



# Women's Search for Meaning

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# Timeline

**BARRIERS**  
Addressing  
cognitive fusion &  
impostor  
syndrome.

**LIVING YOUR VALUES**  
Making a  
commitment to  
inspired action

WEEK  
**01**

WEEK  
**02**

WEEK  
**03**

WEEK  
**04**

**INTRODUCTION**  
What are values,  
how to move  
towards them

**MEANING & CREATIVITY**  
Generating  
motivation to  
express and create

# What You Can Expect



## **Spirit**

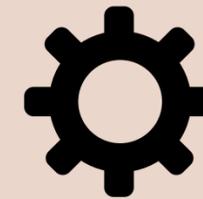
Understand barriers to value based living.



## **Making each day**

**meaningful**

Explore categories to bring your spirit into your everyday.



## **Commit to values**

Prioritize your values through writing, art, and scheduling.

Value  
categories you  
will explore

Mind

Body

Spirit

World



*What is one way you expressed your  
values this week?*

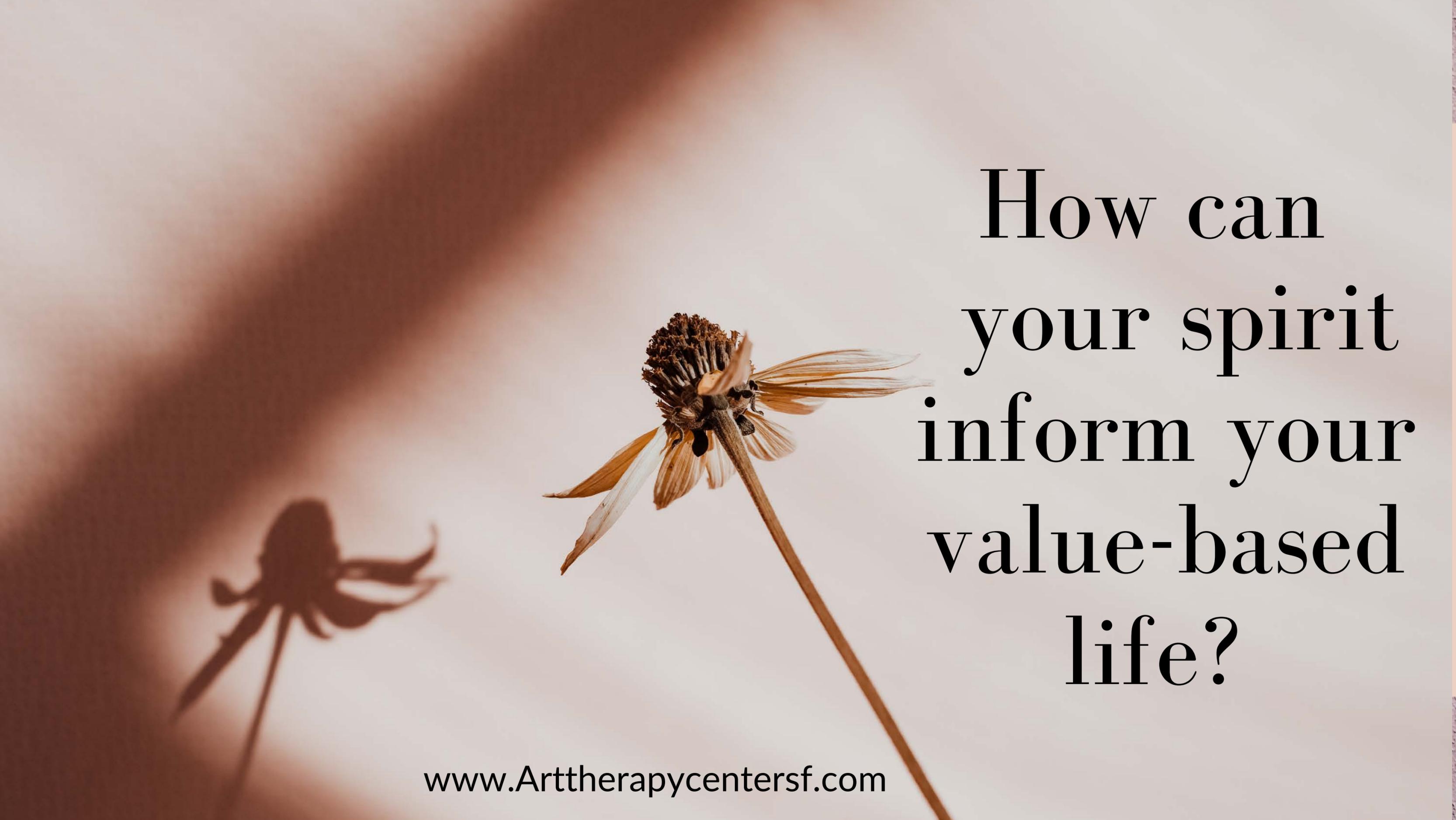
*Put your answer in the chat*

# FAQ

## **What is the next class? Can I invite a friend who did not take this class?**

- The next class is: "I love this for you."
- Topic is meaningfully engaging with yourself.
- First four Tuesdays in March.
- You can invite a friend and anyone can join in at the beginning of the new class. Open to anyone.
  
- Sign up will start next week.
- If you sign up for the next class, you will get a special gift - a values based month-long journal.





How can  
your spirit  
inform your  
value-based  
life?

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# Spirit

- Spirituality
- Nature
- Making Special

# Values of the Spirit

Pick one of these categories to explore during Week 3

## SPIRITUALITY

Connection to greater whole, humanity & God of your understanding.

## NATURE

Time with nature, bringing nature into home, animal relationships, what you eat.

## MAKING SPECIAL

Care and attention in personal, family, and home, daily, yearly & lifetime rituals.

# #1 Spirituality

- Spirituality is your connection to the greater whole of the planet/universe, to humanity, and to the God of your understanding.
- This aspect of the self can directly inform meaning and purpose.
- Organized religion may or may not be a part of your spirituality.



# Spirituality

- Some people are spiritually inclined while others are not. However you personally relate is great!
- Recognition feeling/belief of something greater than ourselves.
- There is more to being human than sensory experience.
- The greater whole of which we are part is cosmic or divine in nature.



# Spirituality

- Lives have significance beyond mundane everyday existence; we are a significant part of a purposeful unfolding of Life in our universe.
- (ACT) Noble Truths from Buddha: human nature generates suffering, how to transcend the inevitable misery of unconsciousness and come to a place of wisdom, serenity and acceptance.
- Mystical Experience: spontaneous, direct experience of spiritual truth.



# Spirituality Actions

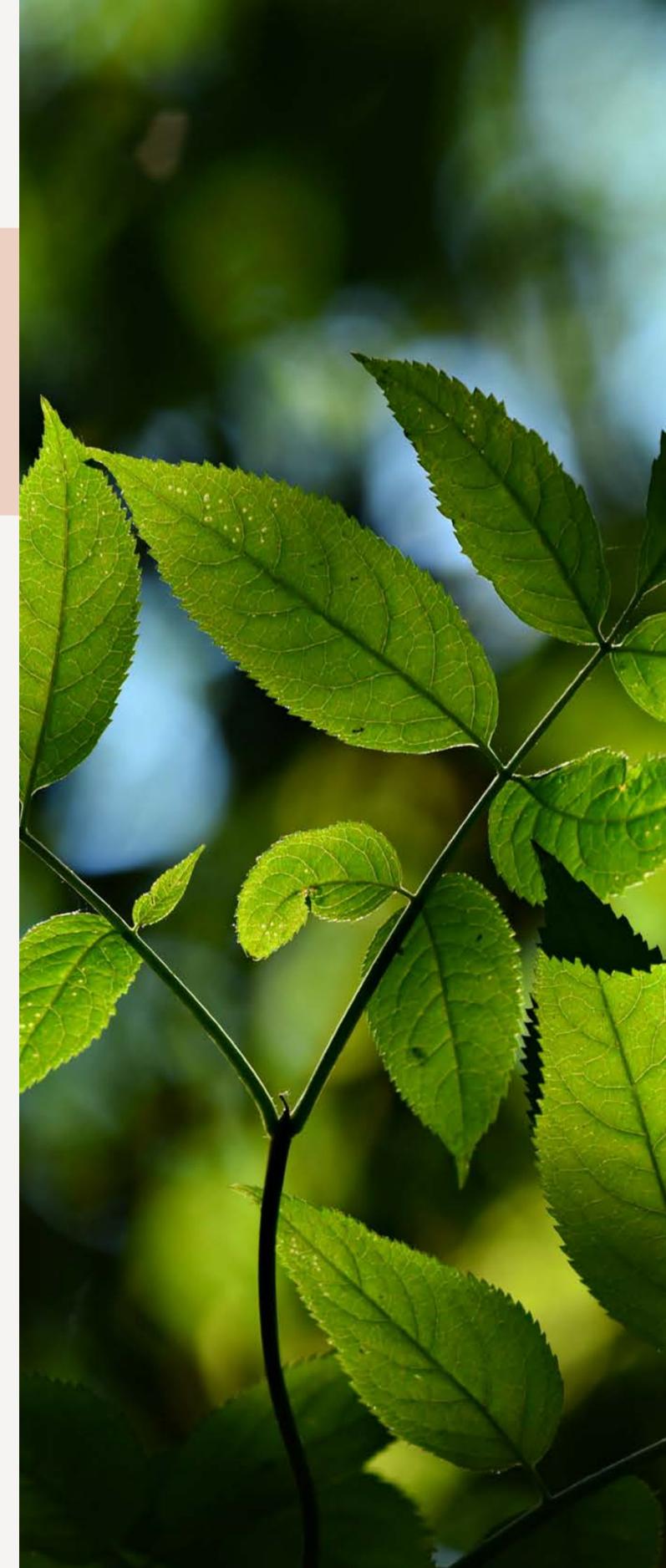
- First involves healing and affirming the ego to create positive experiences (secure self-esteem, belief in self-worth, capacity for love and generosity).
- Practice for progress: meditation, prayer, chanting, religious service, etc.
- Creativity, flow.
- Exploring universal themes – love, compassion, altruism, life after death, wisdom and truth.
- Aspiring to manifest the attributes of saints/enlightened people.



# #2

## Nature

- How you engage with nature: in nature, protecting nature.
- How you bring nature into your home.
- Relationships with animals.
- Can also relate to your connection to spirituality.
- Respecting your wild, natural, animalistic nature.
- What you eat - food is nature.



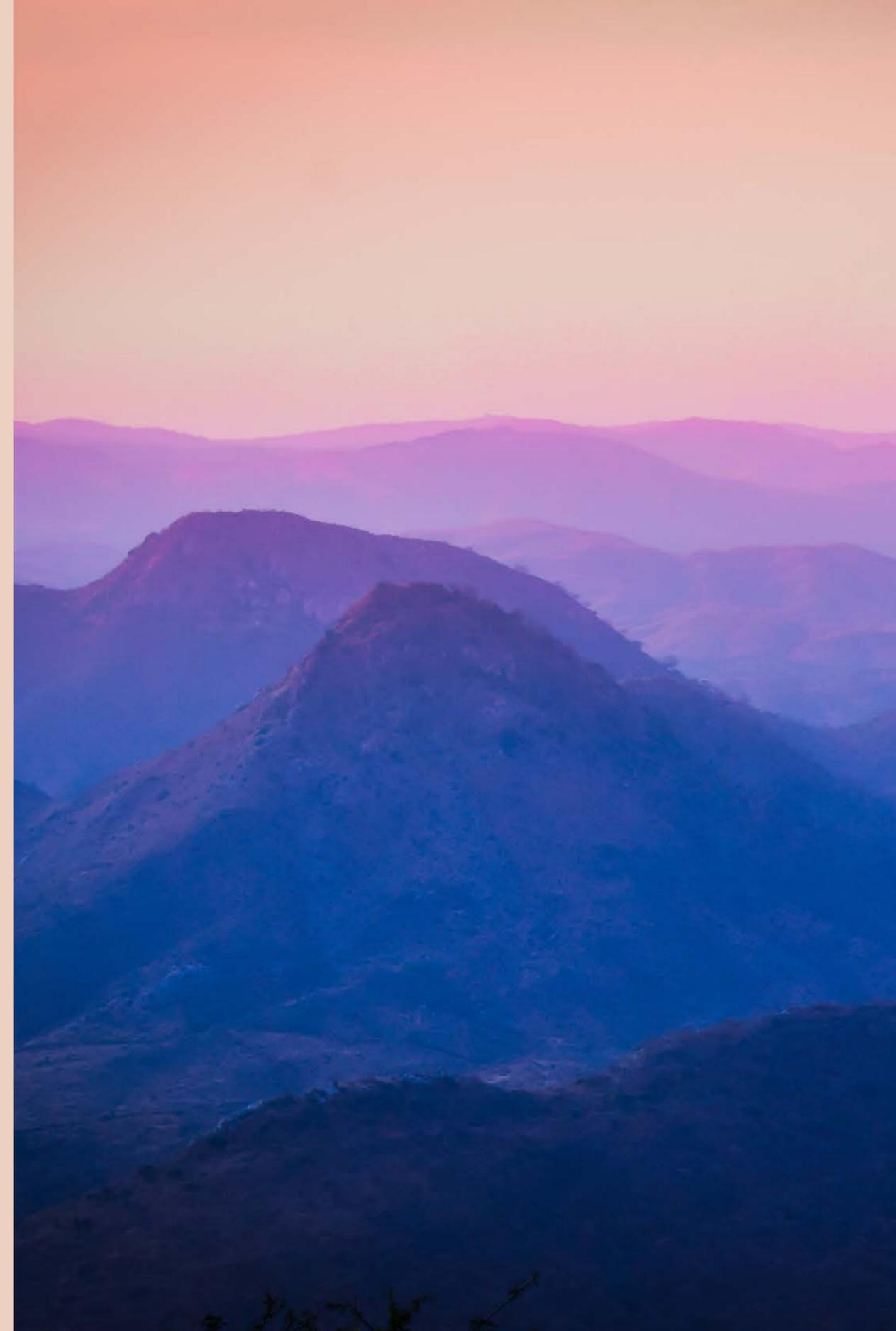
# Defining Nature

- Phenomena of the physical world collectively, including plants, animals, the landscape.
- Other features and products of the earth.
- Opposite of human creations.



# Why engage with nature

- Keeps the mind sharp: history, respect for life and others.
- Provides an unbroken link to our roots as people.
- Stimulates creativity.
- Rejuvenating retreat from the hustle & bustle.
- Can be deeply spiritual and life altering
- Many seekers through the ages have written that the best way to access inner peace and find their sense of purpose in life is through nature.



# Nature Actions

- Slow Down & Be Present.
- Get Into Your Senses.
- Use A Sit Spot, observe, meditate, forest bathing.
- Watch Your Local Animals.
- Learn Some Plants and draw them.
- Go Wildlife Tracking.
- Take A Slow Wander - phototherapy.
- Learn Bird Language.
- Ask good questions about nature.
- Keep a nature journal including drawings.
- Share stories with friends.
- Connect in your own backyard, recycle/compost.
- Feel how nature affects you.



# #3 Making Special

- How much care and attention you put into personal, family, and home rituals.
- Happens in yearly rituals and lifetime rituals.
- Creative process to make each day special.
- The practice of making special is vital to advancing societies and survival.



# Making Special

- Art is a universal, biological imperative that all human beings have to make the everyday “special.”
- Making activities special has been basic and fundamental to human evolution and existence.
- ...Evidence of making special appears as early as 300 thousand years ago, ten times earlier than the cave paintings in France and Spain

Homo Aestheticus: Where Art Comes From and Why  
(1995) by Ellen Dissanayake



# Making Special

- At first glance, the fact that the arts and related aesthetic attitudes vary so widely from one society to another would seem to suggest that they are wholly learned or 'cultural' in origin rather than, also biological or 'natural.' One can make an analogy with language: learning to speak is a universal, innate predisposition for all children even though individual children learn the particular language. Similarly, art can be regarded as a natural, general proclivity that manifests itself in culturally learned specifics such as dances, songs, performances, visual display, and poetic speech.



# Actions of Making Special

- Make a card and give it to someone.
- Costume/dress: dress up, style your hair, makeup.
- Carefully prepare your meals, use good dishes, make a toast, eat slowly.
- Create art.
- Learn about art of your culture or another culture.
- Visit an art museum/gallery - in person or online.
- Look at an art book.
- Take nature photos and send to a friend.
- Prepare a good cup of tea/coffee - savor it.
- Wear nice pajamas and robe.
- Hang art in your home.





How do you feel making art for this  
class?

Put your answer in the chat



Exercise  
of  
Awareness



# Noticing

- Taking perspective on our thoughts.
- Noticing and observing body and feelings without attachment.
- Looking AT thoughts rather than THOUGH them.
- Awareness and attention to who is observing.
- Letting thoughts come and go.



Pay attention to whatever you are looking at - really notice it.



What colors do you see?



What textures do you see?



What shapes do you see?



What feelings are you aware of?

What thoughts are you aware of?



What will you remember about  
this exercise?

Put your answer in the chat



Week three  
values &  
strategies  
review

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# Making a Commitment

**noun:** the state or quality of being dedicated to a cause, activity

**verb:** actions which reflect your values

A value is like going West - keep moving in that direction and never reach the destination.

Once you decide on a value, 100% commitment is required although how you move towards your values can be flexible.

Commit to noticing your thoughts and acting from your values.

Being more present with yourself, defusing from thoughts allows you to notice your values in action.



# Reflection

## Self assessment

Are you using all the proven techniques to ensure your movement towards your values?

**What else can you add to your day to create an internal environment welcoming to your values?**

- 20 minutes of exercise a day
- hydration
- nutrition
- 7-10 hours of sleep a night
- hobby for pleasure
- learn something new
- nature



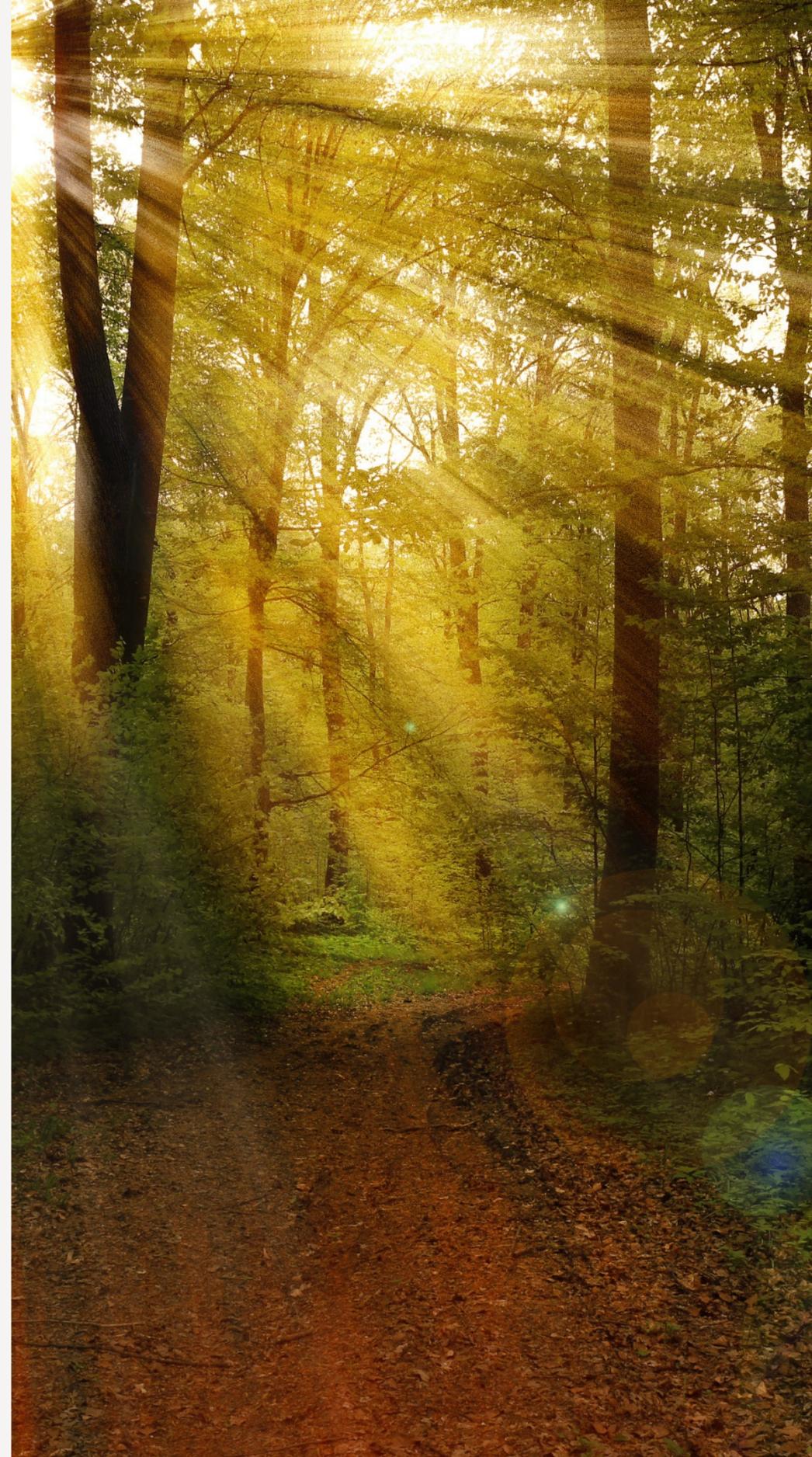
# Committed Action

Commitment of 1% of each day this month

20 minutes a day

Are your spirit values important enough for you to make the time?

YES!



Committed Action



How will  
you  
show  
your  
values?

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Have you decided which spirit value  
you will choose this week?

If so, put your answer in the chat

# Values of the Spirit

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# Your Inspired Action

20 minutes a day will give you more than enough time to complete tasks this week.

**1**

## Write about your value

What is your Spirit value?  
Why is this important to you?  
Describe your value in detail.  
What would be the benefits of living this value to the fullest?  
What does success look like?

**2**

## Brainstorm

In what way do you already live this value?  
What new ways can you act to demonstrate your value?  
What have you done in the past to act out this value?

**3**

## Visual Expression

Using lines shapes and colors, depict your value.  
Work spontaneously and don't think too long about it.  
You can use any material you like.

**4**

## Reflection

What did you learn this week?  
Are your behaviors showing what you value?  
What are you willing to do?  
What could prevent you from taking these steps?  
What resources can help you?



# Homework Example

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# Value in Spirit: Making Special

I value making each day special and different.

I value celebrating myself and those I love as often as possible.

I surround myself with people who take time to enjoy and celebrate.

I love creating special meals and having dessert.



# Value Brainstorm

I can appreciate others with a notecard, cheerful text, or special gift.

I can purchase fresh flowers at the market.

I can appreciate myself each day by getting dressed in clothes I love.

I can set the table with nice glasses and ditch the mason jars.

I can treat myself and family to our favorite dessert.



# Visual Expression

**Title:** Making Special Today  
(markers, paint pens, various papers, paper cutter)

**Three words or phrases to describe my art:**

light

special

fun

**How I feel:** motivated, curious



# Reflection



My value as an artist lines up with "making special" each day.



Taking a moment to make something nice has been totally worth it!



Making special is good for me and the people around me.



What is one way you can make  
yourself feel special TODAY ?

Put your answer in the chat

# What To Do Next



## Reflect

Reflect on how you feel after this week. Practice noticing and making space for your spirit.



## Commitment

Schedule 20 minutes a day & write on your planner.



## Week 3 Value

Pick one Spirit value from the list on page 35.  
Complete worksheets on pages 36-39.



# Want More?

For supplemental inspiration about your values, find me each Friday at noon PST on IG live  
@dramybackos

See Resource section at the back of your workbook.



Thank you!

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