

PLEASE BRING FOR THE NEXT SESSION*

► [Facilitator reads]

MATERIALS

Facilitator:

- Meditation CD for “Feelings through Story” track 4.
- Candle (can be battery operated).
- Art bin.
- Basket for objects.

[See “How to Use this Guide,” page 20. Facilitator explains if others do not have book.]

- Refreshments or organize taking turns bringing them.

Participant:

- Writing and Healing journal.
- Pen for writing.
- Word cards: blank file cards, each with a feeling written on one side—Serene, Happy, Nervous, Sad, Afraid, Angry, Peaceful, Joyful, etc.—leaving the other side blank. Three of each.
- Each participant brings four or five objects for the basket.

CLOSING RITUAL

► [Facilitator reads]

Make a movement that reflects what clustering was like. I’ll begin.

[Close the session by extinguishing the candle.]

* If writing on your own, see pages 19–21 in the “How to Use this Guide” section.



Creativity also enhances the life force. When people create “stories” in response to “prompts” there is joy in the use of the imagination—as well as writing’s release and relief.

—Pamela Post-Ferrante