



# ART SPACE

## Art Studio

At the Tau Center there are many creative art programs such as Gratitude Journaling, Soul Collage, Zentangle, and Visual Journaling. Find a style that resonates with you and being a new journey of mindful creation.

## Soul Collage

"A delightful part of the SoulCollage® process is the time we spend searching for images... Imagine sitting on the floor in a comfortable room, surrounded with piles of magazines...there is the sound of paper tearing...an exclamation of recognition..."

You may or may not know what the image you select means at first. You may not know how you will use it and even if you will. What you will feel is the power in this particular one. As you leaf through magazines, something stops and holds you, calls to you in a mysterious way. Something goes straight into your soul, bypassing your mind. You tear it out and save it."

- Seena Frost, SoulCollage®





## Zentangle

Zentangle, or any form of spiritual creativity when done with careful intention can deepen your relationship with God and with your 'self'. By using your imagination and creative mind, spiritual creativity can be a means to explore the mystery of your own life experience and your soul's means of speaking to you. By using your imagination and creative mind, spiritual creativity can be a means to explore the mystery of your own life experience and your soul's means of speaking to you. Spiritual creativity is particularly helpful when you are working through major life decisions or highly emotional or stressful periods.

## Visual Journaling

This practice invites us to explore the entirety of an image at a more contemplative pace by opening us to see all there is to see. It invites us to see deeply – past our initial impressions – to find God within. You don't have to be an artist to enjoy the practice of visual journaling as a way to creatively express and deepen your spiritual life.

It won't take long for your inner language to expose itself on the paper as you begin creating relationships between your thoughts and whatever creative process you choose (drawing, collage, painting, etc.). Every moment you add to your journal releases energy onto the page and the process becomes a small, meditative moment of contemplation...from inside you.

