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Diarists' Workshop
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The Diarists' Workshop

*A School of Personal Writing
and Creative Journaling*

One of the best workshop/classes I've taken of any kind. - Peter Kempf

Classes at the Diarists' Workshop are fun, get you writing and nurture the search for your inner voice. Charlene's teaching style is engaging and each student receives the personal attention expected of an intimate gathering. There are classes for beginner and experienced diarists, and no one will be asked to read from his/her journal.



WORKSHOPS

WRITE ON

A journal, too can be more than a repository for words, it can serve as the canvas upon which our images, dreams, and symbols can be stretched and colored. - George Simons

Having trouble finding the time to journal? Are you in a rut and wanting to be in the groove with your creativity? Maybe you would benefit from the support, stimulus, or discipline of a group. Be encouraged to use different writing styles and visual techniques while recording your unique perceptions of the world. Have fun filling the pages of your journal with provocative entries suggested by Charlene.

Instructor: Charlene Geiss.

8 weeks: January 23rd to March 15th

Tuesday evenings, 7:00 to 8:30 p.m.

Fee: \$210 includes tax and materials.

Call Charlene at 505-986-8902 for further information or to register for any of her classes.

INNER CRITIC

Do your "inner voices" criticize, judge, and undermine your efforts continuously? Perhaps it is time for you to turn the spotlight on and the volume up, to better understand where these voices or thoughts come from and what you can do about them. Charlene's thought-provoking writing exercises and discussions will expose, identify, and eventually quiet these most annoying and troublesome voices. Isn't it time you listened to more supportive loving messages?

Instructor: Charlene Geiss.

Three Sunday sessions, March 18, 25, April 1

1:00 to 5:00 p.m.

Fee: \$195 includes tax and materials.

Call Charlene at 505-986-8902 for further information or to register for any of her classes.

JOURNAL HARVESTING

You need to read your journals with an eye for expanding awareness and growth.-Tristine Rainer, New

Diary -Tristine Rainer, New Diary

What are you doing with all those completed journals? When is the last time you opened your completed journals to read your mind? While writing is a tool for self-discovery, revisiting your journals adds another dimension to "knowing thyself." Discover patterns of behavior, consider your thoughts from a new perspective, and honor your accomplishments while turning the pages of your past. Charlene introduces techniques and suggests ways to use past entries that will serve you for years to come.

Instructor: Charlene Geiss.

1 Session: Saturday, February 17

9:00 a.m. to 3:00 p.m.

Fee: \$85 includes tax and materials.

Call Charlene at 505-986-8902 for further information or to register for any of her classes.

PRIVATE SESSIONS

Charlene continues to work privately with individuals who would like to focus on a long or short-term goal, explore what has been ignored or avoided, rediscover a passion, or find the courage to manifest a heart's desire. In a safe environment, uncover possibilities for action by finding and using one's voice, through "Echoing", a process of talking, writing and listening.

\$70 per session includes tax.

Call Charlene at 505-986-8902 to arrange for a consultation or appointment.

This semester two creative and talented teachers, Judy Morse and Ann Hawkins join Charlene at the Diarists' Workshop to offer exciting new classes that delight, inspire, and transform.

YOUR HEARTS' DESIRE

Such a price the Gods exact for song, to become what we sing. - Goethe

This 8-week workshop is based on author Sonia Choquette's Nine Principles for Creating the Life You Really Want. These principles are presented in a clear, simple, practical format, AND THEY WORK! The workshop also includes many journaling exercises and the creation of your own "Alchemy Box." Students are asked to be committed to the 8-week process, for each week builds upon the previous session and the writing exercises.

Nine Principles covered

- Bring Your Dreams Into Focus
- Gain Support of Your Subconscious Mind
- Imagine Your Heart's Desire
- Eliminate Your Obstacles
- Be Open to Intuitive Guidance
- Choose to Support Your Dream with Love
- Surrender Control
- Claim Your Dream
- Stay True to Your Dream

Instructor: Judy Morse

8 Weeks: January 21st through March 11th

Sunday afternoons, 1:00 to 2:30 p.m.

Fee: \$180 includes tax and materials.

Call Judy at 505-424-1744 for further information or to register.

Judy Morse is an experienced diarist, teacher and author who has taught workshops and written articles for the Cuyamungue Institute. She has been teaching "Between the Lines" and "Write On" at the Diarists' Workshop.

BETWEEN THE LINES

And what does January hold? Clean account books. Bare diaries. Three hundred and sixty-five new days, neatly parceled into weeks, months, seasons. A chunk of time, of life... those first notes like an orchestra tuning up before the play begins. - Phyllis Nicholson, *Country Bouquet*

So, what does the New Year hold for you? How about a fun and innovative journaling class in which you learn many different writing techniques to help fill those bare diary pages? Between the Lines is a foundational journaling class in which students learn writing techniques that are used in many of the classes offered at the Diarists' Workshop. Students learn ten techniques such as Spiral Writing, Unsent Letters, Child Reporter and Third-Person Portrait. These techniques help the experienced or beginner diarist to better express his or her thoughts and feelings.

Instructor: Judy Morse

8 Weeks: January 31st through March 21th

Wednesday Evenings, 6:30 to 8:00 p.m.

Fee: \$190 includes Inner Outings deck, plus tax and materials.

Call Judy at 505-424-1744 for further information or to register.

THE MAGICAL DAYBOOK

The dominant thoughts and images that you hold in your mind are what you create in your life.

In this 8-week workshop you create a Magical Daybook and design a simple daily ritual, so that you can start each day by cultivating the thoughts, feelings, and images that you want to resonate with throughout your day. Each beautiful page of your personal Magical Daybook provides you with a reminder of the intentions, dreams, goals and values that inspire you to create your masterpiece: your most authentic, meaningful life.

As a group, we explore the Law of Attraction through a carefully orchestrated sequence of provocative journaling exercises, discussions, guided visualizations and book arts. Be challenged to determine what is truly important to you, and what you want to create in your life. Learn how to use self-hypnosis and subconscious affirmations to transform blocks and negative beliefs.

Instructor: Ann Hawkins

8 Weeks: January 25th through March 15th

Thursday Evenings, 6:30 to 8:00 p.m.

Fee: \$200 includes tax and materials.

Call Ann at 505-992-2663 for further information or to register.

Ann Hawkins spent 20 years as an advertising and film production executive before coming to Santa Fe to study the healing arts. She is now a licensed Massage Therapist and is Certified in Life Coaching and Hypnotherapy. She previously taught "The Magic Manifestation Workshop" at the Diarists' Workshop.

LIVING LA DOLCE VITA

What is this life for, if not to experience happiness, joy, and delight? In this workshop, you honor the yummy things in life, such as beauty, friendship, the arts, nature, wisdom, love, reflection, and contentment. So often, these precious jewels are forgotten in the midst of our hectic schedules, personal difficulties, and the myriad pressures and distractions of daily life. Sometimes we live in anticipation of happiness and the good life, instead of remembering that we can experience it in every moment. Using a series of inspiring writing and visual journaling exercises, this workshop gives you the opportunity to explore and name the things in life that bring you the most happiness and make you feel good! A visual Book of Treasures will be the culmination of your musings. You also learn ways to transform your subconscious mind and to enhance your ability to enjoy *La Dolce Vita!*

Topics Include

- The Inner Game of Appreciation
- Cultivating Evocative Moods
- The Epicurean Art of Happiness
- The Way of Paying Attention

- Being a Connoisseur of Life

Instructor: Ann Hawkins

8 Weeks: February 5th through March 26th

Monday Evenings, 6:30 to 8:00 p.m.

Fee: \$200 includes tax and materials.

Call Ann at 505-992-2663 for further information or to register.

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