



CREATIVE *Awakenings*

Envisioning The Life of
Your Dreams Through Art

31

by Sheri Gaynor



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Contents

The Adventure Begins: Fate Might Lend A Hand

The Calling

Gearing Up

Mile Marker 1: The Book of Dreams Journal

The Envision Process: Creating a Vision of Possibility

The Process, Step-by-Step: Practice Living Your Dream

Mile Marker 2: The Visa and Milestones Passport

Twelve Months Of Dreams—the Art Of Intention

June Dreamer: Sheri Gaynor

July Dreamer: Susan Tuttle, Mile Marker 3: Merging
Digital Media With Mixed Media

August Dreamer: Katie Kendrick, Mile Marker 4 Col-
laging with Gesso

September Dreamer: Claudine Hellmuth

October Dreamer: Juliana Coles, Mile Marker 5: Layer-
ing a Transparency

November Dreamer: Deborah Koff-Chapin, Mile
Marker 6: Painting by Touch

December Dreamer: Anahata Katkin, Mile Marker 7:
Altering a Magazine Image

January Dreamer: Mary Beth Shaw, Mile Marker 8:
Creating Texture on a Painting

February Dreamer: Suzanne Simanaitis

March Dreamers: Jane and Thomas Wynn

April Dreamer: Lesley Riley, Mile Marker 9:
Transferring an Image onto Fabric

May Dreamers: Linda Woods and Karen Dinino

June Dreamer: Laura Kirk

THE DECK: Guiding Principles and how to Play

Creative Awakenings follows the lives of 12 nationally known artists over the course of a year, such as Claudine Hellmuth, Lesley Riley, Jane and Thomas Wynn, to name a few. The resulting essays and inspired art projects, and enclosed deck of Transformation cards with Sheri's beautiful, original artwork on each card, provide a creative spark to help readers, writers, artists and anyone who aspires to have a more passionate life, rediscover a more expansive and fulfilling way to live, fueled by creative intention.

Creative Awakenings stands apart in the creative field as author, psychotherapist and life coach Sheri Gaynor, takes readers on a transformative and personal adventure. For everyone who has ever wanted to live a more rewarding life, *Creative Awakenings* is a trailblazing roadmap, a trusted guide, and in the tradition of *The Artist's Way*, a book readers will return to year after year.

“ I love this book...as I grow older I desire to make the most of my creative abilities, and like many artists, sometimes lack the drive and focus needed or end up either burned out or discouraged...I absolutely love Sheri's approach as she begins with the difference between a goal and an intention, and was totally surprised to discover the book also contained beautiful mixed media projects and art shared by other well-known artists (Susan Tuttle, Claudine Hellmuth, Jane and Thomas Wynn and others!)...worth every penny!! ”

— A. J. Van Hal, Amazon.com



Sheri Gaynor

Artist, author, Feisty Female™ and facilitator of women's dreams, Sheri Gaynor spent the first half of her life attempting—without much success—to walk the straight and narrow cultural path. As someone with an insatiable curiosity, she spent her early years trying on a lot of hats, trying desperately to make them fit—photojournalist, rubber stamp artist, t-shirt designer and psychotherapist, to name a few—attempting to figure out what she wanted to “BE” when she grew up. Her journey through addiction, depression and anxiety wasn't always an easy one and much was learned through the school of hard knocks; a formidable education. Little did she know that by walking that wide, crooked and creative road, she would find the trail to her authentic self and living the life of her dreams.

In 1989, her mother dubbed her a Jewish American Pioneer (JAP) when Sheri headed West to the Rocky Mountains, leaving friends and family behind. Fortunately the city girl met her mountain man shortly after arriving, learning how to make fires in the snow, ski with free heels and most importantly how to be feisty and fearless—no easy task.

As native New Yorker, the events of September 2001 had a significant impact and left her questioning everything she had come to know. The result was a reflection of core values and a deeper understanding that life was short and time was precious. It was at this moment her husband came up with their next plan, a Sabbatical across America in a 24-foot trailer, living outside the cultural box to spend time with ailing family and friends. It was on the road with the mountain man and their black lab—that Sheri read the Terma Collective poem for the first time, “What is calling you,” and it became the mantra of her daily life. During this amazing adventure, meeting others living life outside the cultural box, she had her creative epiphany, finding the answer to the question and there was no going back...so to speak. As a result she has dedicated her life to helping other women find their authentic

self and reach for their deepest dreams through the company she founded Feisty Females Coaching and Consulting. Sheri's first book, *Creative Awakenings: Envisioning the life of your dreams through art*, was released by North Light Books in February 2009 to wonderful reader reviews. *Creative Awakenings* has struck a chord with readers in these turbulent and trying times, offering them an invitation to step boldly in the direction of their deepest desires.

Sheri Gaynor is a Licensed Clinical Social Worker. In 1981 she received her Associate of Arts degree from the Art Institute of Ft. Lauderdale, with a major in photography. She received her Masters in Clinical Social Work from Barry University in 1989. Sheri's art has been shown internationally and she has contributed various freelance writings and photographs to such publications as the Miami Herald, the Sun Sentinel, the Florida Post newspapers and the Aspen Times Weekly. Sheri has been leading women to creative success for almost 20 years. She does this through her company Feisty Females™ offering women, individual transformational coaching, on-going creative expression workshops and retreats.



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A Unique Book!

Having read a number of books on creativity, I was already looking forward to this book, but I was more than delighted when I saw this book the first time. It is something so unique in a world of books that can often be much the same. Sheri Gaynor honors both the inner and outer life of creativity, all its joys, fun, and challenges. I have been giving Creative Awakenings as a gift and have enjoyed watching the transformations begin! This book was quite an undertaking, and I am so grateful Sheri Gaynor has lifted it up to help so many souls with their own unique self-expression.

— Leslie Stoupas, Amazon.com

Feisty Females Kick Up Their Heels

I highly recommend this book to those Feisty Females out there who are ready to kick up their heels, shout “Wooo Hooooo,” and stomp all over the Venomous Toad Committee that always has pins poised to prick their dream bubbles. Gaynor is right on the trail with us, spurring us on. You can't miss the shine glancing off her vibrant cowboy boots, or the invitation she is holding out, for a life filled with passion and purpose.

— Carol Wiebe, Amazon.com