

# Cat Charissage: Offerings for Winter/Spring 2016

## Intentional Creativity and SoulWork



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*NO PREVIOUS ART EXPERIENCE NEEDED*



**LAST SATURDAYS in February, March, April, and May:**

**OPEN STUDIO, 1:30 p.m. - 4:30 p.m. No charge, but RSVP**

**February 27:** Creating a Smashbook out of a composition notebook

**March 26:** Creating a Landing Page for your journal or scrapbook

**April 30:** Slapping down some Pictures (collage for the rest of us)

**May 28:** (to be announced)

**All supplies provided** (donations gratefully accepted)

Youth welcome with accompanying adult



**Saturday, February 20, 1:30 - 4:30 p.m.**

**Tree of Life, Spheres of Light: an introduction to an ancient mysticism**

A Red Thread Session including Words and Image

\$60 (or by donation) for 3 hours of Intentional Creativity based on Kabbalistic lore on the Divine pouring Godself into this world, held in the mystery of a Tree of Life. Create your Tree painting on watercolor paper.

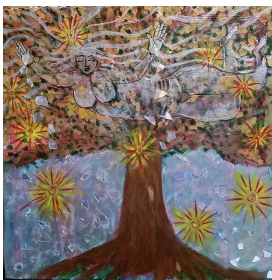


**Saturday, March 12, 1:30 - 4:30 p.m.**

**Story Cards: The Life I Long to Lead**

A Red Thread Session including Words and Image

\$60 (or by donation) for 3 hours of Intentional Creativity based on creating a personalized deck of Mirroring Cards.



**Saturday, March 29, 1:30 - 4:30 p.m.**

**Creating with the Tree of Life**

A Red Thread Session including Words and Image

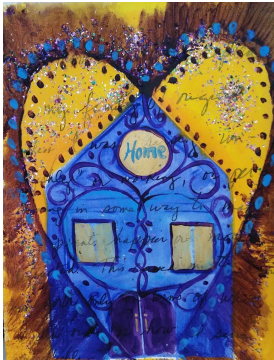
\$60 (or by donation) for 3 hours of Intentional Creativity based on Tree of Life teachings on the Four Worlds of Creation, a way of understanding and planning a project from conception to completion. Create your personal diagram/painting on watercolor paper.



**Saturday, April 9, 1:30 - 4:30 p.m**

**How Did It Get So Confusing? Navigating a Faith Crisis**

An afternoon of inquiry and exploration for those whose relationship with their faith is causing pain or confusion. I have a strong theological background and my own experiences of crisis and inquiry to help guide others to their own deepest questions and next steps. We will explore adult doubts, pain, anger, and sorrow with a view towards (eventually) finding a faith of our own to live into. We will write or art in response to prompts with opportunities for brief sharing, if desired.



**Saturday, April 23, 1:30 - 4:30 p.m.**

**Home of the Heart**

A Red Thread Session including Words and Image  
\$60 (or by donation) for 3 hours of Intentional Creativity based on writing prompts and arting around the idea of home, belonging, and where we find rest, nourishment, and nurturing. Where is your ideal home? Are you living here now? What can you do to feel more at home right now, in this life, in these circumstances, in this community, with these persons?



**Saturday, May 21, 11 a.m. - 5 p.m.**

**13 Step Painting Process: GATHERING THE SHARDS, Restoring the Light into the Shattered Spaces**

\$100 (or by donation) for 6 hours of Intentional Creativity:  
Pondering, Writing, Painting

Create a painting on canvas based on the story of the Divine Light being shattered into shards that permeate our world, with our task to gather these shards to make the Holy visible. Where has your life been broken into pieces? Illness, loss, despair --- how can we gather whatever light there is, and remake a Holy wholeness? A day of pondering, writing, and painting.



**Thursdays, May 4, 12, 19, and 26, 7 - 9:30 p.m.**

**Walking in the Dark: Finding, Questioning, Claiming, Following Our Intuition, based on the Vasalisa Story**

A 4 session Study Group including Words and Image  
\$100 (or by donation) for 10 hours of Intentional Creativity  
We will explore Vasalisa and Baba Yaga as told by Dr. Clarissa Pinkola Estes in her book *Women Who Run with the Wolves*, creating a painting on watercolor paper out of our discussions.

## About Cat Charissage:



How do you *really* live a deeply meaningful life, living gracefully within the paradoxes and challenges life hands you? Where are the depths of soul? And how do you get to those depths? What is a soul, anyway? How do you let what's within you be expressed in ways that are helpful and contribute to positive change? Do you ever fully heal from the traumas you survived? How can life be more colorful and creative?

These are the questions I live out of, every day. I'm a contemplative educator, counsellor, and artist, and I help women and men navigate the Depth Dimensions of their lives through image, word, silence, and dream. I believe that the most important work each of us can do is to live out our gifted self fully, creatively, and freely, in an overculture which too often wounds our bodies and souls and colonizes our minds with distractions, commercialization, and other people's agendas.

I'm a master of the labyrinth, the way of experiencing life's twists and turns as pilgrimage --- through having lived it. I believe that there's always the unexpected --- I first became a mother at 40, and an artist at 56. I work in the ways of women's wisdom --- and gotten skilled at unravelling the knots of internalized oppression. I live expansively and joyfully --- and also with serious chronic pain.

I invite you to join me in Intentional Creativity afternoon sessions, in Story Circles, Study Groups, and Painting Workshops, and in customized individual sessions in person or through Skype where you explore and express your own lived wisdom and beauty in watercolor, acrylic, and journaling. Each season I respond to the needs of my beloveds with new offerings based on the themes I discern as immediately relevant.

Professionally, I'm a student of the wisdom traditions of the world, with a Masters in Education, 4 years' graduate study and a B.A. in Theology, plus more than 30 years' experience in service and education, including as counsellor and Executive Director of a sexual assault center. I am trained in post-trauma counselling and am a certified Color of Woman teacher and an Intentional Creativity Coach. I have taught in university, in high school, in professional development, and in my own workshops and classes. I also home educated my son to the college level. I live creatively with the limitations of chronic illness and engage actively in ongoing learning and reflection, most recently with Dr. Clarissa Pinkola Estes (author of the groundbreaking bestselling *Women Who Run with the Wolves: Myths and Stories of the Wild Woman Archetype*) in seven of her summer training intensives over the past five years. To see some of my art and writing visit my blog at <http://www.catcharissage.com>.

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