

Introduction

Love your life! Feel great! Be happy! We deserve to live the best life possible!

This book is not about fixing or changing who you are, but how to increase your awareness of yourself, your surroundings and how to make wise choices that best enrich your life so you can live your best life and enjoy your life more.

It is a safe beginning for individuals starting their journey to fuller self-awareness and creativity. It is also support and stimulation for creative individuals already living their dream

What I know comes from my own life experience and the experiences of my students, as we have learned through the arts and integrating body/brain learning. It is these insights that I would like to share in my workshops and my book. Combining the arts with awareness techniques and living skills can produce powerful, life-changing results.

I believe that as we grow up most of us have developed blocks to our awareness, sensitivity, perception, intelligence and capacity for happiness. These blocks can cloud, confuse, mask and/or inhibit hearing our wise intuitive inner voice, making it difficult to choose what's best for us and those around us

We don't need to understand, label, analyze or share these blocks to transform them into learning tools to assist us in our daily living. Studies show that when feelings or emotions are expressed they become unblocked. They transform and evolve.

The arts offer us a safe, non-verbal, non-threatening form of self-expression, allowing us to translate and transform feelings and wounds without judgment. We feel relaxed, open, energized and receptive to learning. And we often find hidden strengths and resources.

As a child I knew anything was possible, and in the knowing it was true. As I grew older I starting doubting the miracles of life, the awesome energy and power in our universe. I began to ration my wishes, hopes and dreams. As I grew to understand what was happening and what I was and wasn't doing, I gradually came back to the knowing of my childhood, to knowing that the source of creation was within me, that we are all possibilities, that we are creative already.

With clarity of mind, body, and spirit, we can access all possibilities. I experience, see and live this every moment, and I want to share it in a simple, fun way that I believe is true to our human nature.

The challenge is to communicate this abstract, non-linear thinking, to put into words and action the non-verbal concepts. In the "doing" of creative non-verbal actions we pull away barriers and blocks that hold us back from our true potential, our true happiness.

In this book I refer to many forms of non-verbal communication, including music, dance and, most frequently, drawing. Drawing helps us to develop perception skills, which in turn serve as a foundation for visual communication. Learning to draw is to visual communication what learning to write is to verbal communication. Drawing is accessible, economical and instinctive. It opens our eyes. After drawing we cannot help but see our world differently.

This book is a guide to “doing”, finding, accessing and communicating what we already know deep inside us. The doing brings to surface the awareness, thoughts, wants, desires, ability, and power that got buried along the way. In the doing we access our own truth and that will help find us our own way to live well and absolutely happy.