

## Donna's feedback re PAINT FROM THE HEART (Private 4-day retreat in person, in-studio) 2020

"One week after 'Paint from the Heart,' I realised my life preceding had been one of mechanically skimming from one thing to the next even though they were things I care deeply about.

I was anxious, running around at 100 miles an hour, doing 3-4 things at once thinking I was achieving a lot. I noticed soon after, the anxiety was gone. I was present to one thing at a time – baking when I was baking, washing when I was washing. I got so much more done and without stress. I was even able to take time out for me and ask for help in the kitchen. This is not something we even talked about, but just happened and really surprised me.

I worked with Suzanne to help me let go of the barriers to my creativity that I knew were there but could not shift. My challenge was to stay in that space of letting go and I'm so glad I did.

Suzanne guided me through blocks to pave a way to be fully present to those things I care deeply about and experience joy. The painting part I absolutely loved, and she helped me find my natural way to draw – a gift I now give myself each day in quiet stillness.

Suzanne has a calm, caring mastery and brilliance that truly connects with me and guides me to discover my Self and my natural way to draw and paint. I can't speak highly enough of this course.

I feel wonderful after those 4 days! It was like pressing the 'refresh' button. Before, there was heaviness. Now I feel awakened and excited with clarity to pursue this new way of being that welcomes my worth and meaning. I see a changed woman when I look in the mirror. And when I play my piano it sounds sweet and I know my soul and being are aligned.

Now I realise there's opportunity and possibility. I start my day differently. I care for myself. I schedule my creative time and have so many ideas - I feel so much better! Creatively, I've been feeling 'on fire' since the course!

I'm convinced I would not have reached my destination with other people in the room (virtual or real). And to maintain momentum in my new painting practice and sustain this preferred way of living, I'm continuing with Suzanne as my Mentor. It's helping me to be better for me!"

DONNA

Donna after PFTH and 10 sessions of fortnightly/monthly mentoring.

"If I'd kept going the way I was, I would've kept thinking 'I'm no good at it.' ...There's teachings and research, but I don't think painting from the heart can truly happen without peace; the peace that comes from knowing in my bones I'm ok. I'm sure of myself now.

I like myself more... you helped me strengthen my strengths. I didn't know what my strengths even were. We don't need to change ourselves – what we bring to the table are good things. My particular ways I thought of as bad. I saw them as faults – *you're too tidy; you're too this or that!* I realise it's good and coming through as my own unique style. I would never have discovered that on my own. I am who I am and it's reflected in my paintings that I love!

I've been searching for a long time and feel really peaceful and joyful now. I'm giving to me – they (my paintings) make me feel good – that's what painting from the heart is hey! Colour is such a joyful thing – I adore it!"

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