



ART HEALING WORKS

TransFormational Painting

Svetlana Sky

Creator and founder of Art Healing Works and TransFormational Painting, Svetlana Sky, was inspired by her life-long pursuit for a greater understanding of human psychology and the development of creativity. Svetlana has a true appreciation for the significance of the correlation between the mind and body. She realized that the mind desires a healthy body. From that point on, her interest expanded to Nutrition, Ayurveda and other holistic practices.

"I believe in the amazing ability of the human mind and spirit to be transformed, empowered and healed in the presence of Art."

It 2011, she introduced her workshop to a group of close friends, all artists and therapists. That first workshop exceeded all expectations, and the group was amazed by the outcome that followed after a only few short hours of TransFormational Painting. It demonstrated that "mindful meditation" expressed in the immediate act of painting, brings a deep transformation to the human mind and is followed by healing effects on the body.



Client Experience: An Ugly Painting

A young woman came to the Art Healing workshop. She was suffering from anxiety attacks that she had been treated for since childhood.

She had seen this image many times before since she remembered herself. It emerged as soon as she went into trance: the bright light, white surfaces, red buttons and beeping sounds. She described it as if waves were coming over her making her feeling sick. She thought it was ugly just the way she painted it. Every time she "saw" this image, it would trigger another anxiety attack and then she would not remember it. But worse, she had no idea what it meant, this image she painted.

Later that day, she shared her experience at the workshop with her mother and asked if she knew what the painting meant.

Only then did she find out about an event from her early childhood. When she was about 10 months old, she was hospitalized with infectious meningitis. She was isolated, in a white crib, surrounded by the beeping monitors with red buttons, in the brightly lit unit, and not allowed to be held by her parents for several weeks. Her mother never talked about it, she was convinced that her child was too young to remember it.

Together with uncovering the meaning of her painting, the years of anxiety were over for her. The image was no longer a trigger, and medication was no longer needed. However, she kept her ugly painting on her wall.





ART HEALING WORKS

TransFormational Painting

*Painting Through Meditation Workshop**

This workshop focuses on painting techniques and elimination of creative blockage, stress and tension while tapping one's creative source.

Individual session 1 ½ hours \$ 250	Couples session 1 ½ hours \$ 360
Group workshop for 5 to 7 2 ½ hours \$ 145 per Person	Group workshop for 8 to 12 3 ½ hours \$ 125 per Person

NLP / Hypnosis Sessions

Session topics may include:

Self-Confidence	Phobias
Limiting Beliefs	Weight Loss
Problem Solving	Depression
Stress Reduction	Priority Setting
Pain Management	Procrastination
Smoking Cessation	Removal of creative blockages
Relationship Issues	Change of Personal History &
Anger Management	Exploration of the Past

Individual session 1 ½ hours \$ 250	Couples session 1 ½ hours \$ 360
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Skype sessions are available.

*This workshop is suitable for all ages.
No experience is required.

Sessions are offered at the Studio. However, group sessions may be conducted at the client's location.

Acrylic paint, artists brushes and canvases are provided.

*Hypnotic Exploration Workshop**

This workshop uses deep hypnotic trance with a focus on exploring one's inner state, examining and resolving personal conflicts, setting priorities, healing traumas and discovering the underlying cause of events and symptoms, all while practicing Expressive Painting.

- The process begins by entering a state of hypnotic trance - a state that anyone can easily reach - which allows for a natural dialog with the subconscious mind. Through this state, one is able to connect with the inner-self, access unlimited creativity, gain personal insight and tap into inner resources.
- The trance continues during expressive painting. The whole experience is immediately painted on canvas. The results are beautiful, spontaneous images, created regardless of your painting skills.
- We conclude the session, by discussing the paintings with the group. This sharing brings even more personal insight for the painter, and fosters a supportive and meaningful connection within the group.

The process helps one to reach a profound understanding of Self, establish mind and body connection and to find a deeper sense of inner peace and meaning.

This is in-depth work. It allows us to extract more detailed visual images from the subconscious mind, so we use a larger 18 x 24 canvas. There is ample opportunity to process the outcome and to receive invaluable feedback from a small group of participants.

Individual session 1 ½ hours \$ 250	Group workshop for 5 to 8 3 ½ hours \$ 170 per Person
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ART HEALING WORKS
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