

DISCOVER

Life Artistry & Soul Affirming Arts Catalogue

Playshops, Circles & Retreats for Personal
Transformation & Soulful Living

with Jennifer Norton

Oracle ✨ Life Artist ✨ Spiritual Practitioner

Self-Love, Healing, & 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, & spiritually awake in everyday life.

These experiences are perfect for individuals & communities in seasons of growth, healing, transition, & 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, & needs; we will shape the timing & depth together.

About Jennifer

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

Self-Love, Healing & Emotional Freedom

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

The Power of Forgiveness

A tender yet courageous journey into releasing resentments & blame, opening space for freedom, empowerment & peace.

The Gift of Gratitude

Practices that gently shift awareness toward blessing & 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 & sensitives who want to claim their gift, create loving boundaries, & live with less overwhelm.

EFT (Emotional Freedom Technique)

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

Expressive Writing

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

Journal Writing Series

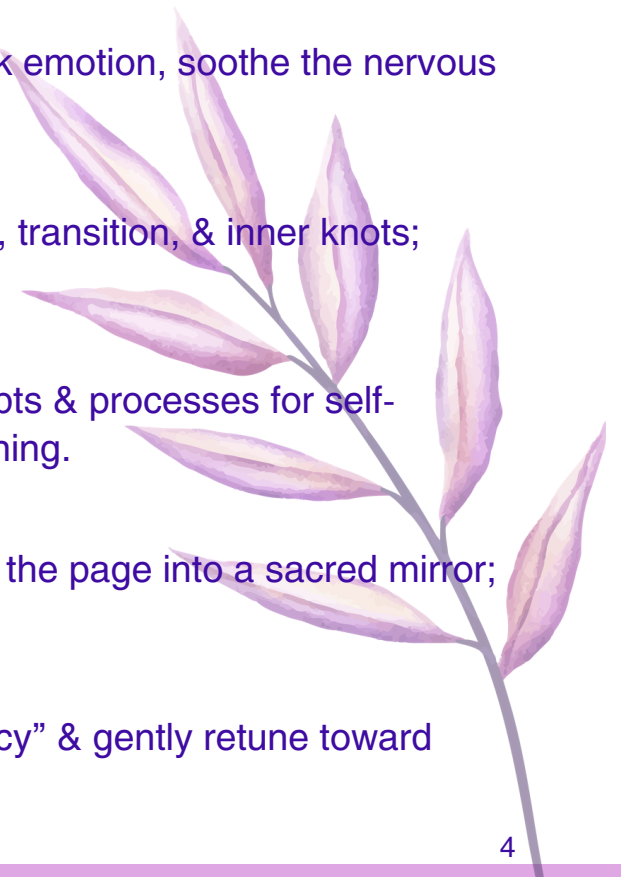
Ongoing journaling as a spiritual friend: prompts & processes for self-understanding, emotional processing, & visioning.

Creative Journaling

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

Self-Tuning

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



Self-Love, Healing & Emotional Freedom

CONTINUED...

Loving Kindness

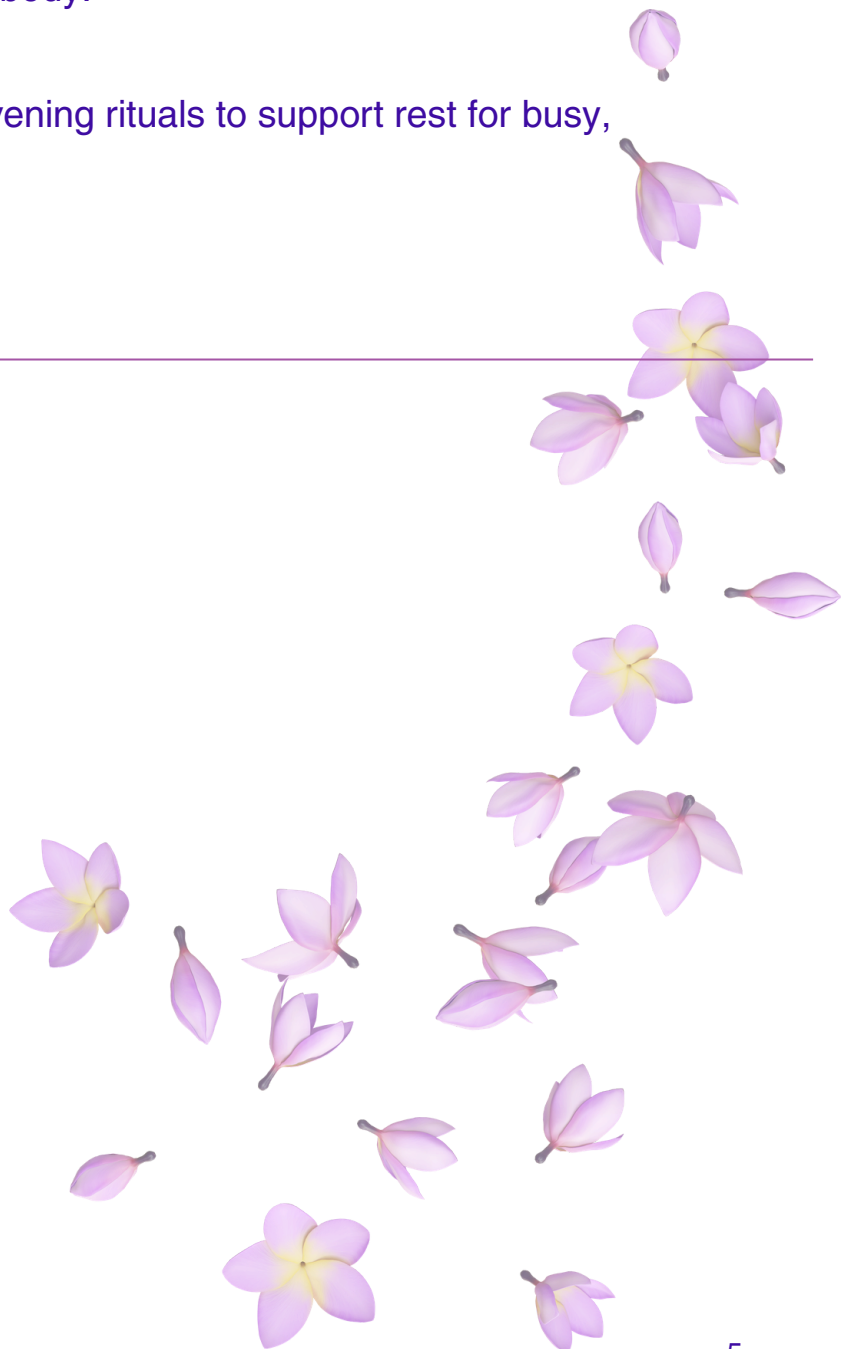
Classic Metta practices that nurture kindness toward self, loved ones, difficult relationships, & all beings.

Breath of Life

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

Sweet Dreams, Insomnia

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



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, & 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 & how to craft treatments that feel genuine & effective.

The Embodiment of Affirmative Prayer: From Doing to Being

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

Mantra & Affirmations

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

Intentions

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

The Divine Love Collections

A loving, metaphysical deep dive into Christian Scripture through guided New Thought teachings & meditative reflections.

Sacred Union Meditation & Ritual

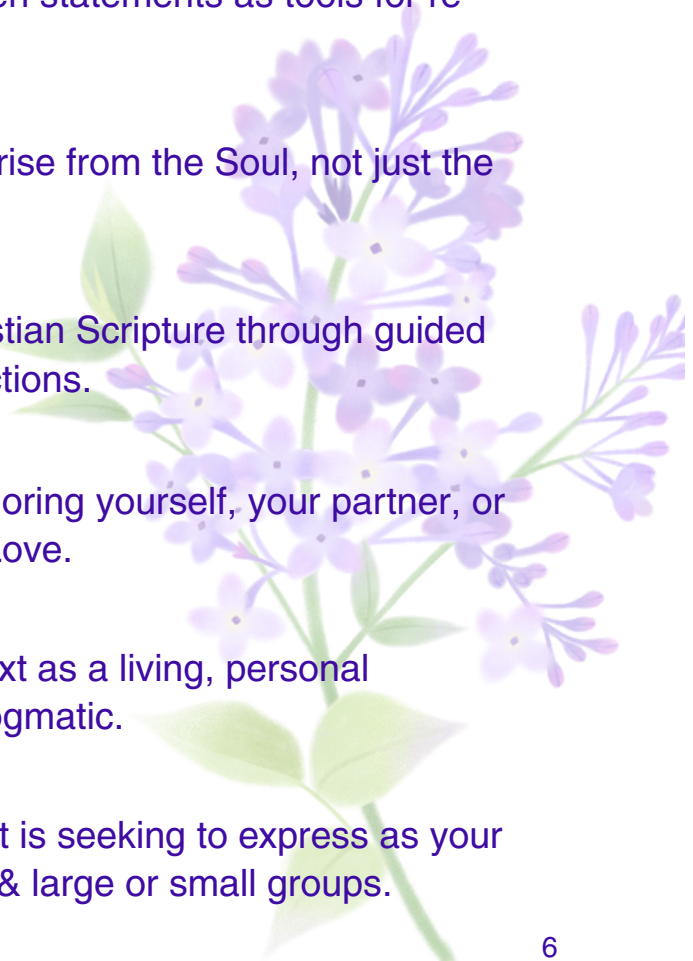
Ceremony for inner or relational union; honoring yourself, your partner, or your community as expressions of Divine Love.

Lectio Divina

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

Life Visioning Process™

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



Creativity, Life Artistry & Soul Expression

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

Embracing Brilliance™

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

Life Artistry - Balance & Order

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

Creative Genius

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

Fine Arts Playshops

Art-based experiences (like Neuro-Graphic Drawing, Mandala Chanting, Channeling Creativity, etc.) where process is prayer, creativity & insight.

Meditation of Movement

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

AweStruck

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

Inner Gaze Guided Meditation

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

Chakra of the Body

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



Seasons of Life, Relationships & Transitions

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

Spiritual Homecoming

Playshop or retreat for those who feel spiritually moved, inspired, & ready to “come home” to themselves in a deeper way.

Infinite Possibilities: The Art of Living Your Dreams™

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

Infinite Possibilities for the Well-Traveled Soul™

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

Conscious Communication

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

Couples Conscious Communication

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

Mindfulness for Teens

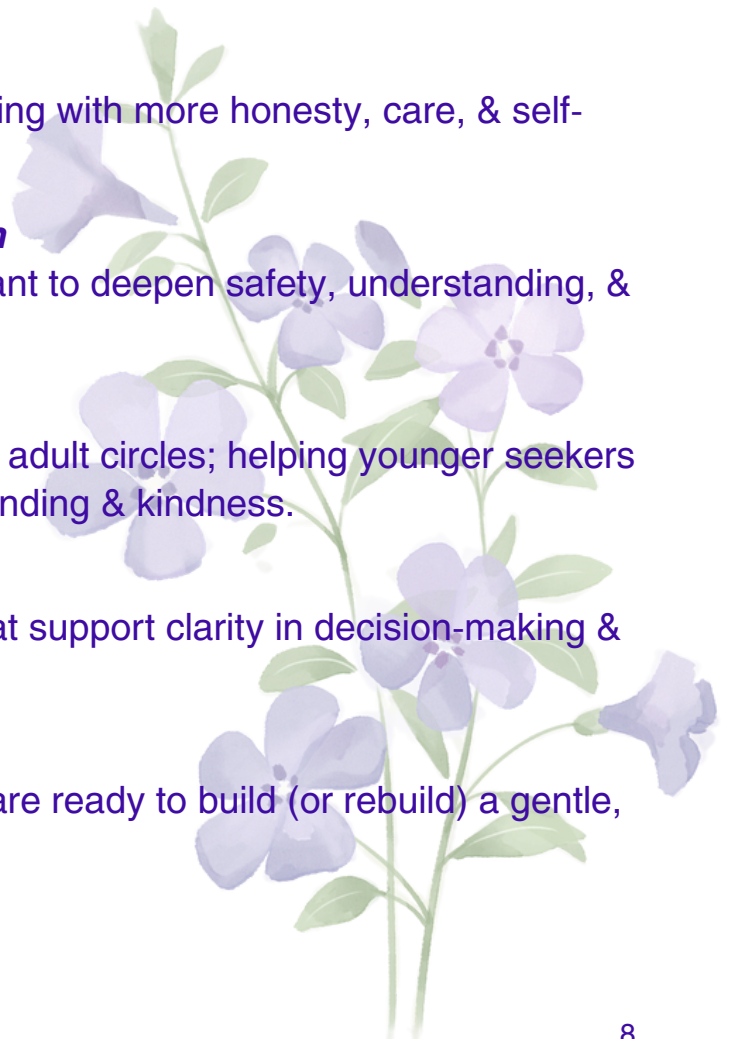
Adaptable for families, teens, & young adult circles; helping younger seekers meet emotion & stress with more grounding & kindness.

Samatha/Vipassana Meditation

Classic calming & insight practices that support clarity in decision-making & 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, & 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, & 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, & your belovedness.

