

All materials, drinks & nibbles provided. £20 per person.

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# WEDNESDAY 9<sup>TH</sup> NOVEMBER 2022

## Colour Mirrors 'Elementals Series'

# 1: FIRE

- \*The Psychology of FIRE and associated colours
- \*Cards, Bottles & Essences
- \*Indoor & Outdoor Creative Therapy Exercises
- \*Group Discussions & 1-1 Readings
- \*Group Meditation

If your immediate thoughts include any of these: 'No Way', 'Worst Nightmare', 'I'm no good at Art', 'I'm not Creative', 'I'm too scared', 'I can't' ....

PAUSE. BREATHE.

Ask yourself if doing something different, rather than reverting to your 'usual reaction', could perhaps serve you positively....

Join the Lighthouse Monthly Art & Creative Therapy Evening and enjoy finding out more about all aspects of 'creativity', have a go at creating something new, meet more of the Tribe, experience guided and themed meditation, refreshments, individual bottle and card readings and much more.....

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