



40 Plays to a Quiet Mind (Online) offered by The Jung Center of Houston

Creativity is an excellent tool for quieting the mind and taming the inner critic. In this live-stream workshop you will launch a simple, fun, 40 day creative practice that can transform your relationship with your overworked mind. This efficient and effective creative practice goes where you go, whether you're home or traveling. You will arrive at day 40 with fresh inspiration, light-heartedness, and a quieter mind. Come experience why the number 40 is a symbol of steady, profound transformation, in cultures the world over! No experience is necessary, and no comments or critiques are permitted.

Cherie Ray, MLA, is a coach and consultant to business leaders, teams, and individuals who want to live a more richly connected life, with more natural resilience and creative potential. You can read more about her work at CherieRay.com.



Materials list for the course:

Spiral unlined/blank journal: 6"x6" or 5"x7"

Please make sure it is spiral bound not bound like a book.

Glue stick

Craft/Elmer's glue

2-3 sheets giftwrap or art papers

3-5 Magazines

Assorted photos, favorite printed images, favorite quotes

Colored pens or markers of your choice

Preferred embellishments such as plastic gems, googly eyes, ribbons, stickers, craft goodies

Any inspiring collage materials

Old rag or cloth for blotting

1 Gallon zip lock bag

Optional

Wax paper

• ***If you have questions or curiosities about the workshop, please contact Cherie at 832-545-8488 or Cherie@CherieRay.com***