

DISCOVER

# Spiritual & Healing Arts Catalogue

Courses, Playshops, Seminars & Series  
for Sacred Spaces and Seekers.

with Jennifer Norton

Oracle ✨ Life Artist ✨ Spiritual Practitioner

*Life Artistry, Prayer & Healing Pathways for Your Spiritual Community*

# Welcome, Beloved Community



This Spiritual & Healing Arts catalogue gathers the heart of my work as an Oracle, Life Artist, and Spiritual Practitioner.

These offerings are designed for communities who are ready to deepen into prayer, meditation, healing, and embodied Spirituality.

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## ***Who This Catalogue Serves***

- Spiritual Centers
- Metaphysical Communities
- Retreat Centers & Retreat Hosts
- Yoga & Meditation Studios
- Healing Arts Collectives
- Conscious Living Groups
- Inter-spiritual & Interfaith Communities
- New Thought & Ageless Wisdom Circles
- Sound Healing & Energy Healing Communities
- Spiritual Practitioners, Chaplains & Prayer Circles
- Contemplative Spiritual/Bible & Lectio/Scriptio Divina Groups

# How to Use This Catalogue



- **Browse by theme:**

Offerings are grouped into four pathways:

- A. Prayer & Affirmative Practice
  - B. Meditation & Mindfulness Pathways
  - C. Spiritual Growth & Life Artistry
  - D. Healing & Emotional Integration
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- **Choose a format:** Most can be offered as a single seminar, half- or full-day playshop, or multi-week course/series.

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- **Mix & match:** Create a single event, a weekend retreat, or a seasonal curriculum.

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- **Collaborate:** Share your needs and dates; I'll help weave a custom plan for your community.

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## About Jennifer

Jennifer Norton is an Oracle, Healer, Life Artist, and Spiritual Speaker who serves as a conduit for God Consciousness and Creative Brilliance. Trained as a Fine Artist and Licensed Spiritual Practitioner, she weaves prayer, meditation, expressive arts, and Ageless Wisdom teachings into transformative experiences for individuals and communities. Her book, *Embracing Brilliance: Contemplations on Liberating Our True Nature*, inspires many of the offerings in this catalogue.

# Pathway A · Prayer & Affirmative Practice

Prayer is more than words; it is a state of consciousness. These offerings support your community in moving from saying prayers to embodying them.

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## ***Affirmative Prayer***

A heart-opening introduction to spiritual mind treatment; praying from Oneness, not for something outside ourselves.

## ***The Art & Science of Affirmative Prayer***

Explore how and why affirmative prayer works, blending spiritual principle with lived practice and guided treatments.

## ***The Embodiment of Affirmative Prayer – From Doing to Being***

A deeper immersion that shifts prayer from technique to identity, integrating body, voice, and daily life.

## ***Intentions***

Clarify and energize intentions so they resonate with Truth and align with the Soul's deeper "yes."

## ***Repetition Technique***

Discover the power of repeated word and phrase as spiritual technology for re-patterning thought and present-moment consciousness.

## ***Sacred Strands – A Prayer Bead Playshop***

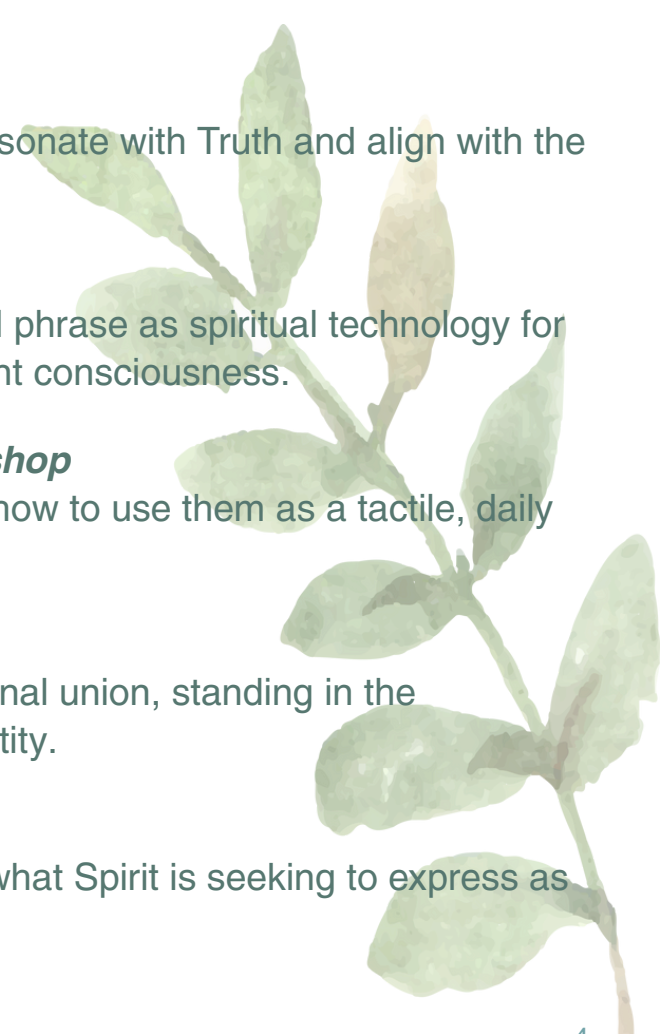
Create personal prayer beads and learn how to use them as a tactile, daily devotional practice.

## ***Sacred Union Meditation & Ritual***

Ceremony devoted to inner and/or relational union, standing in the sanctuary of Divine Love as our true identity.

## ***Life Visioning Process™***

A sacred inquiry process that listens for what Spirit is seeking to express as you or your community.



## Pathway B · Meditation & Mindfulness Pathways

These offerings open approachable, embodied doors into meditation and mindful presence, for beginners and seasoned practitioners alike.

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***Entering Meditation*** Gentle, practical basics so newcomers feel welcomed, not intimidated.

***Inner Gaze Guided Meditation*** Guided inner journey to cultivate soul-level seeing and connection.

***Samatha/Vipassana Meditation*** Classic calm-abiding and insight practices, adapted for all levels and backgrounds.

***Meditation of Movement*** Accessible, intuitive movement as prayer and meditation in motion.

***Grace In Motion Walking Meditation*** Transform walking into a living, breathing contemplative practice.

***Mindfulness*** Core everyday practices for presence, emotional regulation, and clear awareness.

***Mindfulness for Teens*** Age-appropriate tools to help teens meet emotion and stress with more grounding and care.

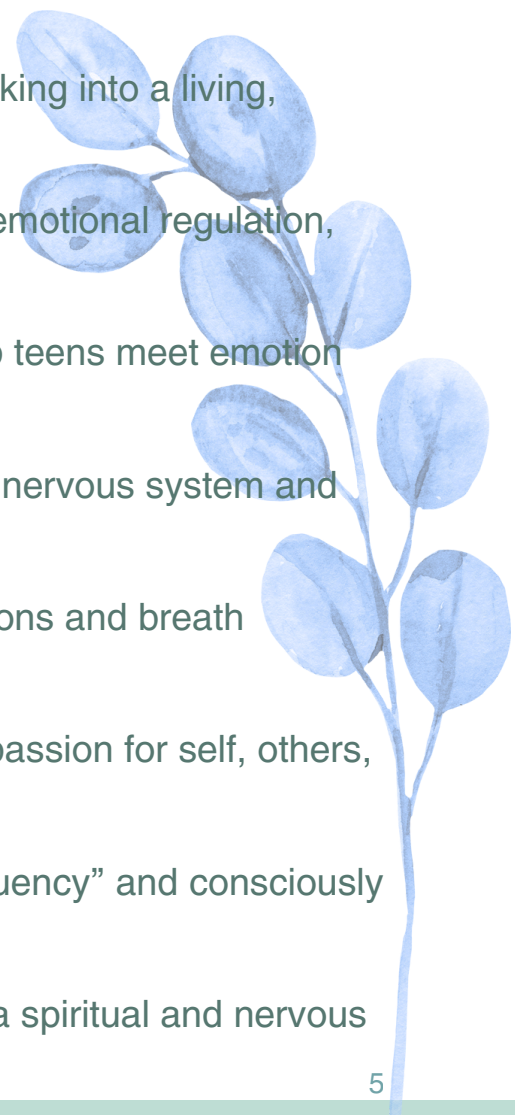
***Breath of Life*** Breath-centered practices to calm the nervous system and reconnect with inner aliveness.

***Sweet Dreams, Insomnia*** Evening-oriented meditations and breath practices that gently support rest and sleep.

***Loving Kindness*** Metta practices that cultivate compassion for self, others, and all beings.

***Self-Tuning*** Simple tools to notice your current “frequency” and consciously recalibrate.

***AweStruck*** Practices that invite wonder and awe as a spiritual and nervous system reset.





## Pathway C · Spiritual Growth & Life Artistry

These offerings awaken Creative Brilliance and Life Artistry, inviting participants to live as conscious co-creators with Spirit.

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### ***Embracing Brilliance™***

A transformational journey (based on Jen's book) into liberating our True Nature and living as Life Artists.

### ***Life Artistry: Balance & Order***

Explore designing a life canvas with intention, sacred structure, and rhythm.

### ***Infinite Possibilities: The Art of Living Your Dreams™***

Align thoughts, beliefs, and actions with a visioned, spiritually-guided life.

### ***Infinite Possibilities for the Well-Traveled Soul™***

For inner and outer travelers connecting life experience with spiritual law.

### ***Spiritual Homecoming***

Playshop or retreat for those longing to “come home” to their spiritual center after transition or exhaustion, or simply to experience the Holy Tryst.

### ***Creative Genius***

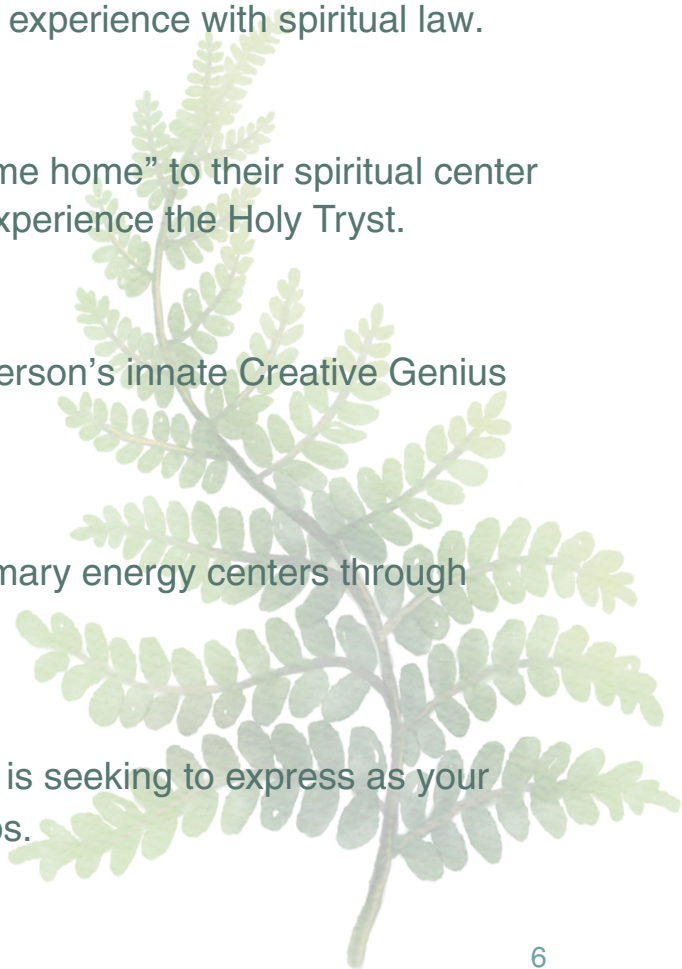
A multi-session program awakening each person's innate Creative Genius as a spiritual attribute.

### ***Chakra of the Body***

Contemplative introduction to the seven primary energy centers through teaching and gentle practice.

### ***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 D · Healing & Emotional Integration

These offerings create compassionate containers for forgiveness, empathy, gratitude, grief, and emotional integration.

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***The Power of Forgiveness*** A tender yet courageous journey into releasing resentments and reclaiming inner freedom.

***The Gift of Gratitude*** Practices that shift awareness toward blessing as a daily spiritual discipline.

***Compassion Expansion*** Widen the circle of care—starting with self-compassion and radiating outward.

***Integral Empath*** For empaths and sensitives to honor their gift, set healthy boundaries, and reduce overwhelm.

***EFT (Emotional Freedom Technique)*** Introduction to tapping as a gentle somatic tool for stress and emotional regulation.

***Conscious Communication*** Skills and frameworks to speak and listen from awareness, even in conflict.

***Couples Conscious Communication*** Structured practices for partners to deepen emotional safety and honest connection.

***Journal Writing Series*** Ongoing journaling as a spiritual tool for processing, insight, and self-connection.

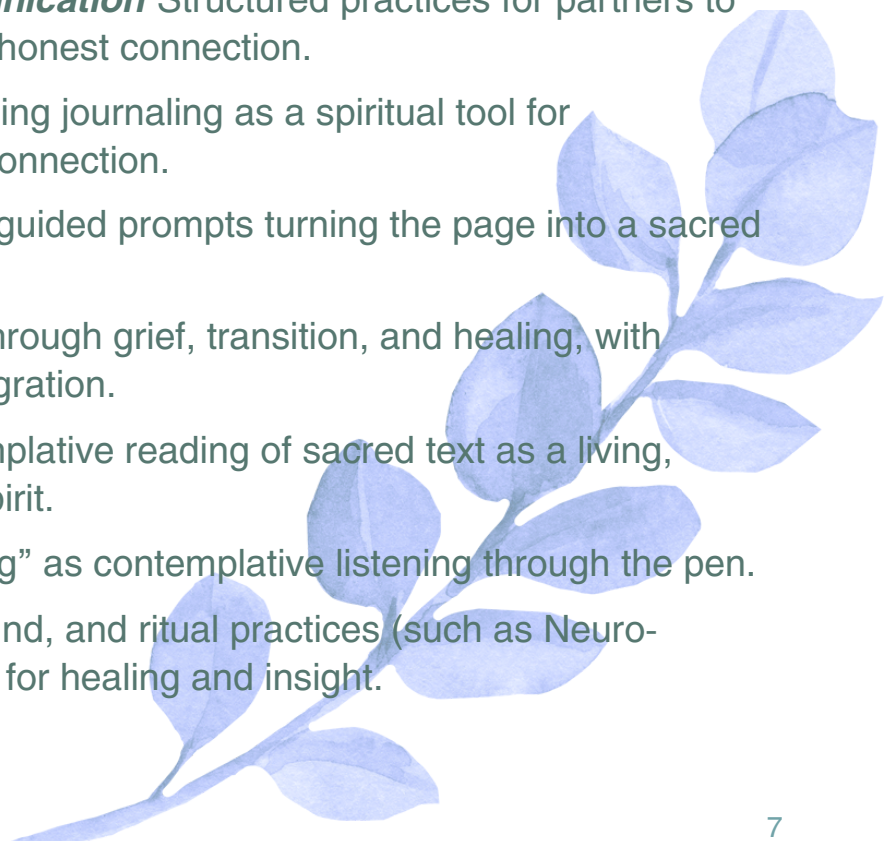
***Creative Journaling*** Playful, guided prompts turning the page into a sacred mirror.

***Expressive Writing*** Writing through grief, transition, and healing, with emphasis on release and integration.

***Lectio Divina*** Ancient contemplative reading of sacred text as a living, personal conversation with Spirit.

***Scriptio Divina*** “Divine Writing” as contemplative listening through the pen.

***Fine Arts Playshops*** Art, sound, and ritual practices (such as Neuro-Graphic drawing & mandalas) for healing and insight.



# How to Bring These Offerings to Your Community

## Formats

Most offerings are available as a 90-minute seminar, half- or full-day playshop, or a multi-week series/course.

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## Delivery

Sessions can be virtual (Zoom) or in person, depending on location and schedule.

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## Customization

I can tailor themes, length, and depth to align with your current series, liturgical calendar, retreat focus, or community needs.

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## Inquiries & Booking

✉ [Jennifer@jennorton.com](mailto:Jennifer@jennorton.com)

🌐 [www.jennorton.com](http://www.jennorton.com)

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*May every gathering we create together be a portal into deeper  
Love, greater freedom, and the remembrance of our shared  
Brilliance.*

