

# Finding the *heart* of Your Life

## A SELF-EXPLORATORY COLLAGE WORKSHOP



THE ART OF HAPPINESS

Are you ready for new directions in your life, but you're not sure what you want to create, attract, or envision? Or maybe there's a dream or goal you'd like to more-deeply explore before moving towards it?

We all know that to create a personally meaningful life we've got to be connected to our Heart — the energy within us that feels deep and authentic. That's where 'home' is for what we want life to look and feel like. That's where the 'still, small voice' is that can speak through the mental noise, and bring clarity to our feelings and intentions.

We all have times when we're out-of-touch with our Self, when we no longer feel connected with who we are or what we want. In today's world, that disconnect often happens when our time for simply Being gets overwhelmed by Doing and Having. We start numbing our feelings from the stress of an overly-full schedule and to-do list (or boringly predictable days), and before you know it life's become head-centered instead of heart-centered.

A clear connection to our feelings and inner guidance is so important, because if we don't know how we feel, we won't know what we want. We can't *deliberately* create a deep, authentic, heartfelt life without the guidance and vision of our Hearts. We won't even be able to imagine it... or believe it's possible.

In Finding the Heart of Your Life, you will reclaim and strengthen your Heart connection by using images and words to explore and affirm what you want for your life. This visual exploration calls upon the powers of your Right Brain (the big-picture, intuitive part of you) to help you receive guidance that your analytical, Left-Brain self can't access.

Here's the process... You'll go on a symbolic 'journey' of perusing old magazines to select images and words that a deeper part of you says "Yes!" to. In doing this you'll align with your feelings, your values, and the things in your life that you want to affirm, attract, celebrate... you'll reconnect with what is deeply meaningful and important to you.

This image-selection process is simple, but your discoveries can be powerful! However your greatest insights will show up when I help you craft your own 16" x 20" collage from some of those chosen images and words. You'll create a collage using the powerful images and symbols of what you want your life to look and feel like — a collage that will remind you in the days and months ahead, "These are the qualities I want my life to contain!"

This collage-creation process could also be called visual journaling, because you're using images instead of writing to explore and express your thoughts and feelings. Some collage workshop participants attend repeatedly to explore and gain new insights about their relationships, work, health, spiritual journey — anything their heart desires.

I want to emphasize that **NO** previous art experience or skill is required — this workshop is about self-discovery, not 'artistry.' Even so, I'll be offering you demonstrations and lots of personal help throughout the day — and there will be an abundance of art supplies and decorative papers for your Inner Artist to be expressive with!

Come explore the Heart of your desires! Come discover more about who you deeply, authentically are. Come energize yourself to attract more and more of the best life you can imagine!

Attend this workshop, and be enlivened in the **BEST ART** of all... your own life!

*Ken Johnston*

**DATES/TIME:** Please e-mail or call for more information about the 2009 schedule  
**TUITION:** \$ 75 (Includes all your collage supplies AND lunch) (Credit cards accepted)

**LOCATION:** Dallas, TX

**REGISTRATION or INFO:** 972-271-1313, or e-mail [ken@kenjohnston.com](mailto:ken@kenjohnston.com)

**LEARN WHEN WORKSHOPS ARE SCHEDULED—JOIN MY E-MAIL LIST • WRITE TO [KEN@KENJOHNSTON.COM](mailto:KEN@KENJOHNSTON.COM)**

Don't worry about  
that funny feeling.  
It's only your  
soul waking up.

*You'll find workshop collage examples and more at [www.KenJohnston.com](http://www.KenJohnston.com)*

