

DISCOVER

# Spiritual & Healing Arts Catalogue

Courses, Playshops, Seminars & Series  
for Sacred Spaces & 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, & Spiritual Practitioner.

These offerings are designed for communities who are ready to deepen into prayer, meditation, healing, & 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, & Spiritual Speaker who serves as a conduit for God Consciousness & Creative Brilliance. Trained as a Fine Artist & Licensed Spiritual Practitioner, she weaves prayer, meditation, expressive arts, & Ageless Wisdom teachings into transformative experiences for individuals & communities. Her book, *Embracing Brilliance: Contemplations on Liberating Our True Nature*, inspires many of the offerings in this catalogue.

# 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 & why affirmative prayer works, blending spiritual principle with lived practice & guided treatments.

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

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

## ***Intentions***

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

## ***Repetition Technique***

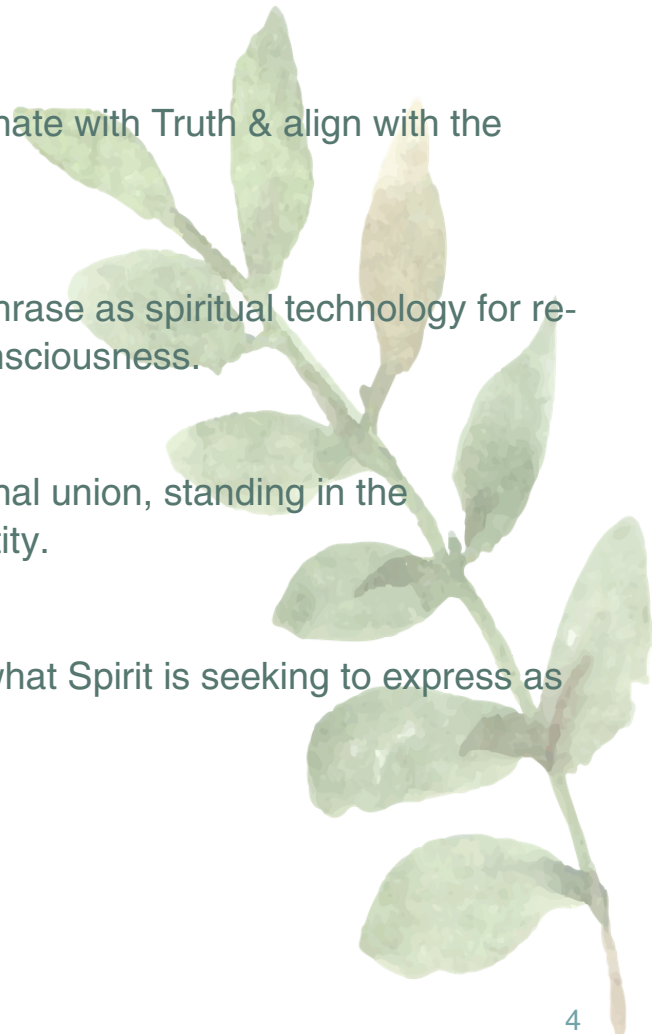
Discover the power of repeated word & phrase as spiritual technology for re-patterning thought & present-moment consciousness.

## ***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.



# Meditation & Mindfulness Pathways

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

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**Entering Meditation** Gentle, practical basics that allow for exploration, so newcomers feel welcomed & the more experienced refresh their practices..

**Inner Gaze Guided Meditation** Guided inner journey to cultivate soul-level awareness, recognition, & connection.

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

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

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

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

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

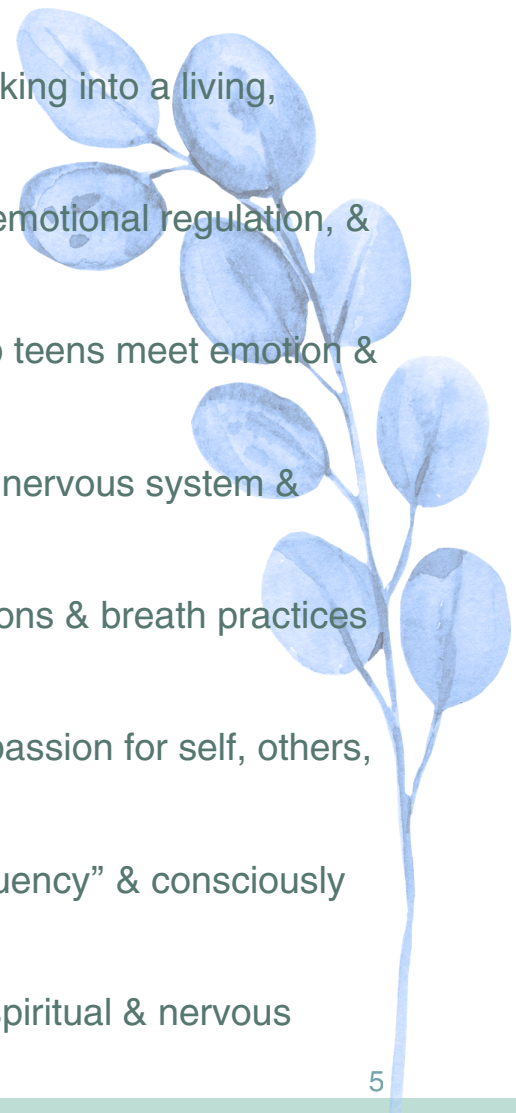
**Breath of Life** Breath-centered practices to calm the nervous system & reconnect with inner aliveness.

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

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

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

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



# Spiritual Growth & Life Artistry

These offerings awaken Creative Brilliance & 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 & living as Life Artists.

## ***Life Artistry - Balance & Order***

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

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

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

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

For inner & 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 life shift, or simply to experience the Holy Tryst.

## ***Creative Genius***

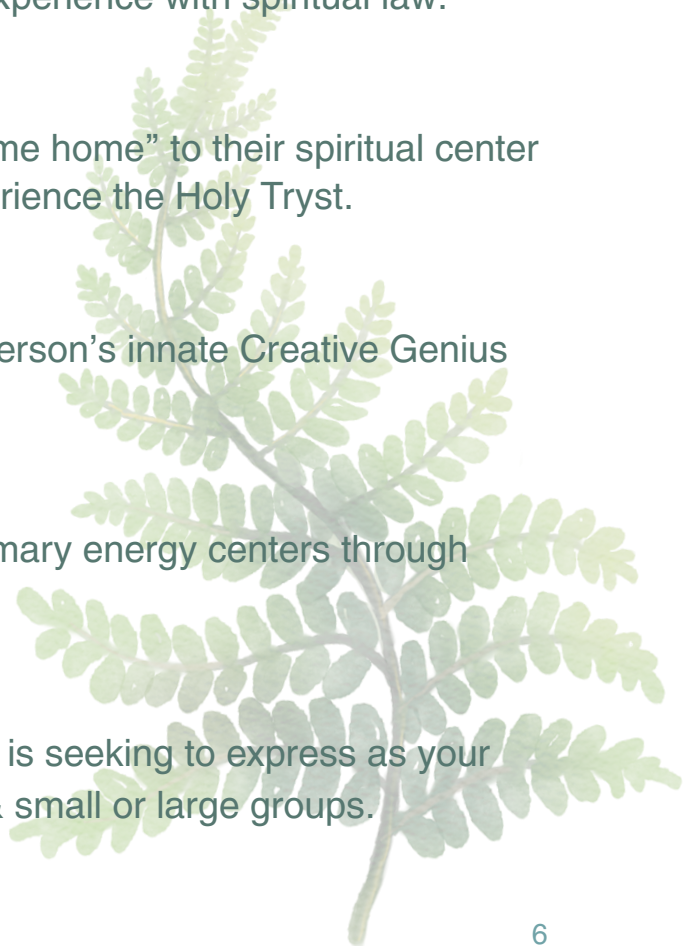
A multi-session program awakening each person's innate Creative Genius as a spiritual attribute.

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

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

## ***Life Visioning Process™***

A guided practice of listening for what Spirit is seeking to express as your life; powerful for individuals, communities, & small or large groups.



# Healing & Emotional Integration

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

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***The Power of Forgiveness*** A tender yet courageous journey into releasing resentments & 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 beginning with self-compassion & radiating outward.

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

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

***Conscious Communication*** Skills & frameworks to speak & 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, & self-connection.

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

***Expressive Writing*** Writing through experiences, from bliss to grief, transition & healing, with emphasis on release & Wholeness 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, & ritual practices (such as Neuro-Graphic drawing & Chanting Mandalas) for healing & 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 & schedule.

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## Customization

I can tailor themes, length, & 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, & the remembrance of our shared  
Brilliance.*

