

“Be brave enough to live life creatively. The creative is the place where no one else has ever been. You have to leave the city of your comfort and go into the wilderness of your intuition. You can’t get there by bus, only by hard work and risk and by not quite knowing what you’re doing. What you’ll discover will be wonderful. What you’ll discover will be yourself.”

—Alan Alda

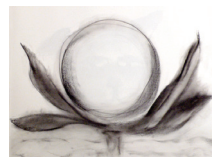
### Materials Needed

- Soft Charcoal Sticks such as Char-Kole brand
- A large pad of newsprint or other smooth surface pad of paper.
- A pillow to sit on —we sit and work on the floor.
- Wear comfortable clothing that you don’t mind getting dirty!

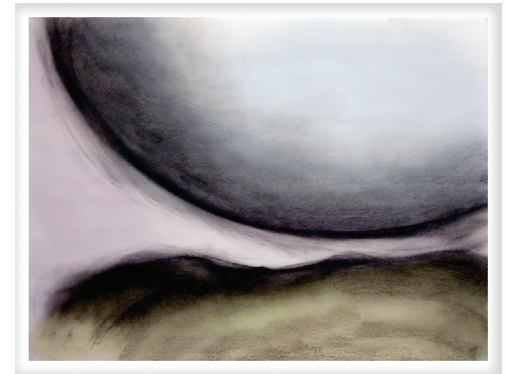
For information about the next scheduled introductory workshop please visit:  
[centerforcreativewholeness.com](http://centerforcreativewholeness.com)

*“When I know who I am,  
When I value who I am,  
When I trust who I am,  
I can give freely to others  
all that I am—  
and my journey into wholeness  
will have begun.”*

—Cameron Sesto,  
*Creative Wholeness Meditation*



*Center for Creative Wholeness*



An Exploration of Spirit

## *Drawing into Creative Wholeness*

with Cameron Sesto

where visions of the inner realms of intuition, imagination, and visualization are revealed and shared with others.

Since 1986

## *The Workshop*

Once a week since 1986, participants have been opening and exploring a dialogue with their creative inner selves using a process that combines meditation with visual expression. Many have chosen to continue with the two hour weekly meetings for over five years. When our spiritual experiences are shared with others, we begin to trust our creative voice and how we choose to express it.

The drawings we make are visual symbols of our inner journeys to be looked at and learned from in the same manner that we learn from our dreams. However, where dreams are scenes from the subconscious that you observe as if from a seat in the audience, meditation, as we are using it, puts you in the directors seat. You are in total control of which images you choose to focus on. The meditation puts you in a place of receptivity. Paying attention puts you in a place of conscious awareness.

Drawing with charcoal after meditating gives us visual evidence of our experience, which then becomes a symbol of our journey to reflect upon.

*“Symbols do not flow from the unconscious to tell us what we already know, but to show us what we have yet to learn.”*

—Robert A. Johnson, *We*

## *The Process*

After meditating, we will draw with charcoal on newsprint. The room is lit only by candle light. When light is limited, intimacy is increased. We can draw a picture of something, write down words, or create an abstract image that reflects our feelings. We use charcoal because it offers a great variety of tones from very black to lightest grey. You can smudge, smear, use your fist or your fingers, and this allows you to get your body involved with the process of emoting. Using a palette of black and greys allows us to stay connected to our inner experience longer thus avoiding the inner critic who appears so frequently in our daily lives. When we establish an intimate connection with our inner self, and there are no decisions to make concerning color choices, the flow of information runs freely through our hands onto the paper.

The materials we use are inexpensive and allow for making as many drawings as you want. The aim is to give yourself permission—to use lots of paper, or just one piece—make the worst mess you’ve ever seen. Doing this gives you the opportunity to make the best image you’ve ever created! Sometime later you can choose to save the work, translate the image into a work of art, or simply throw it away.

## *Group Dynamics*

There is a vortex of energy created when meditating in a group that is unlike the experience of meditating alone. The individual experiences within our small group tend to be deeper and fuller. After drawing, we discuss our imagery with the group. Once you become comfortable with your inner world and familiar with how you express that world, and how others respond to your expressions, you will come to a place of trust—trust in others and trust in yourself. You will find your creative voice and then begin to feel comfortable using it.

The energy and interplay of the individuals in a group is what enables us to gather the courage and trust ourselves to reach beyond where we are now or where we think we are capable of going.

*With grace and gratitude,  
Cameron Sesto, Newbury, MA*