

DISCOVER

Life Artistry & Soul Affirming Arts Catalogue

Playshops, Circles & Retreats for Personal
Transformation and Soulful Living

with Jennifer Norton

Oracle ✨ Life Artist ✨ Spiritual Practitioner

Self-Love, Healing, and Creative Spirituality for Women, Men & Wisdom Circles

Welcome, Beloved Life Artist



This Life Artistry & Soul Affirming Arts catalogue gathers offerings for those who feel called to live more authentically, creatively, and spiritually awake in everyday life.

These experiences are perfect for individuals and communities in seasons of growth, healing, transition, and deepening; who sense that life itself is a canvas for the Soul.

Who This Catalogue Serves

- Women's Circles & Sisterhood Communities
- Men's Groups & Conscious Brotherhood Organizations
- Midlife Transformation & Spiritual Growth Seekers
- Young Adult Seekers (college, 20s/30s spiritual explorers)
- Elders & Wisdom Circles
- Recovery & Healing Communities
- Grief & Renewal Circles
- LGBTQIA+ Spiritual & Creative Communities
- Couples, Families & Soulful Relationship Circles

How to Use This Catalogue



- **Browse by pathway:**

Offerings are grouped into four Soul paths:

- A. Self-Love, Healing & Emotional Freedom
- B. Devotion, Ritual & Prayerful Living
- C. Creativity, Life Artistry & Soul Expression
- D. Seasons of Life, Relationships & Transitions

- **Choose a container:** Many offerings can be a single playshop, circle series, weekend retreat, or private intensive.

- **Gather your people:** Invite your circle, community group, or loved ones, or come as an individual into a larger group event.

- **Co-create:** Share your season of life, intentions, and needs; we will shape the timing and depth together.

About Jennifer

Jennifer Norton is an Oracle, Healer, Life Artist, and Spiritual Practitioner devoted to helping people remember their inherent Brilliance. Blending Fine Arts, Contemplative Practice, and Ageless Wisdom teachings, sacred spaces are created where self-love, creativity, grief, joy, and healing are all welcome. Jennifer's book, *Embracing Brilliance: Contemplations on Liberating Our True Nature*, and signature Life Artistry technology inspire many of the offerings in this catalogue.

Pathway A · Self-Love, Healing & Emotional Freedom

These offerings are for the heart that is ready to soften, forgive, heal, and remember its own worth.

The Power of Forgiveness

A tender yet courageous journey into releasing resentments and self-blame, opening space for freedom and peace.

The Gift of Gratitude

Practices that gently shift awareness toward blessing and sufficiency, cultivating gratitude as a daily spiritual habit.

Compassion Expansion

Learn to extend compassion first to yourself, then outward, without losing your center or burning out.

Integral Empath

For empaths and sensitives who want to claim their gift, create loving boundaries, and live with less overwhelm.

EFT (Emotional Freedom Technique)

A gentle tapping practice to help release stuck emotion, soothe the nervous system, and ease anxiety and stress.

Expressive Writing

A compassionate space to write through grief, transition, and inner knots—focused on release, clarity, and integration.

Journal Writing Series

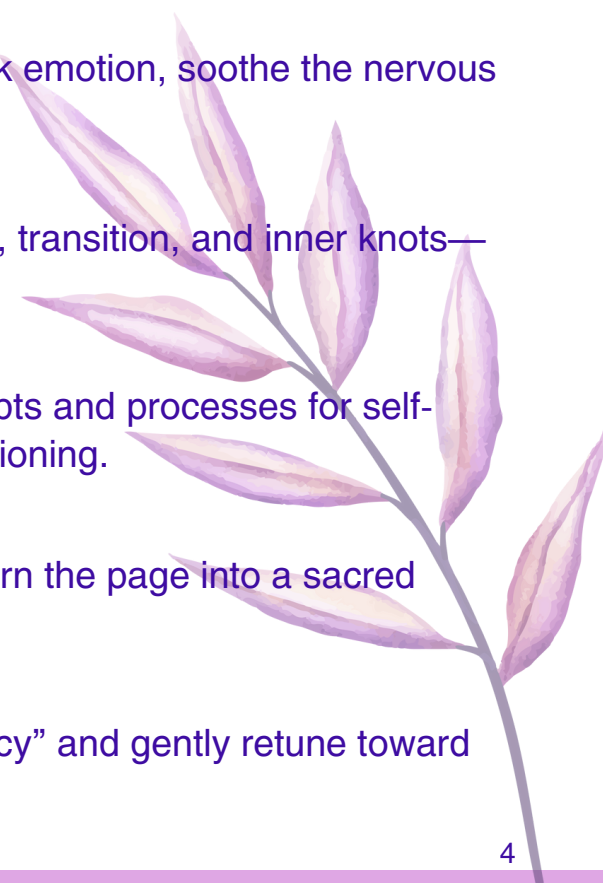
Ongoing journaling as a spiritual friend: prompts and processes for self-understanding, emotional processing, and visioning.

Creative Journaling

Playful, guided prompts and structures that turn the page into a sacred mirror—no “writing talent” required.

Self-Tuning

Practical tools to notice your current “frequency” and gently retune toward grounded, loving presence.



Pathway A · Self-Love, Healing & Emotional Freedom

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Loving Kindness

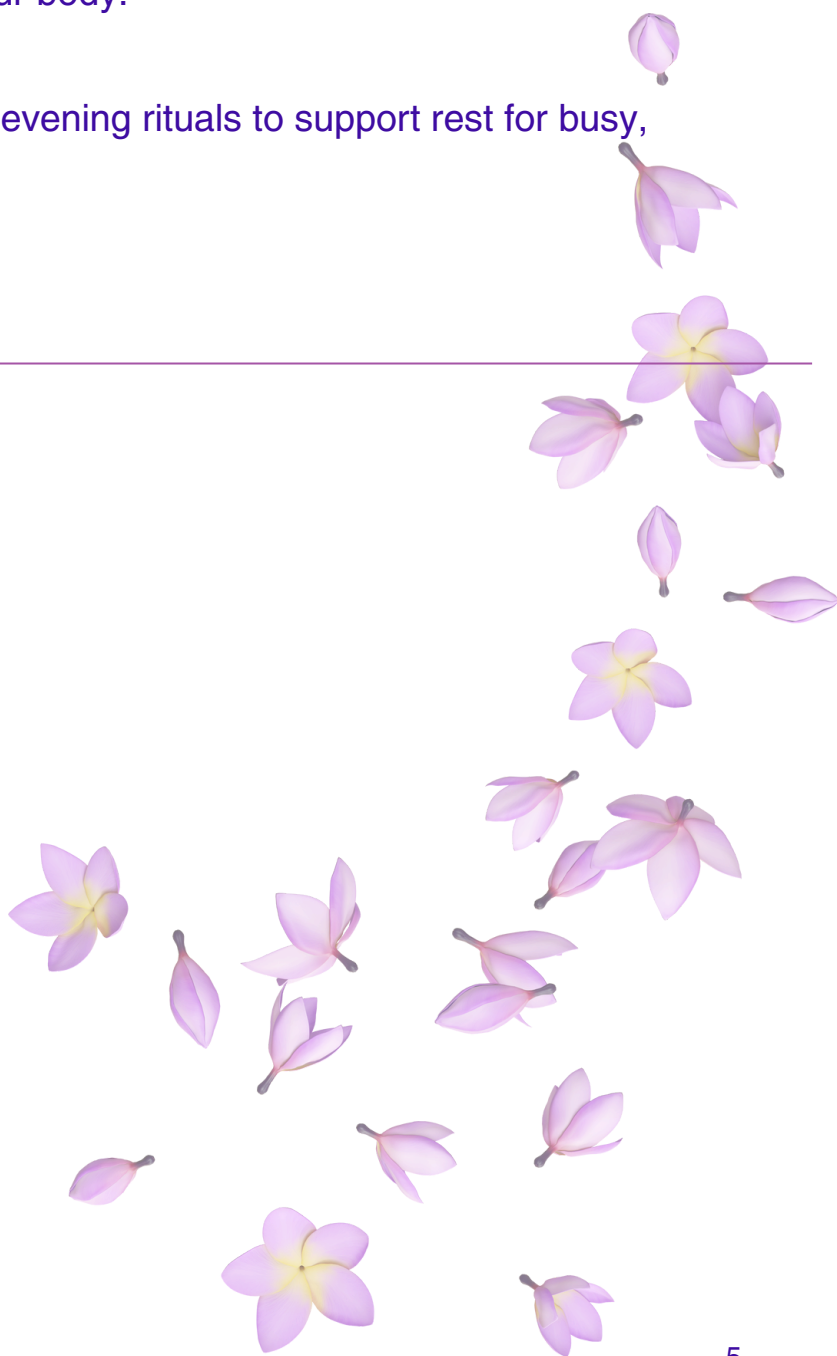
Classic Metta practices that nurture kindness toward self, loved ones, difficult relationships, and all beings.

Breath of Life

Breath-based practices to soothe the nervous system, reconnect with life-force, and energetically align your body.

Sweet Dreams, Insomnia

Gentle meditations, breath, and evening rituals to support rest for busy, overthinking, or tender hearts.



Pathway B · Devotion, Ritual & Prayerful Living

These offerings are for those who long to live in a deeper conversation with the Divine; through prayer, mantra, sacred text, and ritual.

Affirmative Prayer

Learn to pray from the awareness of Oneness, rather than to a distant power, anchoring your life in spiritual principle.

The Art & Science of Affirmative Prayer

A deeper exploration of how affirmative prayer works and how to craft treatments that feel genuine and effective.

The Embodiment of Affirmative Prayer: From Doing to Being

A more immersive journey into living your prayer, integrating body, voice, and action with your spiritual knowing.

Mantra & Affirmations

Explore sacred sound and consciously chosen statements as tools for re-patterning thought and opening the heart.

Intentions

Clarify, bless, and empower intentions that arise from the Soul, not just the personality or ego.

Sacred Strands: A Prayer Bead Playshop

Design your own prayer beads and learn how to use them as a tactile practice of devotion and intention.

Sacred Union Meditation & Ritual

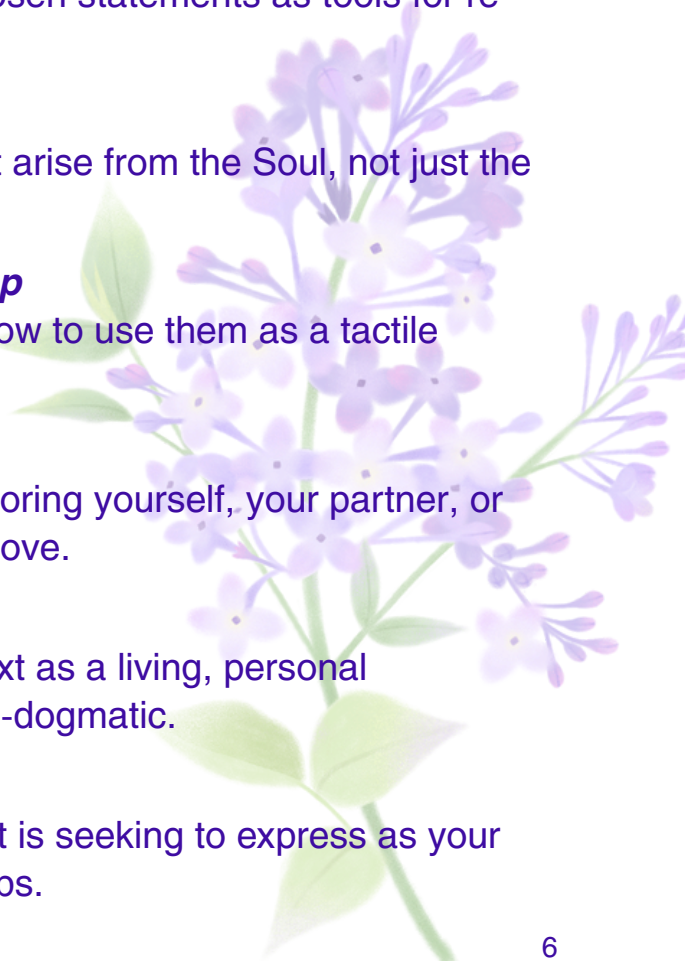
Ceremony for inner or relational union; honoring yourself, your partner, or your community as expressions of Divine Love.

Lectio Divina

Ancient contemplative reading of sacred text as a living, personal conversation with Spirit—inclusive and non-dogmatic.

Life Visioning Process™

A guided practice of listening for what Spirit is seeking to express as your life; powerful for individuals and small groups.



Pathway C · Creativity, Life Artistry & Soul Expression

These offerings support you in reclaiming your innate creativity and designing your life as a work of art: beautiful, intentional, and uniquely yours.

Embracing Brilliance™

A transformational journey (based on Jen's book) into liberating your True Nature and living as the Life Artist you already are.

Life Artistry – Balance & Order

Explore your life as a canvas and design rhythms, structures, and practices that support beauty, balance, and joy.

Creative Genius

A multi-session experience for awakening your inner Creative Genius through meditation, contemplation, and playful creative exercises.

Fine Arts Playshops

Art-based experiences (like Neuro-Graphic Drawing, Mandalas with chant, and Channeling Creativity) where process is prayer and insight.

Meditation of Movement

Intuitive, gentle movement as meditation and expression—no choreography, just listening to how your body wants to pray.

AweStruck

Practices that train your attention toward wonder, beauty, and synchronicity, using awe as a spiritual and creative catalyst.

Inner Gaze Guided Meditation

Guided inner journeys that support you in seeing yourself and your life from the Soul's loving perspective.

Chakra of the Body

A gentle introduction to the seven primary energy centers through teaching, visualization, and simple practices.



Pathway D · Seasons of Life, Relationships & Transitions

These offerings meet you in your becoming—through midlife shifts, relationship changes, loss, emergence, and new callings.

Spiritual Homecoming

Playshop or retreat for those who feel spiritually tired, in-between, or ready to “come home” to themselves in a deeper way.

Infinite Possibilities: The Art of Living Your Dreams™

Support for aligning beliefs, choices, and actions with a life that feels soul-true and expansive.

Infinite Possibilities for the Well-Traveled Soul™

For inner and outer travelers - connecting lived experience, spiritual law, and the stories you tell about your journey.

Conscious Communication

Skills and practices for speaking and listening with more honesty, care, and self-respect in all relationships.

Couples Conscious Communication

For partners of any orientation who want to deepen safety, understanding, and intimacy through conscious dialogue.

Mindfulness for Teens

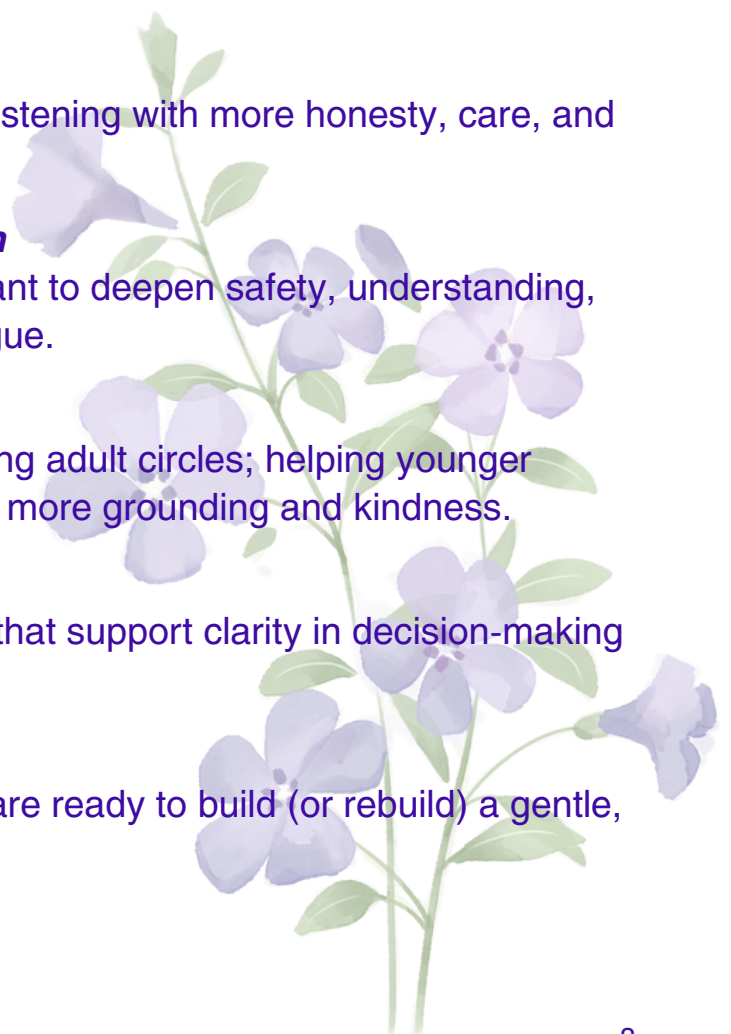
Adaptable for families, teens, and young adult circles; helping younger seekers meet emotion and stress with more grounding and kindness.

Samatha/Vipassana Meditation

Classic calming and insight practices that support clarity in decision-making and compassion in change.

Entering Meditation

For those in new seasons of life who are ready to build (or rebuild) a gentle, sustainable meditation practice.



How to Bring These Soul Affirming Arts to Your Community

Formats

Offerings can be shaped as:

- 2–3 hour playshops or circles
- Half or full-day retreats
- Multi-week series
- Private or small-group intensives

Delivery

Gatherings can be online (Zoom) or in person, depending on location, group size, and intention.

Customization

We can design experiences for women's circles, men's groups, couples, mixed-gender circles, LGBTQIA+ communities, recovery groups, elders, and more. Each offering is adapted to honor your culture and needs.

Inquiries & Booking

✉ Jennifer@jennorton.com

🌐 www.jennorton.com

Let's design a program that supports your people in feeling more present, more connected, and more aligned with the heart of why they serve.

May every gathering we co-create be a sanctuary of remembrance of your inherent Brilliance, your belonging, and your belovedness.

