

## **Visual Journaling with Debra Shaffer**

3 sessions, each 1 hr, Mon-Wed from 8:30 am-9:30 am

Sometimes we just need permission to play, to become aware, and to follow our own stream of consciousness, rather than to orchestrate a potential end result! In this way, creative ideas may emerge and develop naturally. This approach can lead to surprises and “aha” moments.

Each session can stand alone, but each session builds on the previous day.

Sessions will begin with a brief (10 min) centering together as a group with breathing and a grounding exercise to settle in along with an explanation of what the session is about and a possible theme to use for that session.

Visual Journaling is a way to visually record one’s daily life thoughts, stream of consciousness, free flow of ideas, and can include focusing on a theme or contemplation. Visual art techniques used are simple with minimal supplies needed so there can be more “flow”. This flow can occur to include color, mark making, shapes, texture/pattern, collage, cut out windows, and simple image transfer.

A Visual Journal is a place and a means to follow what is coming up in your life, and or to follow a theme that you find intriguing and want to explore more. It may lead to future artwork outside of the journal, but the difference is in the intention.

Day 1, Session1: Theme Experimental - Color, Shape, Texture (how to incorporate in a new variety of ways).

Day 2, Session 2: Theme is Connecting or Connections - Add Collage (how to incorporate in new possible ways including connecting pages/thoughts together).

Day 3, Session 3: Theme is Emerging - Cut-outs, windows, and simple image transfer.

### **Bio**

Although Debra currently resides in Michigan, her childhood involved travel to Morocco and various states in the US. She sometimes wonders if the colors she uses, and the visions she is drawn to create, are based on those early experiences of different cultures and variety of landscapes. Through her art, which includes painting, fiber art, and collage, she often expresses the wish or intention “to shine a little light”. Speaking of light, she constructs one-of-a-kind lamp sculptures out of vines, roots, reed and paper.