

# *Painting From the Soul*

a transformational experience...

discover your infinite creative potential within...  
discover painting as a powerful tool for transformation...





## *Painting from the Soul...*

Experience the freedom of expressing yourself creatively without the limitations and judgments of the mind - connecting deeply with your inner, creative potential and allowing this to flow freely and uninhibited.

This is Painting from the Soul - **a one-day experience of immersing yourself in this natural state of creativity and discovering painting as a powerful transformational tool.**

### *You Will...*

- Experience being guided to connect with your inner world, your feelings and your soul using meditation and other tools;
- Experience painting from this space of inner connection without any mental preconceptions... just allowing the process to unfold;
- Discover how painting in this way can be a powerful means of accessing and releasing old energies that hold you back in life and separate you from your highest truth;
- Discover that everyone can paint in this way;
- Discover that this method can be applied to any form of creativity;
- Produce as many paintings as you wish using acrylic paints on canvas.

*"Engaging in creativity in this way is an ancient, transformational process that produces an end result containing powerful energy imprints. Due to the laws of resonance, the painting itself then becomes your tool for ongoing transformation".*

*Frank Boffa, workshop co-facilitator*





## *Testimonials...*

*"This workshop totally surpassed my expectations and I am already looking at my diary and wondering when I can schedule in to do it again. It was one of the most well thought out and executed workshops I've ever attended (and I've done a lot of workshops...). It was wonderful to reconnect with feeling that pure creative spark within me that I had kind of forgotten about. Nicole and Frank are such natural teachers and really walk their talk. Their passion and belief in painting as a creative healing tool really shone through and my partner and I felt inspired by their genuine enthusiasm and sincerity. A huge weight lifted off me and on to the canvas over the course of the workshop; a real purification process. A wonderful investment in myself and my healing journey. Invaluable."*

**Michelle McGrath, Energetic Healer & Aromatherapist**



*"Thank you for an amazing weekend of creativity and fun! The profound yet subtle healing has generated 'huge' energy shifts within me. Wow! The self expression on canvas is such a unique and pleasurable way to assist in your own healing process. Thank you both for sharing your energy, gifts and love with me."*

**Lynda Kerr, Beauty Therapist**

*"Thank you so much for your Painting From the Soul workshop and teaching me to stop and feel. You both created such a safe and magical space to heal and explore and I can already feel how much I have shifted. I can't wait to see what unfolds over the coming weeks. I came to the workshop thinking I would heal some blocks to expression and walked away with so much more! You are both such powerful healers and have shown me that you really can live in this world with authenticity and the power to create your heart's desire."*

**Lisa Elsholz, Sydney**



## *About the Facilitators...*

Energetic & Spiritual Healers, **Nicole Rigato** and **Frank Boffa**, have studied and applied various forms of energy healing and have both experienced profound transformation with creativity and energy healing in their own lives. This process has taken them on a profound journey of working with highly evolved teachers and healers in many parts of the world. They are passionate about facilitating this process for others, assisting others to let go of that which separates them from their true self.

# Registration...

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: (h) \_\_\_\_\_ (m) \_\_\_\_\_

Email: \_\_\_\_\_

Workshop Date:  **Saturday 18th April, 2009**

**Workshops are run on a regular basis. For other upcoming workshop dates, please email or phone us at Arcana Healing Centre.**

Payment Options: (please tick)

\$100 deposit (required to secure your position)

\$260 full payment (inclusive of 10% GST & all materials)

Gift Voucher (please provide recipient's details)

Cheque/Money Order (payable to Arcana Healing Centre - please post to 7 Cecil Street, Paddington NSW 2021)

Direct Deposit (please phone or email for account details)

*\* Please make sure you bring a bottle of water and some comfortable, old painting clothes or an old shirt to wear over your clothes. You will be provided with all workshop materials.*



**Workshop Hours:** 9.00am to 5.00pm

**Workshop Venue:** Cooper Park Community Hall  
12 Cooper Park Road, Bellevue Hill

**A**rcana Healing Centre is situated in Paddington, NSW. We offer a range of healing modalities, guided group healings, meditation and energetic body therapies to restore health and harmony to all areas of your life.

- ☞ Energetic & Spiritual Healing (various modalities)
- ☞ Crystal Light Bed Healing
- ☞ Akashic Record Keeper Healings
- ☞ Group Healing Meditations
- ☞ Basic Meditation Classes
- ☞ Mayan Abdominal Massage
- ☞ Cranio Sacral Reflexology
- ☞ Massage (with energetic healing)
- ☞ Spiritual Spa (energy healing & facial experience)

**Please phone Nicole or Frank on (02) 9332 3238 to find out more about the services that we offer or to discuss your individual needs.**

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