



TEN DAY CREATIVE PROCESS

Experience a unique ten-day process group for women sharing together on a creative and spiritual journey within a safe, supportive & confidential setting. The ten days are spread over an eight-month period

The journey towards wholeness requires a consciousness of both the feminine and masculine energies of self. We will draw on our own inner relationship between the feminine and the masculine and explore how these two opposites steer us in the outer world and in our relationship to self and other.

One symbol, perhaps above all others, holds a crucial significance for people in search of wholeness: that symbol is the 'well'. From the earth's surface it leads down into darkness, to the treasure of pure feminine consciousness. Marion Woodman Jungian analyst and author teaches, "We are each blessed with our own well, and from this source of salvation and eternal life, we must "drink or die."

We will work with dreams, myths, symbols and metaphors; and use our bodies, voice and art making to reach into our own deep eternal wells and welcome the dance of the feminine and masculine energies that lie within.

This ten-day course will embrace themes by Marion Woodman, a Jungian analyst, Clarissa Pinkola Estes, Judith Duerk, Elizabeth Kugler-Ross & Gita Morena all who are renowned authors who have each sat at their own wells.

Discover how to weave your own journey through a creative process drawing from your own history, past, present and future.

I facilitate this course from my own rich tapestry of learning, creativity, spirituality and personal adventure into the depth of the feminine and masculine energies, which embraces a beautiful dance through life.

This is a group process of no more than eight women and it is facilitated in the safe and confidential environment of my studio in Carrickfergus.

For more information on bespoke training programs contact Jean Gascoigne

