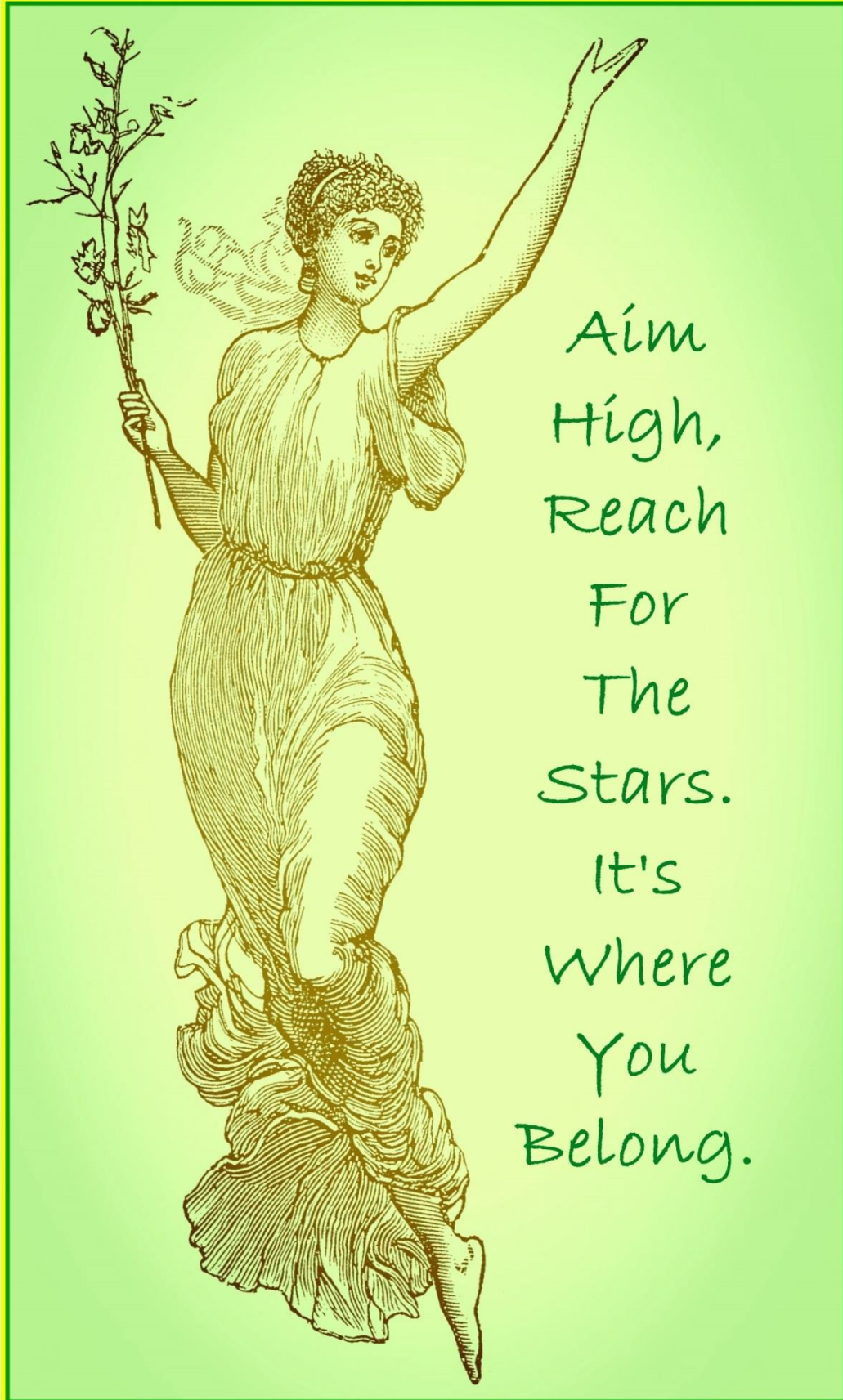












Aim
High,
Reach
For
The
Stars.
It's
Where
You
Belong.