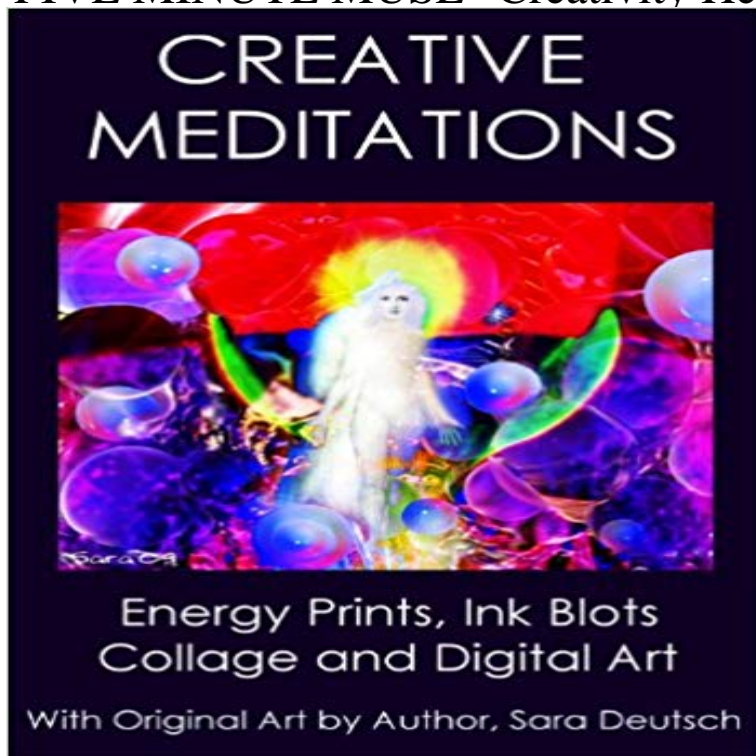


CREATIVE MEDITATIONS WITH YOUR FIVE MINUTE MUSE Exploring Ink Blots, Energy Prints, Collage and Digital Painting (THE FIVE MINUTE MUSE--Creativity Heals! Book 2)



A BLIND DATE WITH YOUR INFINITE CREATIVE MIND!! Your brain can make more connections than all of the atoms in the universe! Its wired for infinite creativity! But the stress of speedy living, information overload and the thousands of thoughts crowding your mind each day make you forget the three-pound universe within. Five minute creative meditations are an instantaneous, effective and enjoyable way to gain the benefits of meditation and experience the stillness, timelessness and unlimited creative freedom you may have known in childhood. Each five minute muse creates a gentle pressure that keeps you going without stopping, no matter what. You can use your intuitive creations for guidance, goal clarification, intuitive problem solving, emotional release, visual journaling and other creative projects. Energy prints take less than a minute to make your inner life visible. Inkblots reawaken visual intuition so you can see meaning and guidance in patterns of clouds, cracks in walls or tea leaves. Collage opens multidimensional imagination. If you can cut and paste, you can create magical fire flowers, winged wolves and mountains with eyes! Collage mandalas become your personal tarot. The computer is an extraordinary tool for self-exploration, insight, and sacred geometry. It can take you into the heart of nature! Sara shares her digital visions and offers simple ways anyone with basic, even free digital software, can begin painting with pixels--painting with light! Sara Deutsch is a muse, visionary artist and teacher who focuses on creativity as an awakening and healing force. Her journey led her into many worlds. She trekked alone in the Himalayas and lived in virgin jungles of Hawaiian Islands, eating only fruit and wild vegetables. Sara draws from Psychobiology and East/West Psychology, life in a contemplative order and 27 years

of teaching and multimedia explorations.

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