Earth Shakti Rising recognizes that the Earth’s shakti—her power and energy—is rising within us as we strive as a species to rekindle our relationship with her and bring ourselves back into balance and sustainability with the planetary biosphere. During this time of rising fears about ecological collapse and societal disturbances, this *seven-session weekly online class* starting February 1, 2020, offers art practices used in ecotherapy and in the field of ecopsychology to help people to build a sacred relationship with the earth and to have *strategies to build hope, resilience, and joy and to create a vision for the world they want to see.*

Participants are invited into a deepening relationship with Gaia, with the planetary intelligence, through a series of art and self-reflective exercises. By using art and practices in nature, we *cultivate a more balanced, whole-brain approach to bring balance in ourselves and to a culture that has been too left-brain oriented and dominated by mechanistic thinking.* We will focus on investigating the “*Ecological Self*” through our art and practice in nature.

“We call on the Spirit of Gaia and pray that the breath of life continues to caress this planet home ... Awaken in us a sense of who we truly are: tiny ephemeral blossoms on the Tree of Life. Make the purposes and destiny of that tree our own purpose and destiny.”

~ John Seed
Seven Classes include:

• Weekly live Zoom calls Saturdays Feb 1 - March 14, at 9-10:30am US Pacific. Call recordings will be available in case you miss the live class.

• All class material uploaded weekly on the Canvas learning management platform (easy to use!)

• Creating an Earth Altar

• Cultivating a relationship with one place in nature

• Creating an Art Journal dedicated to the “Ecological Self”

• Visiting a museum or gallery to examine artistic representations of the “Ecological Self”

• Sacred Art Journey for creation of your own Gaia painting (no art experience necessary)

• Council of All Beings: A Deep Ecology Community Ritual

• Visioning journey to the future for the world we want to see

Kathy Stanley, MA is a visionary artist, educator and energy medicine practitioner with a background in ecopsychology and women's spirituality. She is a Certified Art of Allowing Facilitator, an intuitive art method that inspires joyful connection with the inner feminine essence. She has taught classes in ecopsychology and spiritual ecology at the undergraduate level for the past five years. A long-time student of Leslie Temple-Thurston, Kathy is a CoreLight Mentor and a CoreLight Minister. Learn more about Kathy at her website at SacredArtJourneys.com

Registration: The tuition is $295. Upon registration you will receive a welcome letter with further instructions, including how to prepare for the course and other logistics. Register here

Click below for a Video Introduction to the class

‘Gaia’s Dream’ by Kathy Stanley