



# EMPOWERED

## AN ART JOURNAL JOURNEY

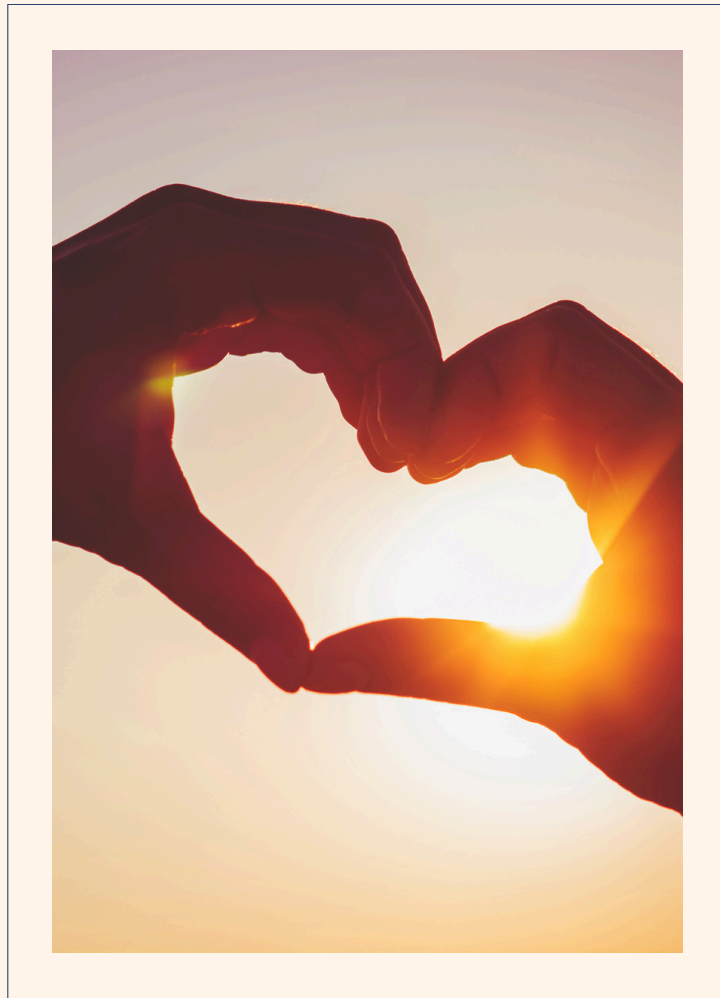
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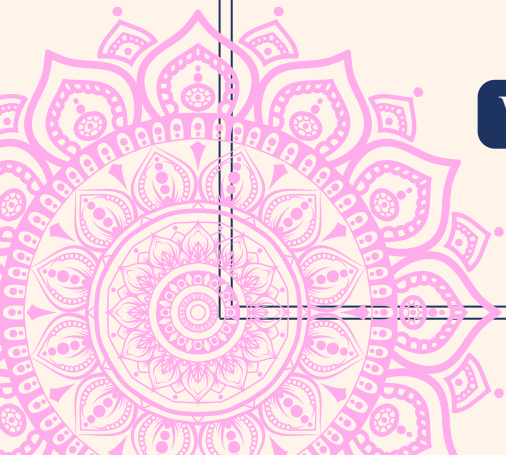
**unity**<sup>®</sup>  
Arts Ministry

MARCH WORKBOOK

# POWER OF LOVE

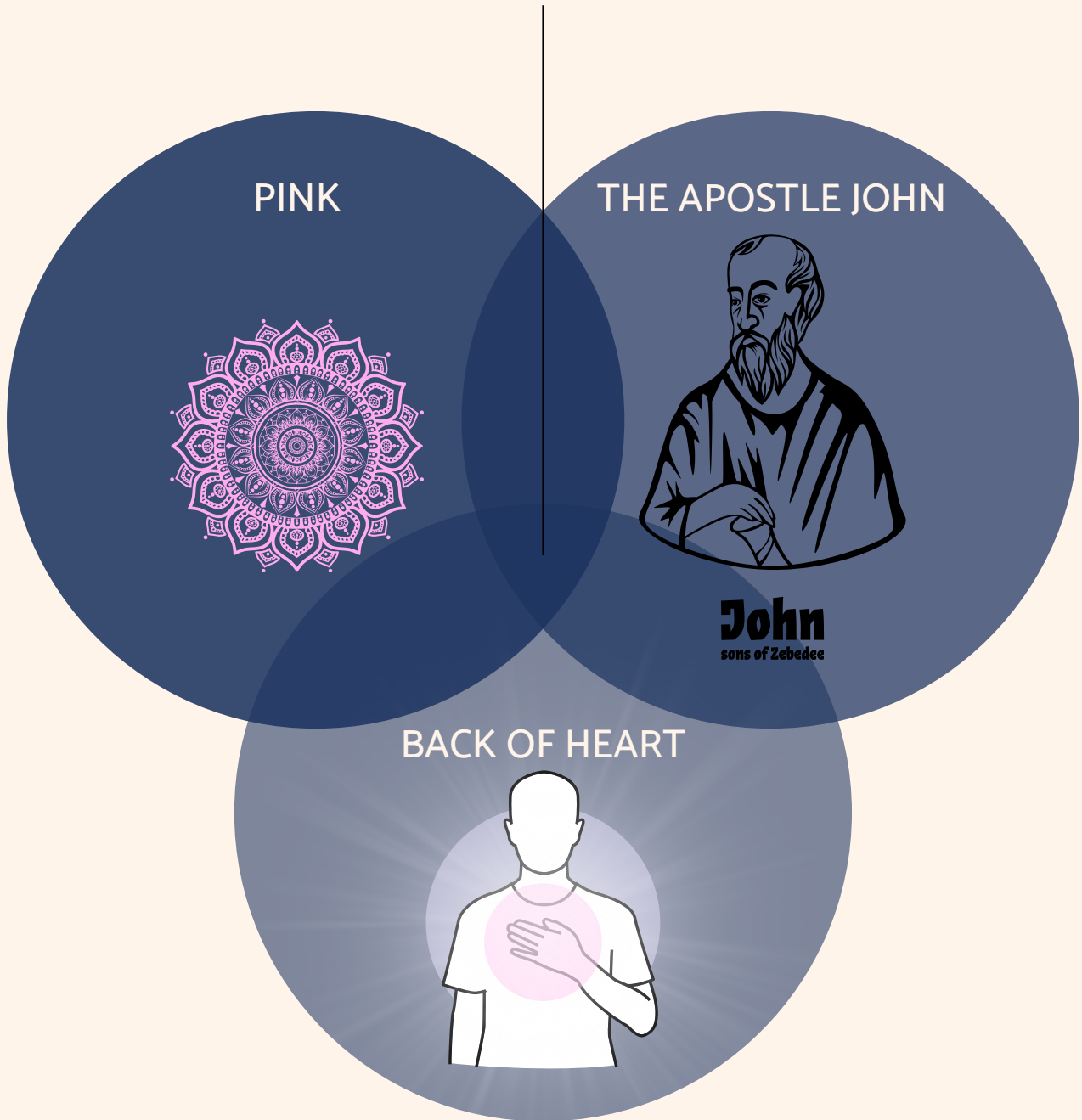


WITH REV. JEN HUTCHINS



# LOVE

THIS POWER IS ASSOCIATED WITH





# WEEK ONE

## THE HARMONIZING POWER

### Supplies:

- Journal
- Crayons
- Textured objects
  - e.g., leaves, sticks, textured paper, fabric, etc.

### Content Overview:

This session focuses on the spiritual power of love as the harmonizing force that unites all aspects of life. Through playful exploration, participants will use crayon rubbings to create textured art journal pages. These textures represent love as the foundation beneath all experiences. The creative process invites reflection on love as a divine quality that connects and harmonizes relationships, nature, and the universe. Participants are encouraged to explore the expansive nature of love, shifting from external expectations to the inexhaustible, divine love within.

### AFFIRMATION:

“Love is continuous, shining within me as the harmonizing power of all creation.”



# WEEK TWO

## AFFIRMATION:

“Divine Love is  
who I am,  
harmonizing all  
aspects of my life  
with peace and  
joy.”

Choosing Divine Harmony



## Supplies:

- Art Journal
- Pen
- Mixed media materials
  - paint, craft papers, ribbons, stickers, stencils, glitter, recycled materials, etc.

## Content Overview:

This session explores love as a choice and a divine power that harmonizes and transforms all aspects of life. Participants will use mixed media to express and infuse a personal situation with the energy of love. Through playful experimentation with various materials, the creative process becomes a tool for releasing fear, inviting peace, and leaning into love’s unifying presence. This session highlights love as both a spiritual source and a practical guide for navigating transitions and challenges with grace.

## AFFIRMATION:

“The love I give and receive radiates from the center of my being, harmonizing and blessing all that it touches.”



# WEEK THREE

## ACTIVATING DIVINE LOVE

### Supplies:

- Art journal
- Colored construction paper
- Glue stick or liquid glue
- Scissors or X-Acto knife (optional for detailed cutting)
- Two contrasting pens (e.g., black and white, or other contrasting colors)

### Content Overview:

This week, we explore the radiant power of Divine Love that begins within and reflects outward into the world. The heart center is the seat of love, a sacred energy that harmonizes and heals. Through a two-page journal spread, reflect on how the love you share is mirrored back to you—often transformed in unexpected ways. Use contrasting shapes and colors to symbolize the Co-creative process of giving and receiving love, allowing your page to express both the flow and beauty of this Divine gift.



## WEEK FOUR

### REFLECTING ON THE JOURNEY

#### Supplies:

- Journal
- Pen or pencil for writing
- Watercolor paints, water-soluble crayons, or colored pencils
- Brushes and water (if using water-soluble materials)
- Optional: Collage materials, paper, glue

#### Content Overview:

This session focuses on the power of love as inspiration, exploring how love is expressed through individuals, art, and divine connection. Participants are invited to reflect on who or what inspires them to lean into love and express gratitude for these influences. Using watercolors or other media, they will create a vibrant journal page symbolizing the blending and harmonizing nature of love. The process emphasizes the beauty in the connections love creates, even when they appear messy at first.

### AFFIRMATION:

"Divine Love inspires and flows through me, creating harmony and beauty in my life."





## ABOUT REV. JEN HUTCHINS



Hi, I'm Rev. Jen! My journey with art journaling began in 2006 when I stumbled upon the idea in a book on art therapy. Around that time, I stumbled upon the idea of art journaling—then called visual journaling—in a book on art therapy. I was drawn to the idea of process-based art, where the focus isn't on creating a polished product but on using art as a tool for self-expression and spiritual exploration.

Since teaching my first workshop over 15 years ago, art journaling has been my go-to practice for processing life's joys and challenges. From grieving the loss of my mother to celebrating becoming a parent, my journals have held it all. They've also become a space for dreaming, imagining, and building my faith. I'm so excited to share this transformative practice with you and help you connect with your creativity and your own spiritual journey!



# HARNESSING YOUR SPIRITUAL POWERS

**Unity Arts Ministry**  
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Unity Village, MO 64065

**Thank you for participating in  
this self-guided online course!**

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Our vision is a world transformed through the awakening of the Creative Spirit in all.

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