



ARTISAN-SPONSORED WORKSHOPS

DIVINE INNER WISDOM

Developing Intuition Through
Visual Journaling

with Juliana Coles

1-Day Workshop Fee: \$125 + tax

Maximum 12 students. NO REFUNDS after May 10th.

Saturday, May 13th, 10am-5pm

At the Santa Fe Store

We've traveled to distant places in our Visual Journals and heard the longings murmur in our hearts, but now there seems to be a block, an impasse. Where do we go next? What do we do? It's time to consult the Oracle. In this workshop we will investigate our inner wisdom and healers through various exciting and fun tools such as personality and soul cards, Animal Medicine Cards, Astrology, Mandalas and altar making in our books for self-dialogue. Images in our Visual Journals are like the metaphoric language of dreams and we need symbols and archetypal images to relate to them and find meaning.

Life begins with this inner journey. Pay attention to the sage advice of the soul: your creative voice will be loudest and most clear here. Discover the healing and transformational process created by mixed media artist Juliana Coles that combines Journal Writing with art-making in a book for self-expression.



Materials List on Next Page

Workshop Parking
Please park on Maclovía,
Artisan's side street.
Thank you.



Juliana Coles received her BFA from the Academy of Art University San Francisco. A pioneer of the Art Journaling movement, Coles developed "Extreme Visual Journaling," an active meditation technique and spiritual practice that accesses archetypal signs and symbols from the unconscious for inner dialogue, transformation and healing. What began as a personal creative inquiry into developing new pathways in the brain after epileptic seizures, this process, taught by Coles internationally, is now used by art therapists, teachers, artists and professionals around the world. Her Visual Journals have been featured in over 30 books. Coles recently returned from an Artist Residency in Morocco. This incredible opportunity has inspired new works and new teaching techniques. Discover for yourself the creative power of Visual Journaling! Contact the artist/author/instructor for lecturing/teaching inquiries at meandpete@msn.com. Visit Juliana's website: www.MeAndPete.com

Register today at the front counter
or by calling **505-954-4179**



MATERIALS LIST

Bring In This
Materials List
for

10%
DISCOUNT

Juliana Coles

Divine Inner Wisdom: Developing Intuition Thru Visual Journaling

Saturday, May 13, 2017
10am - 5:00pm | Santa Fe Store
\$125 + tax

Maximum 12 students. NO REFUNDS after May 10th.

MATERIALS LIST

Materials students should bring with them to the workshop.

#1: Your Visual journal: A blank book, handmade book, book to alter, Old ledger book, antique photo album, used scrapbook, etc. any size, any thickness or a book, sketchbook, or Visual Journal you are currently working on. (see <https://extremejournalingtutorials.shutterfly.com/> for choosing a book)

Mixed Media:

- writing pen
- your favorite glue - I love big gluesticks
- scissors
- some brushes for your paints
- rubber stamp letters - I have a big set and a small set.
- stamp pads (I highly recommend Staz On stamp pads because we work so quickly)
- acrylic paint- any brand, any color in at least two colors, at least one light & one dark.
- at least two brush markers in different colors.
- a permanent black marker such as sharpie
- a graphite pencil- regular old number two is fine
- pencil, or a 6B, or a graphite stick (not charcoal)
- white gel pen, white paint marker, white pen and ink, or anything else that can write on dark surfaces.
- optional: china markers, stencils, rub on transfers, rubber stamps, glitter glue

Collage Items:

- random collage items (copies of things that are precious)
- one magazine to cut up and use as a gluing surface
- You might like Oracular and Divine imagery such as tarot and astrology images/symbols, sacred text, alchemy signs.)

**Most items available at Artisan
505-954-4179**