

HEALING THROUGH ART AND IMAGES

by Joyce Dillon, RN, MN

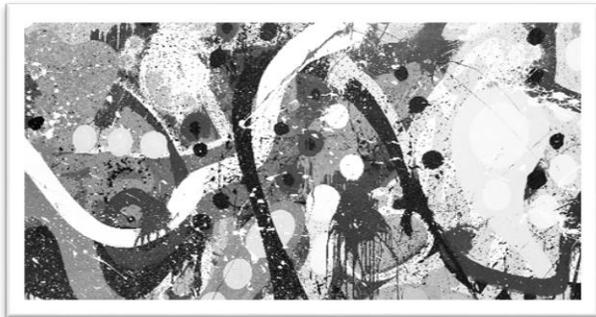
Align Your *Extraordinary* Power of Intuition, Imagination and Visioning with Your Mind, Body and Spirit

For centuries, creativity, visioning, and imagination have been used to express our deeper truths through our emotions, feelings, and thoughts far more fluently than words.

As a mental health nurse, life and creativity coach, I have used intuitive painting, collage, vision boards and other forms of creativity to help reduce stress, process loss and grief, get in touch with emotions, deal with trauma, dialogue with chronic illness, and to find and live one's life purpose.

Explaining how we feel in words can often be difficult and frustrating. If we have lost a loved one, feel abandoned, or lonely or struggle with pain, it is a challenge to articulate our feelings.

Instead of relying on words, we encourage people to use paint or collage to imagine what the feeling would look like if expressed as a color, texture, image, or shape. The idea is to bring the message and feelings to life with art rather than words.



Much research has been done on how creativity and art affect the mind-body to heal. Creating art clearly impacts your brain wave patterns and emotions, the nervous system, and can actually raise serotonin levels. Research has proven that creativity with art develops neural systems that produce a broad spectrum of benefits ranging from fine motor skills to creativity and improved emotional balance.



Joyce Dillon, RN, MN, BCC

Integrative Health & Wellness Nurse & Life Purpose Coach

Specializing in **Loss & Grief Retreats and Counseling**

jjdillon@mindspring.com

404.824.7332

The greatest benefit of exploring creativity through art is giving yourself a healthy outlet for expressing and letting go of unproductive thoughts, feelings and fears.



You don't need to be an artist or have previous art experience. Everyone has the ability to express emotions and feelings through imagery.

Participants are always surprised how quickly they can express themselves from a deeper level of knowing when they stop worrying about what the picture should look like!

We are having fun and allowing our true self or deeper self to express itself through color, images, textures, and shapes.

Come and join us. To find out about our next class, go to paintingfromtheinsideout.com or call Joyce Dillon.

BIO: JOYCE DILLON, RN, MN is the founder of Joyce Dillon Inc. she provides Health and Wellness training and coaching, life purpose facilitation, loss and grief retreats and counseling. Joyce has studied loss and grief with author Dr. Francis Weller and wise elder Maldoma Some and trained in rapid resolution, trauma therapy and clearing of old wounds and beliefs.

PHOTOS: Painting © George Pagan, Unsplash
Art supplies © Tim Auterbury_Unsplash
Woman painting © Dolgachov, Canstock Photo