



Living change through expressive arts

Assess
Reflect
Transform
Enact

Children • Teens • Adults • Families • Teachers • Communities

Take the creative path!

**Follow the ARTE+ steps for a
journey of transformation, happiness and peace.**

Assess

ARTE+ STEPS	ARTE+ PROMPTS	ARTE+ PURPOSE
Create Art	It looks like...	awareness of the present moment or situation

Reflect

Draw Images	I wish ...	what could be—deepening the vision
	If only ...	what stands in the way—assessing the challenges
	What if ...	what supports—identifying strategies to implement
Story Write Quest	I wonder ...	what my beliefs and options are
	I ask ...	questions to clarify the storyline
	I listen to ...	my intuitive wisdom council for expanded thinking
Weave the Story with symbolic art and intentions	I am ...	the named creator inviting change in this story
	I believe ...	affirming intentions based on healthy beliefs support change
	I will ...	identify and live in accord with what I value

Transform + performance = transformance

Script the Story in three stages	I release ...	severance stage - releasing the old with uncoupling practices
	I am ...	threshold stage - a mindful presence in the present
	I receive ...	emergence stage - accepting the new with support strategies
Score the Performance	I plan ...	logistics and actions for a successful passage
	I diagram ...	details of the presentation
Prepare the Enactment	I make ...	visual art - to express my story
	I assemble ...	ritual tools for transformation rites
	I invite ...	support players and assign roles and responsibilities

Enact

Present Ritual	I perform ...	a change ritual
Honor Players	I thank ...	my creativity, the players and the journey
Evaluate	I assess ...	where I am and beginning anew

Key Elements in ARTE+ Journeys

Art Creation	Art making can be done with any medium or technique including drawing, painting, papermaking, clay, collage, plant art, mandalas, sand trays, sculptures, altars, etc.
Art Drawings	Oil pastels, crayons, colored pencils or paints are good tools to use for quickly expressing thoughts and feelings.
Storytelling	Using a free-write style where writing fast, with no agenda, encourages intuitive wisdom to surface, offering the untold story to reveal itself.
Questing	Questions can lead to new paths of inquiry that encourage flexible thinking and insights.
Wisdom Council	These members of an imagined advisory circle, intuitively created, can be spiritual teachers, admired people, animals, our body and natural objects. They become messengers of our own wisdom seeking to be known.
Symbolic Art	Capturing important insights through visual gestures or drawings can serve as memory triggers and support meaningful change. Making mandalas is an effective way to express images that hold the story that wants to be remembered.
Intentions	In transformation journeys we need signposts that direct us where to be in order to stay on the path of change we are creating. Simply structured statements that identify what we want to <i>live in accord with</i> can ground our footsteps. At crossroads where confusion of past beliefs intersect with changing beliefs, intentions provide a clarifying force to encourage transformative choices. Intentions are not action steps as much as they are pearls of wisdom to draw from.
Transformance	This coined word expresses the process of using performance art to deeply integrate the rite of passage process in our psyche. Enacting the parts of our life calling for change is more powerful than just thinking about change. Performing is something we do; transforming is the result. Creatively engaging our body, mind and soul in the performance of a story and/or ritual energizes the change process. It helps us to successfully spiral our journey into a new level of growth.
Scripting in Three Stages	Scripting refers to documenting the specific content of the transformative changes being created. What is being released? How will anxiety of uncertainty be addressed and how will you become strengthened by the process? What new intentions are you attending to and what success strategies are in place?
Scoring	The process of organizing a performance including identifying what and how to perform as well as who will participate and what their responsibilities are to be. Details are described such as timing, entrances and exits and the use of rites tools/props.
Enactment	A performance of any or all three stages of a rite of passage. This can be as simple as a three-minute meditation on the three stages of change to a full-blown performance on a stage. It can be as clarifying as a single ritual act such as throwing a ring into the fire to enact severance or as elaborate as writing a script and scoring a performance for others to participate in to support you.
Ritual Acts	These are conscious actions expressing some aspect of the transformation process. When performed, ritual acts can bring closure, forgiveness, gratitude, clarity and acceptance to changes in the performers journeys.
Honoring	Participating in our life journey can be deeply fulfilling when we consciously use our creativity to express our ever-evolving stories with their challenges and opportunities. As we know, suffering is part of the human condition. We all meet it in our journeys. Fortunately, transformation is the centerpiece of growth and the path to ameliorate our suffering. Our journey becomes a sacred gift when we honor change, its transformation rite and the people who support its performance.