



## Skip the drama, tune into the Mama

When I'm stressed out I give up my troubles to the great Mother earth. We have iron in our blood, calcium in our bones, and minerals in our bodies like the earth. The ancient civilizations honored the earth as a great mother, meeting all our needs, feeding us and keeping us well with her plants and herbs. This ancient connection is touched when we paint & honor her.

- let go of your troubles
- allow the earth to absorb what no longer serves
- honor feeling rooted and cared for
- allow mother earth to restore you
- draw and paint using symbols
- what seeds are you planting?

All materials included:

Watercolor paper  
inks, brushes, watercolor  
acrylic paint, glazing



Using Intentional Creativity® participants will paint a symbol of a mother earth using acrylic paint. Plant material will be crushed into our rinsing water and used as a blessing. A grounding guided meditation will help you be rooted to her and appreciate all she does for us while we paint and embellish the paper.

2.5 hours

\$75 ea.

\$60 ea. two or more participants

"The meditation really relaxed me.  
I was able to find my center and  
enjoyed this so much"  
-Audrey

