

# *When life gets scary: living creatively with uncertainty*

## **6 week online study group**

With facilitators Rosie Kuhn, Ph.D, and Margaret Lindsey, MFA



*“Play and develop creative practices that empower you to live consciously with the realities of your lives”*

## ***Beginning in April...***

This six week webinar: **WHEN LIFE GETS SCARY: Living Creatively With Uncertainty**, with Margaret Lindsey and Dr. Rosie Kuhn, will provide a platform upon which you get to play and develop creative practices that empower you to live consciously with the realities of your lives. We will focus on six elements of what’s really happening when life gets scary and uncertainty fills us up with stuff we’d rather not think about. We will focus on not only the scary stuff but the brilliant, light and loving stuff to that is part of who we are as creative beings.

With the COVID-19 phenomenon in full swing, the world as we know it has turned on it’s axis, at least when it comes to our orientation towards work, money, and the fear. It feels at times like we are going to Hell in a hand-basket! There is so much uncertainty, because, so much of what we’ve focused on and has been effortlessly available to us has been taken out of our reach, at least for awhile. Some of us have free time on our hands that we are happy about. Some, not so much.

So many of us are home, wondering what to do with ourselves. I hear a lot of people share that they are cleaning out their drawers, closets and refrigerators. Some people are playing games and engaging with their partners and children. And at the same time, we are sitting with questions of purpose, meaning, and values of living in this time of uncertainty, and wonder, how do I make sense of me inside this reality.

Forced solitude can be a very good thing to boost our hearts’ desires while we take care of our physical bodies. And for most of us, our hearts’ desires focuses around creating something - something that expresses the essence of who we are as human beings and spiritual beings.

**6 sessions: 10-11:30am, Tuesdays, April 28-June 2**  
**\$150 for all 6 sessions**

This group is limited to 12 participants.

**For more info and specifics, or to reserve your spot:  
Please contact Rosie Kuhn, at 650/387-2052, or  
rosie@theparadigmshifts.com**



## About the facilitators:



### **Rosie Kuhn, Ph.D.**

Dr. Rosie focused her studies in Marriage, Family and child Therapy in the 80's. In the 90's she specialized in Spiritual Guidance and Creative Expression, earning her PhD in Transpersonal Psychology. In 2000, she began integrating human/family transpersonal spiritual dynamics, creating and facilitating the Transformational Coaching Training Program through ITP in Palo Alto CA (now Sofia University).

Rosie is considered to be a preeminent thought-leader in Transformational Coaching. Her interests and passions have taken her from board rooms to ashrams, in service of supporting every

individual to come into fulfillment of their human-spirit. She is the author of many books, including AGING LIKE A GURU—Who Me?

Contact Rosie at: [rosie@orcasonline.com](mailto:rosie@orcasonline.com)

### **Margaret Lindsey, MFA**

Margaret is a dynamic creativity mentor, artist, educator and facilitator, who designs and guides conscious art practices and expressive art programs in various settings: graduate seminars, workplace retreats, year-long programs for youth, workshops for adults, webinars, and one-on-one mentoring. She defines ART as a creative method of inquiry, an *action* taken rather than an object. Her personal art-making practice and facilitating have led her around the world, as she shows her art and guides groups.

She now lives in Nevada City, CA, and shows her paintings locally at Art Works Gallery and in other galleries community spaces locally and worldwide.

Contact Margaret at: [mlindsey.art@gmail.com](mailto:mlindsey.art@gmail.com), on [facebook.com/creativity4consciousness/](https://www.facebook.com/creativity4consciousness/), or visit her website: [artransforms.com](http://artransforms.com)

