

Anyone Can Learn !

This class is taught from “beginner mind”.

All are welcome no matter what your artistic experience or understanding of gemstones!

Free Flowing! Wear comfortable clothing.

Incorporates Elements of Mindfulness-Based Art Therapy

--Trying to escape or avoid stress creates suffering.

--Stress is inevitable. Suffering is optional!

What Students Say:

“A "branching out experience" whether you are an artist or not!” —*Judi*

“The experience in the "Tree of Life" workshop was very relaxing and in the end I was able to complete two gem trees.”—*Barbara*

“The Tree of Life workshop came to me at the time when I needed it...I not only learned how to make beautiful gem trees, I also learned more about my true inner self. Simply wonderful.”---
--*Julia*

Tree of Life



with

Dana & Paul James

Collene Delaney

Seattle & Tacoma

2007 Tree of Life Workshop, Seattle & Tacoma, WA
Cost: \$200 (includes handbook) Reserve Your Place: \$50 non-refundable deposit

Name _____ Tel: (H) _____ (W) _____

Address _____ City _____ State _____ Zip Code _____

E-Mail: _____ I would like to take this class another time _____

This class is available in other US and Canadian cities

I would like to host this class in my area: _____ (City) _____ (State)

Other Comments:

Please return this form with deposit payable to Collene J. Delaney, PO Box 31271, Seattle, WA 98103
Questions? Call (206) 633-4306 or E-mail cdela11@comcast.net

We begin with a mindfulness meditation... Together we shall create a space of “every minute Zen”:

releasing our busyness,

emptying ourselves of thoughts and feelings

giving ourselves to the stones & wires

moving to a place of non-attachment to form

letting go of the “Inner Critic”

We end the meditation with a simple, 3-stone sculpture.

Each is appreciated privately for its “teaching”.

All are “honored” in silence by the group.

You can easily do this on your own for personal reflection.

(Several additional exercises are provided in the workbook to guide journeys. Tap into your own deepest inner resources for learning, growing, healing, and transformation!)

Now that we hold “beginner mind”, we learn how to:

string stones,
twist wire,
make basic tree parts

These include:

3-gem branches,
joining branches to make limbs,
joining limbs to make a trunk,
making roots
joining the tree to a base

We learn about gems...including the history of their use and the healing qualities they carry.

We “put it all together”... next we select gems and wire suited to us for a meditative exercise and construct our tree...the outward expression and “touchstone” of our inner journey!

There are many styles of trees. In this class we learn to make two:

Adjacent Branch tree
Alternating Branch tree

Cost: \$200 incl. extensive workbook. Supplies for continuing this art and exercises at home are available at cost after the workshop.

The Instructors

Dana James currently designs and sells gemstone jewelry through various home shows and her website. She has been creating jewelry since 1990 and has recently added her website to showcase and sell her designs. Dana learned how to make gem trees in 2001 from “Master” gem tree artist Dina Wunche and has been displaying, selling and teaching tree design since 2002.

Paul James is a past student of “Personality and Human Relationships” (PRH) training and currently is a member of the board of directors of a local mineralogical society. Making gem trees has been one of his hobbies for many years. He has instructed walk up gem tree making workshops at many gem and mineral shows throughout the Northwest.

Collene J. Delaney, Ph.D. is Associate Professor, University of Washington School of Medicine. She has over 30 years experience teaching in universities and leading workshops in the US, Canada and Europe that support personal empowerment, health and wholeness.

In her life she has emphasized the blending of conventional and complimentary approaches to healing--this is now referred to, in some quarters, as “Integrative Medicine”.