

# WinkWorld July 2002

## Class Overview

*Joyful Mom; Weaving Meaning, Creativity, & Spirituality Into Your Daily Life* as a Mom is designed for busy moms who want to weave more creativity and spirituality into their daily lives. Throughout the session, we will focus on creating sacred time for oneself, inner and outer organization, freeing personal creativity, and exploring intuition and spiritual guidance. *Joyful Mom* presents step-by-step, practical strategies to women seeking to find a healthy balance between parenting and their own creative and spiritual growth.

The workshop is composed of three main sections, or crossings:

### *First Crossing: Claim Your Powers*

This crossing invites women to reflect deeply on the current state of their own lives to begin their journey. This crossing sets the foundation for the rest of the journey, women are given the tools of the road.

### *Second Crossing: Discover/Recover a Passion and Kindle Its Flame*

The second crossing emphasizes the soulful rewards of discovering a creative passion and fanning its flames. Each one of us carries within our hearts creativity and passion. This crossing guides women to discover our creative passion and weave that creativity into the fabric of our everyday lives.

### *Third Crossing: Look Within for Spiritual Guidance*

Looking within is about moving from seeking guidance and acceptance externally from others, to listening to the steady voice of grace within. It is by taking the time to be silent and tune into this ever-present guidance that we achieve true personal freedom.

Closing each session are tasks, or journey stones, for participants to do at home.

Currently only available in Santa Fe, New Mexico.

[Contact Dawn Wink for more information](#)