



Do you ever feel that you can not put words to all of your feelings or do you have uncontrolled thoughts that are affecting your life?

Perhaps you don't recognize yourself or how you ended up in different situations?



Welcome, I am Zara from artconnectshearts.com

Art Connects Hearts is an opportunity to travel on an adventure of a lifetime and I'd like you to join me.

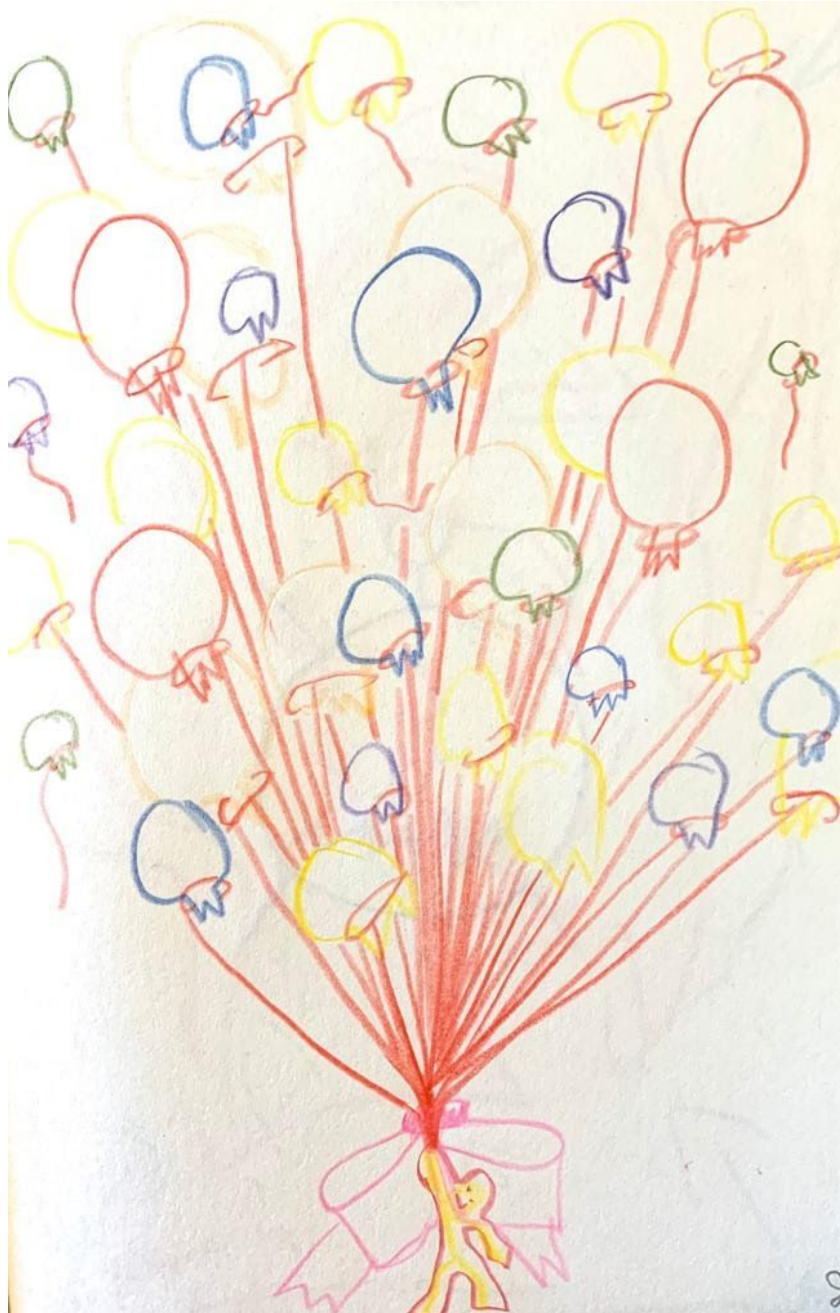


Art Connects Hearts offers an opportunity to set out on a journey to discover your unique creative expressions through art, writing, play, movement and other creative activities.

There is no previous art experience needed.



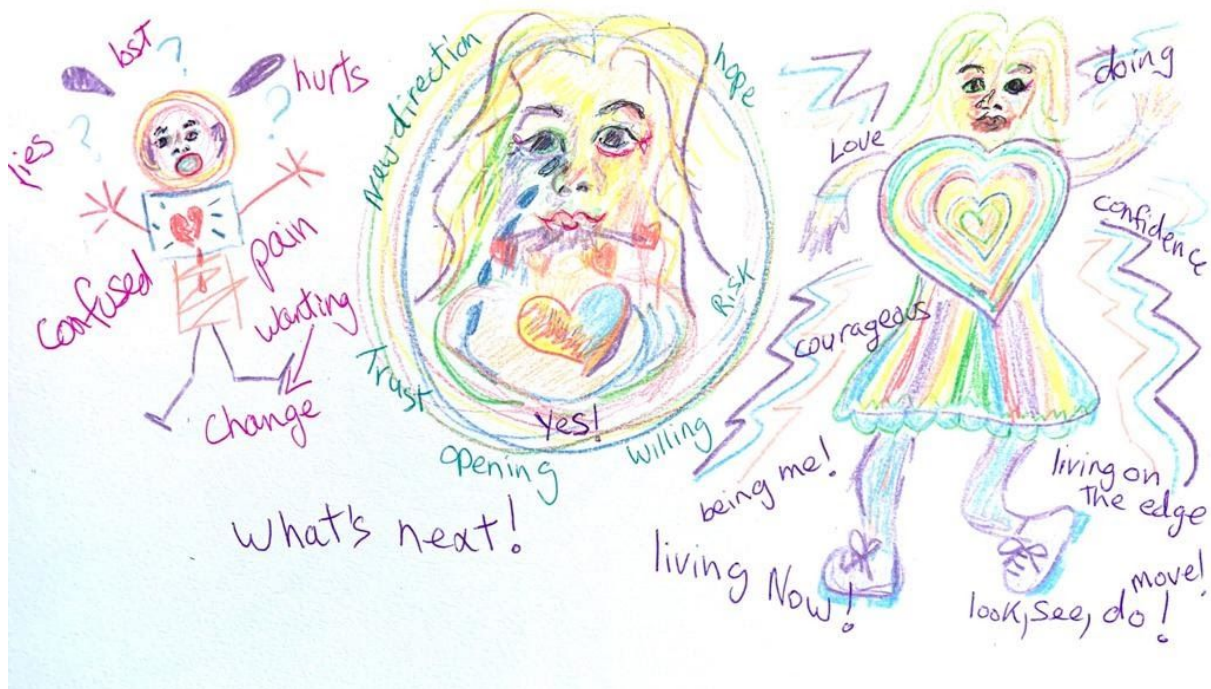
I will guide you through healing yourself from life's painful experiences and challenges. You will re-discover yourself as you were originally designed to be.





Too many of you have lost yourselves along your path in life. Creativity is a wonderful vehicle to travel from your logical controlling mind, to your heart and back again, with new wisdoms and knowledge.

Some of you will start in your heart, with many mixed feelings and learn how to find a voice for all of your emotions, passions and dreams.



We will discover such joy within ourselves and the world around us.

Art Is A Form Of Communicating

You have all been creative since *before you were born*.

Every movement you made in our mother's womb was by your creative ability.



As soon as you entered this world you began to communicate.

Your first verbal communication was typically a loud wail of distress as you were forced out of your cozy home of the last 10 months. As a baby you cried, squirmed and kicked to express yourselves, with a great deal of energy.

From a young age you have been manipulating the world around you either through verbal or non verbal communication. You cried to tell someone when you were hungry, tired or that your diaper was too tight or wet.

You moved your clothes, toys or food around and would sometimes giggle at your creations. You would often delight in your ability to manipulate the world.

Eventually you were given crayons to draw on paper. You are all naturally creative and were able to freely express yourselves from a very young age.

You were communicating.

If you were lucky, your creative communications were met with joy and acceptance.

You will discover that each colour, lines and every mark you make on a piece of paper is a form of communication.



You will discover your unique thoughts or feelings connected to each colour and image you make.

For example, think of the colour red, you may have imagined a red Gala apple, a red rose, a heart, a red angry face or even blood.

All of these associations to the colour red are correct.

Red could mean love, anger, rage, or passion at different times. Your association with the colour red is completely correct because ***you imagined it.***

How to Accept Your Unique Creative Expressions And Communications

Unfortunately, too often, your art from a young age may have been judged as good/bad or right/wrong. You may have heard that your drawings were not as good as your siblings or classmates.

You were unfairly judged. You may have accepted those lies and may have learnt unfairly how to judge and criticize your art work as wrong or not good enough.

If you look at art creations past and present, there are so many different styles and ways to communicate through art. I love many of them because they cause me to feel happy, sad or at peace and other pieces make me feel curious or uncomfortable.

Some famous art works I just don't like because they make me feel very little or nothing at all.



Right here right now I declare that every mark, colour or art communication you create is perfect and absolutely acceptable at Art Connects Hearts.



You may not like your art creations but I ask you to not destroy them.

Every piece of art work you create has a message for you.

I will be guiding you through this process inside the full course.



How To Connect To Your Heart Through Your Creativity

Connecting or reconnecting to your heart happens differently for each of us and at different speeds.

Art and creativity are innate abilities.

You were all born creative but because of many life challenges and emotional woundings, you may have disconnected your heart from your mind, body and spirit.

Art and creativity is your God given birthright.

When you surrender to your creativity and create art in a safe, non-judgmental environment, many of you will step into connecting or reconnecting with their hearts.

Some of you have become very verbal, logical and live a brain dominant life.

Your goal will be to bravely trust the process and path that I will lead you on and to reopening your heart's communication. This will happen as you start to identify your emotions associated with your colours and drawings.

Others of you have become very heart dominant and live emotional lives where your emotions control most of your life. You will learn how to give a voice to your emotions and heartbeat.



One of our main goals at Art Connects Hearts will be to guide you through healing from your life experience and challenges and to learn how to **respond** instead of react to life circumstances.

Our other main goal at Art Connects Hearts is to ignite your creativity for a fuller and more joyous life.



This is just the beginning of your journey, please watch your email for more information, updates and guidance from [Artconnecthearts.com](http://www.artconnects hearts.com).