

Got a problem ? Don't solve it! Play with it !

Part of the problem with problems is every one calls them problems.

Private studio sessions with Helen Hawes , drawing and dialoging
802-254-6881 hhawes@meditech.com www.geryunant.com

Got a problem? You don't have to figure it out! you don't have to battle with it! You don't have to hire a team of experts to get rid of it, and best of all , you don't have to feel victimized by it! Come to the studio and play with it. Draw with it. Talk to the drawing. Listen to the drawing talk back. Experience the change as it comes in your body.

This “problem” of yours might just be the best thing that ever happened to you. Experiencing it as metaphor, it will guide you through creative blocks, job and relationship changes, illness, and many other outward signs of inner growth and transformation.

Drawing is something most of us once did as easily as we breath. We weren't trying to get something on the outside perfectly replicated. We were listening to something on the inside. We intuitively found the shapes ,sizes, colors, or textures that matched it. Then “it” could be seen by us. Once it moved out into the drawing, there was room again inside for brand new things to come.

As adults we can relearn to draw and grow this way. Life becomes richer as inside and outside join in a dance of ever expanding possibilities. Stress is reduced and problems are experienced as opportunities to grow. Join me in the studio and find an irrefutable source of guidance, your very own imagery!

Questions? 802-254-6881

Individual sessions or group sessions/flexible hours/sliding fee scale/all materials on site

More about these sessions:

Enter the space where your soul plays, the land of imagery. By playing with art materials, you can effortlessly learn the skills you need to navigate in there on your own. Discover the language of the drawings, the local customs(there is no right or wrong, conscious and unconscious intent are equally valid, opposites don't contradict). Learn to talk to the drawings and hear them talk back. Discover ways into the heart of the drawing, how to feel the drawing in your body, and how to let the words you speak come from your experiencing. Most importantly discover that you've been here before.

Studio space and drawing materials are available for each session. No artistic training is necessary, just a willingness to: play , let your imagination run free, and suspend your disbelief for only minutes at a time. We will draw together and then we will directly address our drawings. We will go where they lead us. I will keep you company on your journey . I will not direct you. Your journey will at all times be your journey.

About Helen Hawes:

Helen Hawes, MFA, has been a practicing artist for 30 years and has 20 years of teaching and single parenting experience. She is a certified Focusing trainer , Reiki Master, and Tai Chi instructor. She is the curator for the art collections of two major corporations and has worked as a consultant/trainer for organizations and individuals using creativity workshops to establish new approaches to problem solving. Her own works are hanging in over 200 private and corporate collections in the greater Boston area. She currently offers drawing and collage workshops and retreats to facilitate personal growth.