



Creative Catalyst Workshop Series

Finding Your Truth: Drawing Lines and Emotion workshop

Melanie Schambach

June 30, 2020

Making space in our lives is a gift from this period of quarantine. In this workshop led by Guatemalan-based facilitator, Melanie Schambach, we will take time to fill this pause with the bravery to face our whole selves. This will allow us to come together with a good sense of who we are and what we are feeling during this tipping point moment of transforming our cultural systems and values.

In this workshop, you will learn an easy to use tool on how to listen to your inner whispers by drawing a palette of lines and emotions. After the workshop, you'll be able to use this visual language to continue to explore your unspoken fears, anger, sadness, joy, and stillness. Get ready to dance the lines of your internal geography!

- Review the workshop outline - [SLIDES.pdf](#)
- Get inspired by each other in reviewing the personal insights that we shared - [Insights.pdf](#)
- Find out more about Melanie and her work - www.melanieschambach.com
- Song list from today's workshop:
 - [Lines and Emotions Wave](#), compiled by Melanie Schambach
 - Monsieur Perine, Mi Libertad
 - Lido Pimienta, Humano
 - ChoQuiubTown, Humano
 - Bomba Stereo, Soy Yo
 - Águas de Março by Elis Regina and Antônio Carlos Jobim
 - Sliding Down - by Edgar Meyer, Mike Marshall, Béla Fleck
 - Brokeback Mountain 1 - Gustavo Santaolalla