

STILL POINT

A PUBLICATION OF TAU CENTER

A spirituality ministry of the Wheaton Franciscans



EXPRESSIVE ARTS

TABLE OF CONTENTS

1. LET'S S ART	4
2. ART HEALS THE BODY, MIND, & HEART	6
3. EXPRESSIVE ARTS: ART OF CONSCIOUSNESS	10
4. WHAT IS EXPRESSIVE ARTS THERAPY?	14
5. DANCE AS ART	19
6. MUSIC AS ART	20
7. WRITING AS ART	22
8. ART OF NATURE	24
9. JUST EXPRESS YOURSELF	26
10. ABOUT TAU CENTER	28
11. GARDEN MAP	31

Image Credits/Art Sources by:
Baharhun, Beastfromeast, Mammuth, Marje,
Philsajonesen, Stereohype, @iStock
Agsandrew, Benjavis Ruangvaree Art, Ekaterina Koniukhova,
Pluie_r, Skolkokrasok, @ Shutterstock

EDITOR: SHARON DEVO
DESIGN & LAYOUT BY CHRISTINE CIANCIOSI
ALL RIGHT RESERVED TAU CENTER

MAKING SPACE FOR EXPRESSIVE ARTS

Expressive arts could be considered a kind of play for adults. It provides ways for you to leave your logical mind and experiment spontaneously into ever-new realms of imagination. Creating spaces and times to create every day can loosen you from the world-weariness of adult concerns and invite the long-forgotten innocence from your childhood to reemerge.

The aim of an expressive arts practice is to explore two or more artistic disciplines within a single session. Regularly changing up your creative practices can keep you imaginatively nimble. Expand your range of play by creating a drawing and then writing a poem about it, or dancing to a song you are singing can deepen your connection to your imaginal world.

To "decenter" out of regular linear consciousness and "expand your range of play," you can open the door to your imagination through the combination of two or more expressive arts disciplines. You might consider combining some of the following: painting, drawing, writing in your journal, creating a poem, collage, singing, playing an instrument, acting out a play, dancing, or whatever else feels right at the moment.

Entering into a regular expressive arts practice, you can temporarily leave the troubled logic of your practical life behind, and enter into the "intuitive logic" of your imagination." Helpful symbolism for forward-growth arrives through right-brained creative play, imagination and intuitive exploration. Right brain imagination has its own intuitive logic that differs from linear left-brain thinking. Entering into your imagination through structured expressive practices, you can temporarily move away from problem bound states to resource surprisingly new solutions.

Excerpt from - [Multimodal Expressive Arts Practices by Shelly Klammer](#)

LET'S ART -

WHAT ART CAN DO FOR US

In our pragmatic culture we usually see art as optional. We drill this into kids from an early age. We tell them to be practical and belittle their dreams because we can't imagine how they'll make any money pursuing them.

But the truth is, art is indispensable. Art gives us meaning. There are things that cannot be understood with pure reason—like love and beauty, to name two. Art helps us understand our world.

It does that because it helps us transcend our world. Art has the power to point us to the divine, to the ultimate Artist. It doesn't answer all the questions, but it can shine a light on questions we didn't even know we had.

And art requires something of us. At the most basic level it can stir us to gratitude. But it can also awaken the creative imperative in us. As people, made in the image of our Creator, we have to do more than merely produce. We have to create, to express, to give life to the ideas inside us.

The cool thing is that creativity works like a muscle; the more we use it, the stronger it gets. And here's the good news: We don't have to attend exclusive concerts and travel abroad to get more art in your life. Some of the most rewarding artistic moments can be around a friend's dinner table.

5 WAYS TO GET MORE ART INTO YOUR LIFE

Here are five super simple ways to get more art into our lives.

Cultivate a taste for beauty. As with so much in life, making room for art starts with intention. Take time to notice beauty. When we hear or see something stirring, we should comment on it to deepen the impression. Talk about it with someone close to you. Share it if possible. However you approach it, make it a priority.

Set art-related goals. How many of last year's Academy Award-winning movies have you seen? How many of the great novels like *The Brothers Karamazov* or *Moby Dick* have you read? Make some lists of artistic works you want to experience and then get a plan to do so. Planning is the first step to doing.

Revisit your childhood hobbies or interests. What if you can't think of any types of art you want to pursue? Go back to those things that got you excited as a teenager—possibly the same time that part of you got shut down. Did you draw, write, paint, or play an instrument? Even if you don't go that direction now, it may open up doors for other kinds of art that work for you today.

Cook, garden, and build stuff. There is so much joy that comes from artfully preparing and sharing food, or successfully working a garden. Which leads to our final point...

Make some of your own. One reason Apple has thrived is that they have tapped the power of art. Their product design is engaging and compelling, definitely. But another major way they've tapped that power is by enabling their customers to be creatives. From movies to music to graphic design, Apple has led the way in helping people express their art. And if you want to really find joy, make space in your life to create things of beauty. Don't merely consume—contribute, create, fashion, and share.

There are other ways to get more art in your life, but the important thing to do is find some ways that work for you and then get going. Thus, if we try to run our lives on the metrics, we'll end up bored and empty. Art can elevate and enable us to live lives deep in meaning, rich in joy, and full of creativity.

Excerpt from - [Why You Need More Art in Your Life by Michael Hyatt](#)

ART HEALS THE MIND, BODY, AND HEART

There's so much to love about art. "Art is life, and life is art," some say. It encompasses everything from drawing to painting, dancing to writing, music to theater – and more. It caters to our sense of pleasure and being alive. Another perk of art? Engaging in it actually helps heal our hearts and keeps our brains healthy.

Do you remember when you were a kid, and there were no worries about what time it was? You simply played and created games and lost track of time until the sun came down. Much of that is fueled by our inherent creativity. Unfortunately, with money worries, deadlines, schedules and well...life, adults have a harder time switching into a creative mode. That's why exploring art, such as painting, dancing or music, can have immeasurable benefits on our mental health and can actually heal our hearts.



Here are top ways to incorporate art into your life.

It improves memory

A study published in the Journal of Frontiers in Human Neuroscience shows that people who learned to play a musical instrument as children appear to experience less decline in brain function as they age. What's more, Alzheimer's patients often are asked to draw and paint to help recall their memory. As patients sharpen their minds through imagination and thinking, they may experience less complicated conditions of their illnesses.

It relieves stress

We know that exercising and meditation can greatly reduce stress. But what about actually creating something? Creating art provides a distraction, giving your brain a break from your usual thoughts. The average person has 60,000 thoughts per day, and 95 percent of them are the exact same thoughts day to day! When you're totally immersed in a creative art, you may find yourself in "the zone" or in "flow." When this happens, all of those thoughts melt away. You're literally giving your poor brain a break, similar to meditation.

It creates more empathy and feelings of love

Do you ever get lost in a painting? Or feel like you're transported to another time and place at a great live music show? That's because art triggers a surge of dopamine into the same area of the brain that registers romantic love—the pleasure center in the brain. In addition, a study of more than 10,000 students finds that a trip to an art museum changed the way they thought and felt. The field trip increased the students' critical thinking skills and their empathy and tolerance toward people. Art allows your heart to soften.

Art helps heal

Whether physical or mentally, art heals. For those experiencing grief or chronic illness, thoughts and emotions can be hard to put into words, unless you're a seasoned writer. So, opening up to different forms of expression, such as music, painting or dancing, gives you the space to express what you're feeling. It's also a way to connect with yourself on a deeper level, to uncover old wounds and ultimately heal them.

From a physical standpoint, art is especially healing for mental disorders. A Berkley study shows that when art inspires a feeling of awe, it creates a lower level of particular chemicals in the brain – known as cytokines – which correlates with lower levels of depression. Cytokines are also necessary to heal trauma and physical conditions, such as disease and infection.

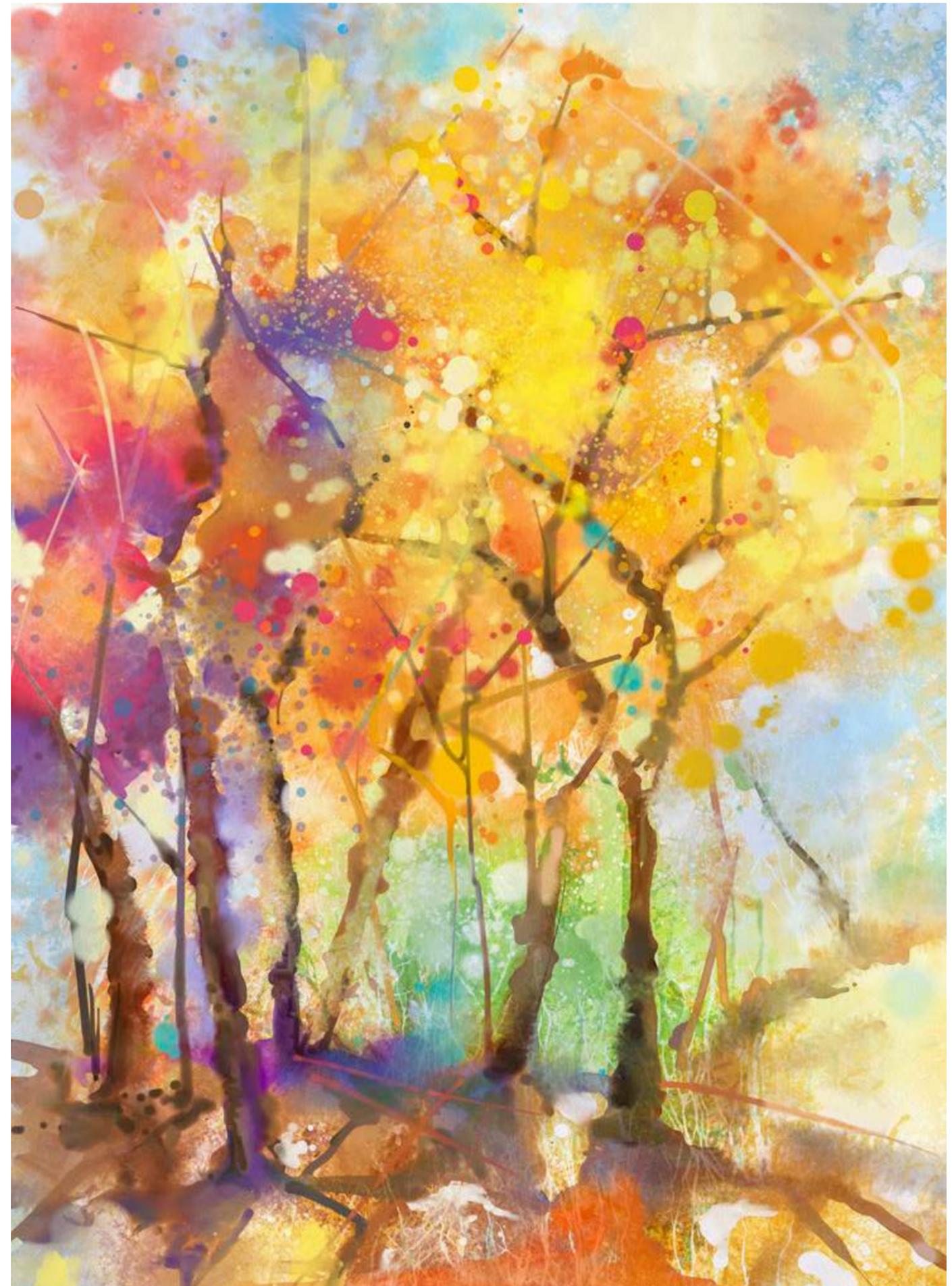
In fact, there's an entire field of art therapy, as explained in *Art Therapy Exercises: Inspirational and Practical Exercises to Stimulate the Imagination*, by Liesl Silverstone. The book includes individual and group activities, and Silverstone has written it for a broad audience. In *Art Therapy Techniques and Applications*, by Susan I. Buchalter, you'll find warm-up, movement and mindfulness suggestions to support the art therapy experience.

Are you ready to start those pottery classes, art lessons, or learn to dance? Your heart, brain and entire being will forever thank you.

*Excerpt from -
[Art Heals the Mind,
Body, and Heart by Rewire Me](#)*

**“If you want to find more creativity,
satisfaction and happiness,
the single best solution I know is
adding more art to your life.”**

— Michael Hyatt



EXPRESSIVE ARTS: ART OF CONSCIOUSNESS

Did you know that art and music have a lot in common with yoga and meditation? Art has a similar power to elevate the consciousness, the awareness. Creating art, or sometimes just looking at art, can promote positive emotions like gratitude, happiness and joy. In this blog we'll find out how — as we dive into the art of consciousness.

Art, like meditation, stimulates the pleasure centers in the front part of the brain, the brain's center for happiness and higher learning. For many artists, creating art is a form of dharana, or concentration, the all important sixth limb of yoga. Dharana is prerequisite for dhyana (meditation) and samadhi (absorption into bliss).

The act of creating art is so therapeutic that it became the catalyst behind an entire art therapy movement: Expressive Arts Therapy.

Expressive Arts Therapy

Expressive Arts Therapy (E.A.T.) is a form of art therapy that uses all of the artistic modalities — dance, drama, music, poetry and the visual arts — to enhance our overall well-being. The recent Guru Purnima celebration at Art of Living provided a treasure trove of the expressive arts: classical Indian dance, inspirational films, poetry, devotional singing and devotional music with harp, sitar, flute and tabla.

E.A.T. is a two part process: the creation of art and the discovery of its meaning. The arts are used to let go, express, and to release.

In the early 1940's Expressive Arts Therapy became formally recognized and has since provided meaningful therapeutic experiences for people of all ages in a variety of treatment settings from hospitals to community centers. There is no right or wrong way in the arts which encourages the clients to be free with self-expression.

Expressive Arts Therapy is not about interpreting color or images. It is not necessarily used for diagnosis, although it can help assess an individual's needs or progress. Its focus is not on a "beautiful" outcome.

What's important is the process of making art and exploring what the piece means to its creator.

Within the Expressive Art Movement is the idea that creativity itself is a path to the divine. Creating art can lead us to happiness and better emotional health.

Feelings: An Energy Source

Natalie Rogers, an Expressive Art Therapist, says "our feelings and emotions are an energy source. That energy can be channeled into the expressive arts to be released and transformed. The creative connection is a process



that brings us to our inner core or essence which is our life energy (Creation Spirituality, 1993).” In terms of the chakras, artistic expression pulls the energy up from the mundane to the sublime, from the lower chakras to the upper chakras. The fifth chakra, at the throat, is the home of creativity, art, communication and higher learning. It is the abode of music and mantra.

People have been using music as as tool for healing for centuries. The Greek physician Aesculapius played the harp for his patients to calm their minds. It was believed that healing the soul through music also healed the mind and the body. Listening to music bypasses the thinking mind and goes right to the part of the brain where the emotions reside.

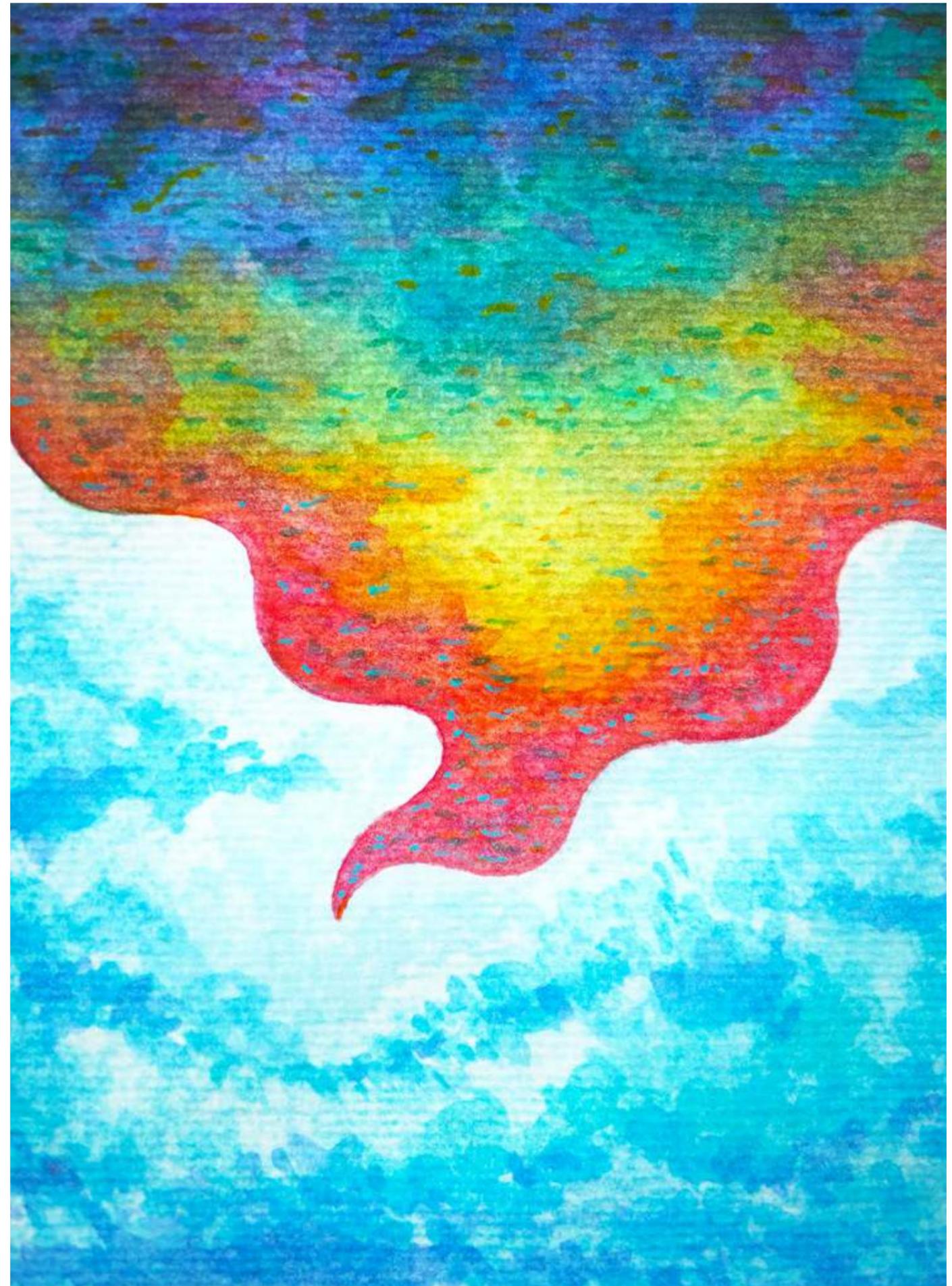
Creating art is perhaps the most fun way to cultivate present moment awareness. Art can heal us. It can fill us with inspiration and love. Those of us who lived like artists as children have the ability to bring back this powerful form of expression and self-healing. You don’t have to be an expert to enjoy putting paint on a canvas or creating a pottery bowl. Let your pleasure centers light up like those of a child.

Today we are surrounded by billboards and bombarded with ads which utilize art to persuade us to buy things – things we often don’t need. Imagine how we might create a more uplifting and colorful world by surrounding ourselves with beautiful and meaningful art – the art of consciousness, the art of higher awareness.

*Excerpt from - [Expressive Arts: The Art of Consciousness](#)
by [Art of Living.org](#)*

**“Straight-away the ideas flow in upon me,
directly from God, and not only do I see
distinct themes in my mind’s eye,
but they are clothed in the right forms,
harmonies, and orchestration.”**

— Johannes Brahms



WHAT IS EXPRESSIVE ARTS THERAPY?

Expressive arts therapy is an integrative, multimodal approach that utilizes a variety of methods including writing, music, visual arts, drama, and dance to help people achieve personal growth. In this type of treatment, people work with a trained therapist who helps them explore and understand their reactions to their experience with different forms of expressive art.

Expressive arts has been defined as a process of self-discovery that relies on artistic self-expression as a way to achieve emotional release.

This type of therapy is characterized by a focus on the creative process itself, utilizing a wide range of materials, and exploring a number of different techniques as part of a therapeutic intervention. People who are experiencing mental health problems may have a



difficult time interpreting or describing how they are feeling. The use of expressive arts can help people learn more about themselves and share what they are feeling in a therapeutic context.

Types of Expressive Arts Therapy

As a multimodal therapy, expressive arts therapy draws on a few different types of single-modal approaches. Four of the main types of creative arts that are often used in expressive arts therapy include:

Art therapy:

This approach involves utilizing the visual arts—such as drawing, painting, and sculpting—to work through emotions, thoughts, or experiences.

Dance therapy:

This type of therapy involves utilizing physical movement and dance to help people cope with mental health symptoms such as anxiety, stress, and depression.

Music therapy:

This approach utilizes listening to or creating music to help improve mood and ease anxiety.

Writing therapy:

This approach involves exploring thoughts and emotions through writing. For example, people may write in a journal about their life or create expressive works such as poems or fictional stories.

It is important to note that the types of expressive arts used here are examples of single therapeutic modalities when used on their own. Expressive arts therapy is different because it integrates many of these techniques and incorporates a variety of tools instead of being limited to a single approach.



In addition, the healing actions of the artistic experiences themselves set the expressive arts therapy apart from more traditional, uni-modal approaches.

By drawing on different modalities and integrating them in ways that are beneficial to each individual's needs, this approach to treatment can create unique experiences that allow people to better understand their emotions, thoughts, memories, and experiences.

Benefits of Expressive Arts Therapy

The use of the expressive arts can augment the benefits of talk therapy by allowing people to use the strategies that work best for them. For some people, talking about their experiences may be their preferred form of self-exploration. Other people, however, may benefit more from activities such as drawing a picture or writing in a journal.

According to the International Expressive Arts Therapy Association (IEATA), this involves integrating arts processes with psychology and community education to help people improve creativity, gain clarity, and achieve deep healing.

While the use of some types of expressive art may be limited for various reasons including physical disability, many art activities are suitable for a wide variety of individuals and in different settings.

One review found that expressive arts therapy has been used in a wide range of contexts including community centers, with the homeless, with cancer patients, with patients in dementia care, and with patients in hospice care.

The use of the expressive arts for therapeutic purposes offers benefits, such as developing strengths and skills, personal growth, symptom reduction, improved communication, and making meaning of personal experiences.

If you are thinking about trying art therapy, there are some important things you should consider. You don't have to have training or experience in any of these activities. You also don't have to be good at the art form you are focusing on during your sessions. The goal of this process is not what you are creating; it is the process of creating it that matters most.

Excerpt from - [What Is Expressive Arts Therapy?](#) by Kendra Cherry



DANCE AS ART

Art is an ever-changing mixture of the intellectual and the emotional, the physical and the spiritual, which makes a virtue of subjectivity. It offers a unique means by which we can explore ourselves and our position in the world and is a way to exchange with other people about what we see and feel and think and sense. Art is a way of opening dialogue within and between individuals and communities.

Dance is a fully-fledged art form, belonging to the 'performing arts', a goal in itself and a means of allowing a human being to express his inner feelings, thoughts and experiences.

Dance is a natural form of self-expression: the body expresses itself naturally and so therefore does the spirit. We are all free willed beings, no matter what our personal situation may

be. Through dance, our body expresses how free we actually are, while also highlighting the restrictions our minds impose on it. Dance is the art form in which human movement becomes the medium for sensing, understanding, and communicating ideas, feelings, and experiences.

Dance has its own content, vocabulary, skills, and techniques, which must be understood and applied to be proficient in the art. The elements of dance are the fundamental concepts and vocabulary for developing movement skills as well as understanding dance as an art form. As a result, it offers a vehicle for holistic healing and teaching that cultivates the human characteristics needed for society.

*Excerpt from -
[Dance as a tool for creativity
with young people by Claudio Kogon](#)*

**“Dance is an art that imprints on the soul.
It is with you every moment,
it expresses itself in everything you do.”**

— Shirley MacLaine

MUSIC AS ART

Whether entertaining us on walks, filling the room with life at parties, or acting as background noise, music is an art form that we interact with on a daily basis. Music has the ability to intrigue and to transport audiences to different worlds and subject matters. Immersing yourself into rhythm and losing yourself in the beauty of a song are only a few of the infinite possibilities that music not only encompasses, but provides for audiences.

Music is a unique art form and it is a lyrical and auditory representation of story. Through patterned constructions of words, rhythm, and instrumental collaboration, music provides listeners with insight to personal experiences and even in-depth interpretations of the world around us. No one song is the same and musical talent is presented in a multitude of forms. Inclinations for music can be displayed in voice,

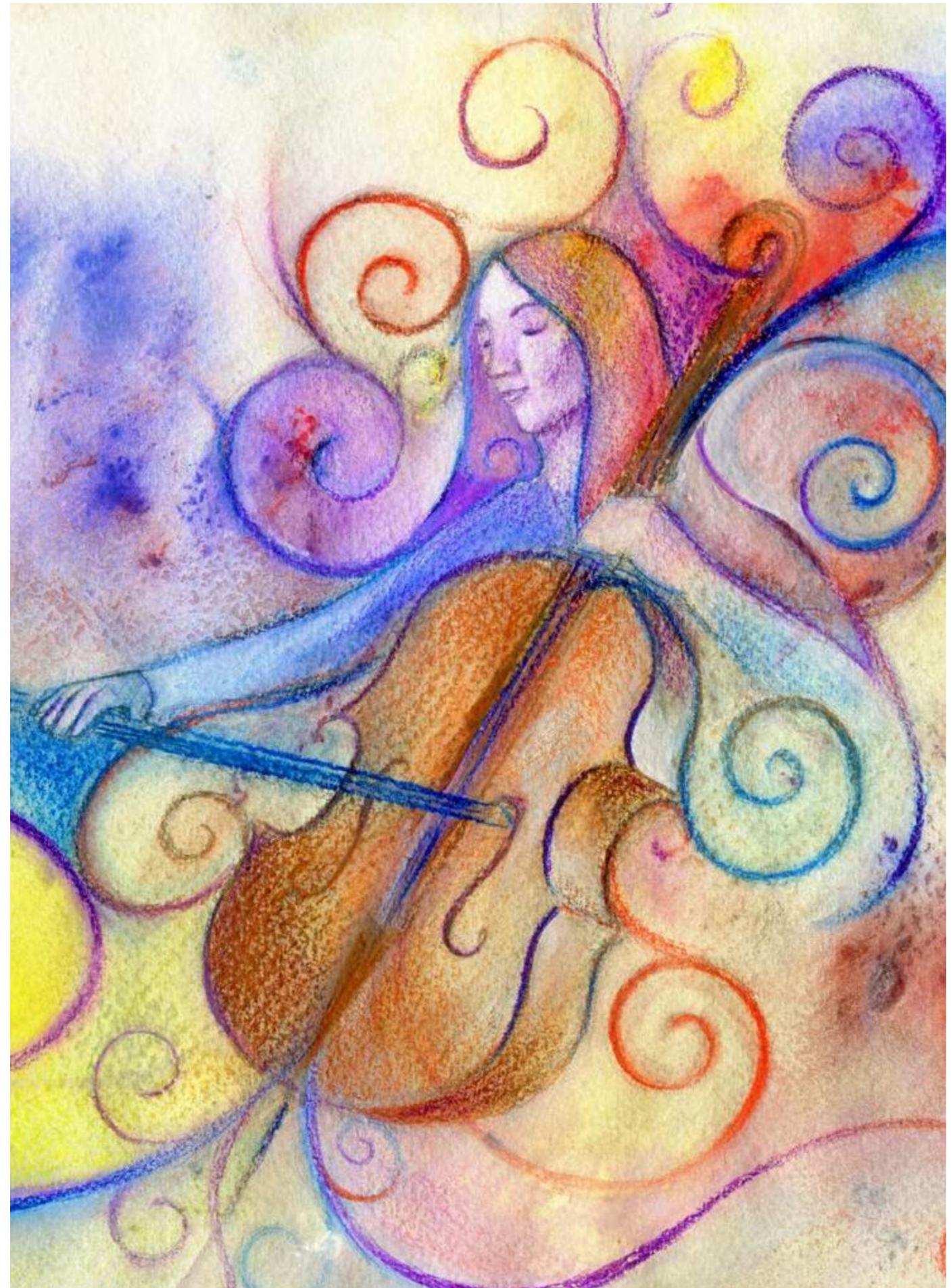
guitar, saxophone, written lyrics, composition and so much more. These elements of music are admirable both individually and jointly. They do not work in isolation, but rather they work collaboratively to create a holistic music experience that conveys a message implicitly and in creative ways. This ability to not only entertain audiences, but to tell a story and sculpt a message makes music one of the most powerful forms of art.

Among the many other art forms, music proves to be one of the most prominent because of its ability to take the shape of a multitude of different things. Whether a certain song or musician represents a memory, an emotion, a significant life event, or even just a certain mood, music as an art allocates us with the opportunity to feel and express in a more complex and valuable way.

*Excerpt from - [Music as Art](#)
by [Natalie Garino](#)*

“Music is a tool that brings people together.”

— *Jon Batiste*



WRITING AS ART

Who doesn't want to be considered at least somewhat artistic? It's not a great way to make money unless you're among the few that hit the big time, but having an artistic hobby is said to be good for oneself, and we all tend to think creative people are somewhat special. Drawing, painting, sculpting, and music are generally considered to rank highly among the arts, but what about writing? Is writing an art, too?



The Making of an Art

When we think of most types of writing, art isn't something that immediately comes to mind. An exception may be poetry, which is generally considered quite artistic. But can other forms of writing be an art?

According to the Merriam-Webster dictionary, art is the use of creativity, skill, and imagination to create something that's beautiful or emotionally expressive. If you dig a little deeper, you'll see that the same dictionary says that any skill can be termed an art. Thus you have the art of salesmanship, the art

of diplomacy, and even the art of making friends. Anything you're skillful at can be considered an art, particularly if you exercise a little imagination and creativity in the process.

Tips on how to be an artistic writer

- Create atmosphere with sensory language. What sights, smells, sensations and sounds would you like your reader to imagine?
- Introduce an element of the unexpected and choose words carefully. Create new words and idioms if inspiration strikes. Find new ways to say ordinary things and avoid lengthy descriptions.
- Your first few lines are important. Use them to grab attention.

- Make understanding what you're saying simple. Avoid jargon and foreign phrases unless they're essential in context.
- Write quickly. Edit and re-draft slowly and with care.
- Be yourself. The more original you are, the better.

Any kind of writing can be an art, but creative thinking is the key. Whether you plan to immerse yourself in writing poetry, believe there's a novel in you trying to get out, or are simply tackling an essay or a blog post, your creative thinking and skill can combine to turn it into a work of art.

Although creative fiction or poetry writing is generally considered artier than factual writing, we have all have read wonderfully entertaining and interesting non-fiction articles and books. What made them different? There was an element of creativity in the way the information was presented. They made you want to read on and find out more. Any kind of writing can be considered an art, but real creativity is what turns writing into something special. It's not what you have that matters, but what you do with it.

*Excerpt from -
[Is Writing an Art? by Word Counter](#)*

ART OF NATURE

LIVING YOUR WILD CREATIVITY *with Andy Goldsworthy*

"We often forget that WE ARE NATURE. Nature is not something separate from us. So when we say that we have lost our connection to nature, we've lost our connection to ourselves." — *Andy Goldsworthy*

"I enjoy the freedom of just using my hands and "found" tools--a sharp stone, the quill of a feather, thorns. I take the opportunities each day offers: if it is snowing, I work with snow, at leaf-fall it will be with leaves; a blown-over tree becomes a source of twigs and branches. I stop at a place or pick up a material because I feel that there is something to be discovered. Here is where I can learn." — *Andy Goldsworthy*

In Andy Goldsworthy's collaborations with nature, Andy works with whatever comes to hand: twigs, leaves, stones, snow and ice, reeds and thorns, creating site specific installations, exploring the very essences of these materials. In his process, he first must become attuned to his environment mentally, physically, and emotionally. He listens, he observes, and then when he seems to be drawn to the way the materials express themselves he creates.

Andy takes these very materials and reweaves them back into the environment in a deliberate manner then lets the effects of the natural conditions have their way with them. For example, near a stream, he sews together leaves with pine needles and allows the current to carry them as if it were a new inhabitant making its way in the flow. Another example he creates a structure from sandstone or shale at the sea edge then observes how the tide interacts with it, carries it away, melts it, or simply flows over it. In this manner, he is exploring change, transformation, mutability, permeability, the unknown and impermanence.

"Looking, touching, materials, place and form are all inseparable from the resulting work. It is difficult to say where one stops and another begins. The energy and space around a material are as important as the energy and space within. The weather--rain, sun, snow, hail, mist, calm--is that external space made visible. When I touch a rock, I am touching and working the space around it. It is not independent of its surroundings, and the way it sits tells how it came to be there." — *Andy Goldsworthy*

As an audience we feel the sense of birth, life and death with great anticipation and curiosity and a sense of triumph. Andy will photograph his process and this is mainly the only means he has to show that he actually created and collaborated with nature. There are exceptions such as rock walls he constructs but even they will not stay as he created them. So, the photographing of his installations tell the story.

Thus, through his photographs we can be stunned by the beauty of the landscape and the art's relation to it; we can see the dazzle as the full sun shines through it, or feel the soft glow of the different illuminations at different times of day, and how the elements have their magical effects without standing in the cold, rain, waking up a dawn, or climbing to precarious places. Here Andy Goldsworthy sums up his experience beautifully:

"Movement, change, light, growth and decay are the lifeblood of nature, the energies that I try to tap through my work. I need the shock of touch, the resistance of place, materials and weather, the earth as my source. Nature is in a state of change and that change is the key to understanding. I want my art to be sensitive and alert to changes in material, season and weather. Each work grows, stays, decays. Process and decay are implicit. Transience in my work reflects what I find in nature."

Excerpt from - [Living Your Wild Creativity by Andy Goldsworthy](#),

JUST EXPRESS YOURSELF

Mandalas are way to come to wholeness. Psychologist Carl Jung maintained the practice of drawing mandalas for an entire year to resolve inner conflicts and restore inner peace. Jung thought that drawing within a circle helped balance inner conflicts and dualities.

When the opposites in our psyches become polarized and conflicted, a painful symptom initiates our healing process back towards balance. Drawing within a mandala format can support you come to your peaceful center. The mandala process helps to unify the opposing forces of the psyche, and brings about inner harmony.

As Jung wrote, "When I began to draw the mandalas...I saw that everything, all the paths I had been following, all the steps I had taken, were leading back to a single point - namely the mid-point. It became increasingly clear to me that the mandala is the center. It is the exponent to all paths. It is the path to the center, to individuation."

Excerpt from - [Expressives Art Work Shops - Mandalas by Shelley Klammer](#)

SoulCollage® is a creative tool for personal growth and transformation. It involves creating collaged images on 5 x 7 cards that may then be used to extrapolate wisdom from to give one direction. It's a process that can add meaning to one's experiences with increased self-awareness in one's life journey. It is considered to be 'soul-tending' sacred work.

A SoulCollage® deck is a celebration of the parts of one's soul & personality and no two decks are alike. This intuitive creative collage process allows for new insights and personal empowerment. It can be a way to improve the communication between your conscious and unconscious mind in order for what needs to next be revealed in your transformation journey.

Seena Frost, a psychotherapist with a passion for creativity, personal growth, and spirituality, is the birthmother of the SoulCollage® process. A SoulCollage® deck has Four Suits to include The Committee Suit, The Community Suit, The Companions Suit, and The Council Suit. The Committee Suit is that which represents all the inner parts of one's personality. The Community Suit are one's 'supporters and challengers', those in one's social world to include people, pets, or various historical individuals who have made an imprint on one's soul. The Companions Suit is related to the seven chakra and a corresponding animal image that one identifies through a process of guided visualization. And, the Council Suit is all about archetypes that guide one and have influence on one's being. A deck of SoulCollage® cards also has three "Transpersonal Cards" – a Source card that symbolizes the One or the Divine, as well as a Witness and a Soul Essence card.

A SoulCollage® Reading process involves what is called, "I Am One Who" where the person who created the card speaks from the various images addressing and answering this noted statement ('I Am One Who...'). Often a card will have a title that emerges from the reading. The reading can then be used for intuitive wisdom to address a life question one is seeking to have answered. It is a enlightening and creative process, a way art can be threaded into one's personal healing journey. Discover a creative pathway to healing, growth, and transformation.

Excerpt from - [Karen Corona-SoulCollage®](#)

**“One day you finally knew what you had to do,
and began...and there was a new voice
which you slowly recognized as your own.”**

— from [The Journey](#) by Mary Oliver

ABOUT TAU CENTER

Established in 2008 by the Wheaton Franciscans, the Tau Center is committed to the transformation of our world by helping individuals awaken to the sacredness of life.

In the spirit of St. Francis and St. Clare of Assisi, Tau Center provides a peaceful and reflective environment for people seeking a deeper relationship with God, self, others and all of Creation.

Through the integration of body, mind and spirit, Tau Center is committed to offering diverse experiences where individuals can nourish their spirit, find companions on their journey, and connect what they discover to meaning in their life and the world around them.

We offer a sacred space to assist individuals on their own spiritual journey – whether it is to reconnect with their inner-spirit or whether they are seeking a deeper relationship with God and the world around them. Our programs and retreats encourage an awakening of the spirit that leads to hope, healing, peace and transformation.

**Learn more about
the Tau Center and upcoming
programs and resources at:
www.taucenter.org**

Our range of programs and retreats encourage an awakening of the spirit that leads to hope, healing, peace and transformation. Offerings are available in a range of formats that often can be customized for private groups.

CONTEMPLATIVE EXPRESSIVE ARTS

- A Day of Mindful Creation and Stillness
- Beginners Eye: A New Way to Cultivate Seeing
- Brush Wisdom: Messages from a Contemplative Heart
- Brush With Silence
- Contemplative Arts Open Studio
- Contemplative Writing/Journaling - Custom Theme
- Expressing More With Zentangle®
- Expressive Art and Contemplation - Custom Theme
- Gratitude Journal For the New Year
- Introduction to SoulCollage
- Introduction to the Meditative Practice of Zendoodle
- Journey Inward: Mandala's
- Seeing with the Heart: Contemplative Art Making
- SoulCollage - Our Ancestors
 - The Basic Deck
 - Shrine Boxes
 - Inspiration Circle
- Zendoodle for Your Spirit: An Introduction to the Expressive Practice of Zentangle
- Zendoodle Inspiration Circle



Offering diverse experiences where individuals can nourish their spirit.

The Gardens at Tau Center

The **ST CLARE GARDEN** provides a place of stillness and serenity that compliments the Peace Path walking trail and the Cosmic Walk also located on the grounds of the Wheaton Franciscans.

Adjacent to Our Lady of the Angels Motherhouse, the **ST CLARE GARDEN** is a place of gathering and contemplation for individuals and groups.

Enjoy a serene walk on our campus along the **PEACE PATH** – a winding path through a beautiful prairie of several acres planted with native Illinois grasses and a small woodland. This is a beautiful area for walking meditation, spiritual reflection and time to savor nature.

The **COSMIC WALK** is complimented by a butterfly garden of midwestern native plants. The paved path includes 25 posts with images of the watercolor prints, ‘*Significant Moments of the Unfolding of the Universe*’ by Sr. Corlita Bonnarens, RSM.



Learn more at www.taucenter.org

■ = .12 miles ■ = .52 miles ■ = .34 miles



“All great transcendental art is not merely symbolic or imaginary: it is a direct invitation to recognize and realize a deeper dimension of our very own being. In the eternal trinity of the Good, the True, and the Beautiful, art, while it can be good and true, has always staked out the domain of the Beautiful.”

— Ken Wilber,
The Mission of Art by Alex Grey



*A spirituality ministry of the
Wheaton Franciscans*
www.taucenter.org