



# Welcome to the Power Word Mixed Media Class!

Words are a powerful tool. They inspire, motivate, and connect us all together. Words have the power to build and the power to destroy, which is why you need to be conscious in the way you speak to others, but also in the way you speak to yourself.

I love to use words as a source of motivation and inspiration, especially when it comes to working in my art journal. I use the process of painting to tap into my intuition, or my “inner knowing.” It is a form of mediation that allows me the space to sink a *little bit deeper* into what I am feeling in that moment in time, and to find the words that I need to hear.

It is through this combination of creativity with self reflection - painting with personal development - **Artwork with Soul Work** - where you will discover and strengthen your inner muse and your inner knowing. When you are tapped into you intuition, and confident in the guidance that you receive, you will find yourself more at peace with the situations happening around you, and firmly grounded in this constant source of wisdom.

Whenever I find myself stressed, or worried about what the future holds, I turn to my art journal to express my thoughts, feelings, and emotions. It is a safe place for me to freely open up and voice the words that I won't say to others.

Art is personal and soulful. The art you make is important. Allowing yourself the opportunity to create is allowing **all of your Self** to show up and be noticed.

In this class, I am going to show you a fun and easy way to create a little artwork with a little soul work. You'll infuse painting with journaling, and set yourself up to be motivated and inspired for months to come.

It is an honor to create with you, and I hope this is only the beginning of our journey together!

In love + gratitude,

*Lulu Bea*



