

Try Michelle's Healing heART exercise



Create something
UGLY

And learn a lot about yourself!



Welcome!

To your heART community



You are one of us! A creative spirit who loves the ever-inspiring challenge of growing, knowing your Self and healing.

Here we are after finishing the ugly painting transformation! It was powerful to see the way each woman handled the challenge and the wisdom that came through in this process.

Intention

In Healing heART we paint *to know ourselves* in deep and new ways. [Click here](#) if you want to learn more about Healing heART

The entire process is a mindfulness experience for you to observe yourself and push your growth edges. (it's *not* about making a pretty picture!)



"I personally found Healing heART to be empowering for me because it allows me the time and space to get to know and understand my true self, as well as helped me to feel comfortable expressing my true self to others in a healthy environment. Taking these classes helped me find my voice again, and realign myself with my true wants and aspirations.."
-Erin

About this exercise

This ugly painting exercise is a great place to begin because it immediately takes you out of your comfort zone.

When you're not painting to make it "look good" you'll be *free* to create differently. Be bravely curious about what ugly is to you.



If you *LOVE* the idea of using art as a reflective tool and having a group of *soul-aligned women* really seeing and supporting you in your growth and wisdom, we've got a nice surprise for you at the end of this book!

Getting Started

Evoke a feeling

ugly[uhg-lee]

very unattractive or unpleasant to look at; offensive to the sense of beauty; displeasing in appearance.

disagreeable; unpleasant; objectionable:

ugly tricks; ugly discords.

morally revolting:

ugly crime.

threatening trouble or danger:

ugly symptoms.

mean; hostile; quarrelsome:

an ugly mood; an ugly frame of mind.

(especially of natural phenomena) unpleasant or dangerous:

ugly weather; an ugly sea.

darkness[dahrk-nis]

the state or quality of being dark:

The room was in total darkness.

absence or deficiency of light:

the darkness of night.

wickedness or evil:

Satan, the prince of darkness.

obscurity; concealment:

The darkness of the metaphor destroyed its effectiveness.

lack of knowledge or enlightenment:

heathen darkness.

lack of sight; blindness.

Allow the feeling to guide you

What does it FEEL like?

What color(s) might it be?

What does it look like or remind me of?

Ready? If you feel ready, jump right in! You don't need a well-formed plan to get started. Allow the expression to come to you through painting.

Sketch? Maybe you want to do a quick sketch to start. Grab a paper and lay out your idea. All you need is the basic structure to get started.

Research? you might want to do a little image research on your phone (Google images, Pixabay, Pinterest...) to help you convey something you have in your mind. You probably won't find exactly what you're wanting, just use it to get you going.

****Don't get lost in research or planning. Set a timer for 5 minutes so that you are keeping yourself on track. You can always reset the timer for another 5.**

Photo: is there a pose that helps convey the feeling?

Create!

notice what's it like to make this

When you have the felt sense of ugly or darkness, JUMP IN! Create from your inner knowing and allow the art to lead.

The hardest part is actually *letting* it be ugly. Observe yourself through every step of the process.

Don't stop until you've made the ugliest thing you can imagine!



Reflect

Making meaning

This is the most important part of the process. Take time to journal or meditate on these questions.

- Did you create differently than you usually do? In what way?
- Is there a benefit to creating in this way?
- How does your ugly painting make you feel?
- How would you describe your ugly painting? (objectively)
- How is your version of ugly, the *opposite* of what you value in yourself and in life?
- Could some of "ugly" be part of who you are too? What can you honestly own as your shadow from this exercise?
- If you were going to transform this painting, as we did in Healing heART, how would you do it?

Reflections

Now imagine...

What if after you created this painting, a roomful of women helped you find deeper levels of meaning by sharing their unique perspective?

In Healing heART we offer our reflections as gifts and each woman receives only what resonates most with her.

This process is incredibly powerful because it allows you to be the expert in your meaning-making while also being witnessed by a roomful of supportive women. It's a beautiful balance of giving and receiving in a truly feminine way.



We trust your knowing

If our amazing heART-making group is resonating with you, that *means something!*

This is such a unique offering, literally no one else is doing anything like it (I know because I created it myself).

If you have been craving the dedicated time, sacred space and soul-aligned community to dive into your own version of growth and healing...

This is for YOU!

" I had so many big breakthroughs of how I'm showing up in life and it was all reflected in the painting. I've done all the things, programs, therapists, coaches and Michelle's process around art is really special."

-Marcia



Time to take a step

Now it's time to take ONE step. I'd like you to try Healing heART for yourself and become part of this movement of women being their own healers.



See what it's like to listen to your OWN wisdom and have others help you discover your TRUTH.

The hardest part is saying "yes" to something that's ALL for YOU . Believing you deserve sacred reflection time *right now*.

(Not later) The story of "later when..." is a mind trap keeping you from slowing down, touching into your heart and remember what's really important in life.

The time is now

This is your *one, precious life*. Trust your heart wanting a beautiful community to grow and heal in.

I will help! Sign up for Healing heART right now and I will gift you a free 30 minute VIP art therapy session with me. **(Click HERE)**



I want to get to know you and be of service right away. I can help you find deeper meaning in your ugly painting, learn where you're coming from and help you feel comfortable coming to a new group because you'll already know me



That's it!

That's all I can share with you in this format. I hope you come play with me and my group so we can really *experience* the magic together.

Thanks for being part of our heART community just by reading this book and (hopefully) creating an ugly piece of art that helped you see yourself in a new way!



"In my opinion, what women need most is permission to express themselves unabashedly and honestly while being supported and witnessed by other women in safe, sacred space."

-Michelle