

Phase Four

Guide

first...

Thank
You

story

symbol

experience

object

word

what is an association?

“A MENTAL CONNECTION
BETWEEN IDEAS
AND THINGS”

characteristic

connection

artifact

myths

belief

image

language

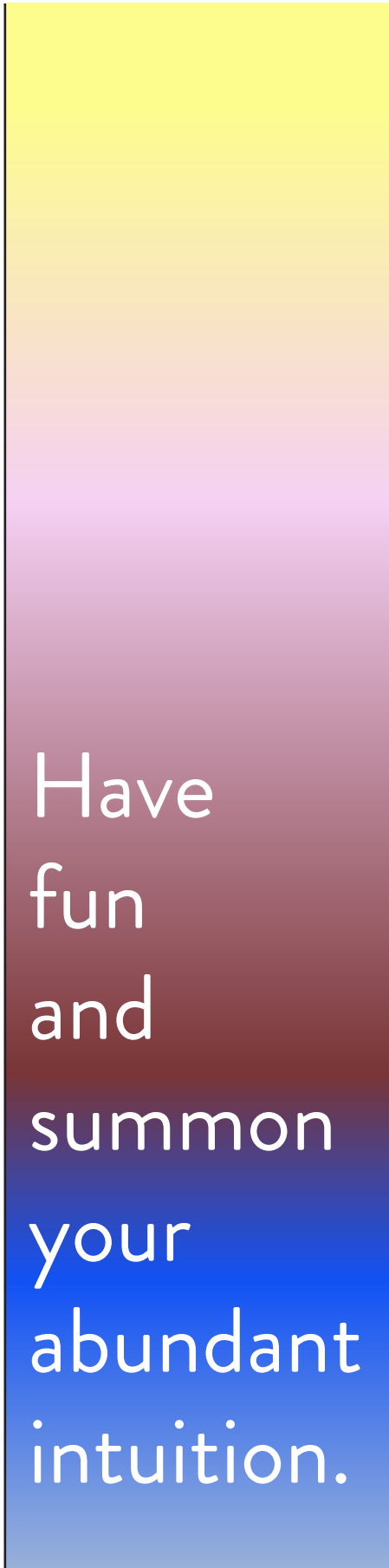
archetype

systems

mannerism

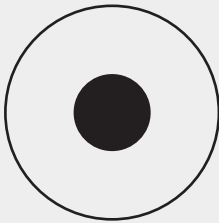
guiding thoughts

1. Practice opening up your body. Make space for yourself.
2. Allow yourself feel a full range of emotions. Get mad or sad or happy or curious. It's all accepted.
3. There is no right answer. This is a space to openly share our experiences. You hold the truth.
4. This workshop I act as a guide more than a teacher. We will be doing lots of collaborative dialogue rather than a monologue haha.

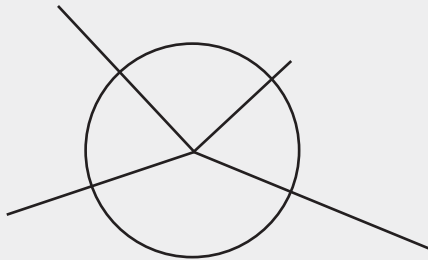


Have
fun
and
summon
your
abundant
intuition.

Reflect



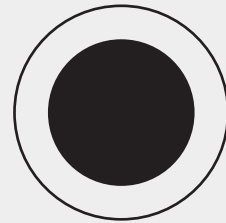
Share



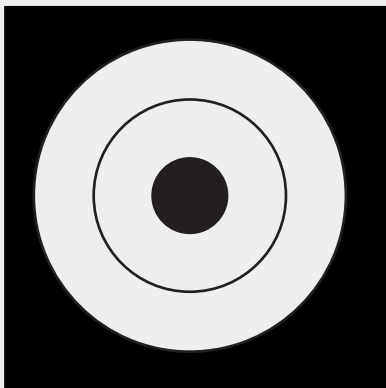
Listen



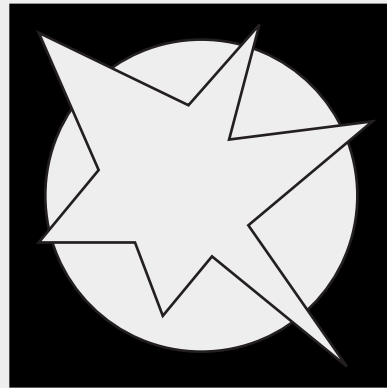
Expand



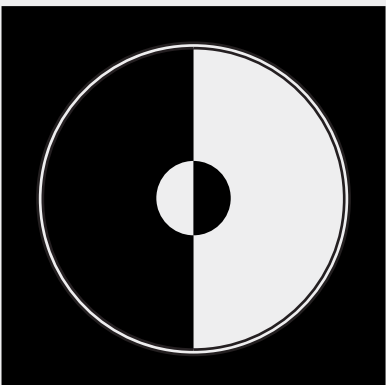
Preservation



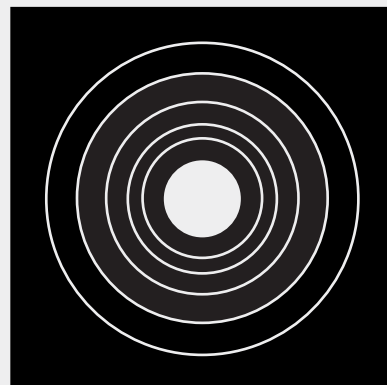
Destruction



Transformation



Revitalization



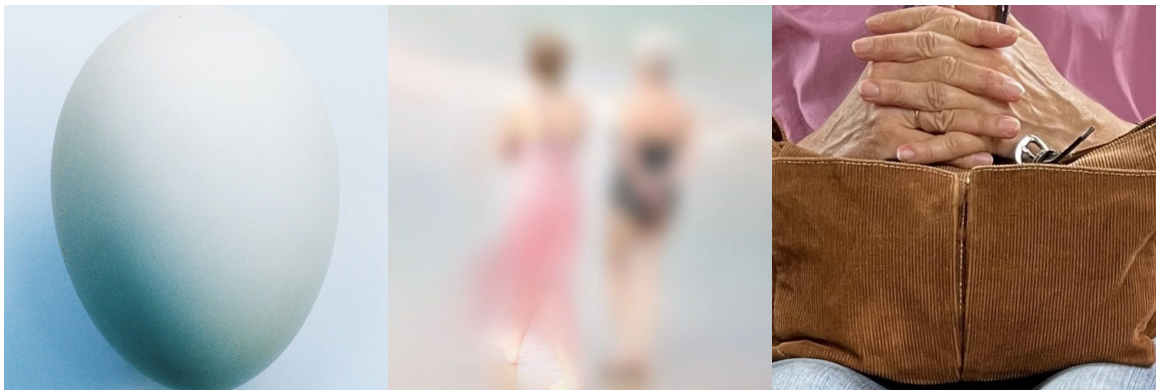
THE PHASES

Generativity

the good
& the objects

phase one: preservation

what associations
with femininity...



do you want to preserve?

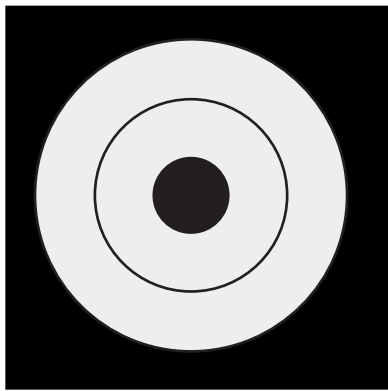
do you appreciate?

do you love?

JOY, LOVE,
APPRECIATIVE,
INSPIRED, ADMIRE,
CHEAKY, PLAYFUL

phase one: preservation

pass around the objects



order of things:

1. GET INTO GROUPS
2. TRADE OBJECTS SO EACH PERSON HAS A DIFFERENT ONE
3. ONCE HOLDING YOUR NEW OBJECT ... SHARE ANSWERS TO QUESTIONS BELOW TO GROUP
4. GATHER OTHER THOUGHTS FROM THE GROUP
5. HAVE PERSON WHO BROUGHT THE OBJECT SHARE ABOUT WHY THEY BROUGHT AND RETURN IT TO THEM
6. HAVE NEXT PERSON SHARE :)
7. SHARE A COUPLE THINGS THAT STUCK OUT TO ALL

- What are the feminine associations to this object?
- What do you associate with it?
- What does it bring up for you?

Deconstruction

the bad
& the words

phase two: destruction

what associations
with femininity...



do you want to destroy?

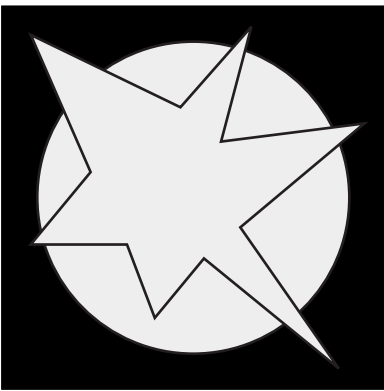
do you reject?

do you hate?

TIRED, FEAR, SAD,
RAGE, JEALOUSY
CRAZY, GUILT,
SHAME

phase two: destruction

burn up the words



order of things:

1. GET INTO GROUPS
2. WRITE DOWN ASSOCIATIONS YOU WANT TO DESTROY ABOUT FEMININITY
3. AFTER 3-5 MINUTES ROTATE
4. EXPAND UPON OTHERS ANSWERS
5. AFTER ROTATING AROUND CIRCLE ONE THING FROM THE PAPER YOU WANT TO FOCUS ON RELEASING
6. SHARE TO GROUP :)

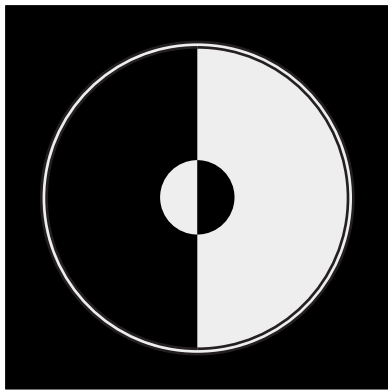
- What are experiences associated with femininity?
- What phrases come up?
- What feminine associations are hard to deal with?

Groundswell

the in-between
& the symbols

phase three: transformation

print down the symbols



order of things:

1. GO TO TABLE
2. PRINT PHASE FOUR SYMBOL WITH CHARCOAL PIGMENT
3. FILL CIRCLE OF SYMBOL WITH CHANGE YOU WANT TO OCCUR FOR THE FUTURE - AN ASSOCIATION WITH FEMININITY YOU WANT TO TRANSFORM.

(IT CAN BE WITH ANOTHER SYMBOL OR ANYTHING YOU'D LIKE ... USE ANY CREATIVE MATERIAL)
4. WAIT FOR FINAL ;)

- What are archetypes associated with femininity?
- What has come up that you want to tweak?
- What should be reimaged?

phase three: transformation

what associations with femininity...



do you want to change?

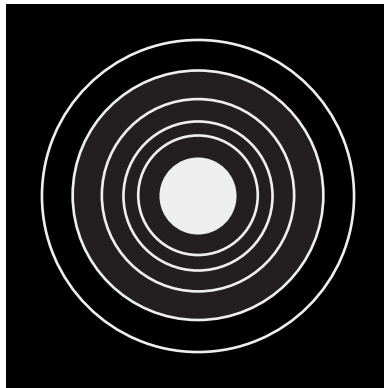
do you challenge?

do you not love or hate and is in the middle ?

AGENCY, CURIOUS,
LIBERATED, AWE
COURAGEOUS,
FORGIVENESS

Rejuvenation

the reason
& the experiences



healing & consuming
