



## What Participants have to say about my Artist's Way Classes

*"This class was EXTRAORDINARY! It served as a catalyst to jumpstart my dormant creativity and made me more aware of self and others. One of my top five best experiences/courses ever!"*

**Elizabeth Goodman, Encinitas, CA**

*"I got out of my head and out of the way to allow the flow of healing and blocked feelings and energy to emerge. I feel I opened a door for continued growth."*

**Judie Mikulicich, Rancho Santa Fe, CA**

*"This class unblocked my artist and gave me vision. It was priceless when I look at it as an investment in self-development"*

**Len Vaillancourt, San Diego**

*"I found every activity helpful. I reconnected with my 'starving artist' and she's now feeling filled and much happier. This class was worth a million dollars!"*

**Suzan Tusson, San Diego, CA**

*"I can honestly say each one of the nine classes was meaningful to me. I loved the entire experience and the way Judith led the group. She is very good at what she does."*

**Diana Hurt, Carlsbad, CA**

*"I learned to recognize how I hold myself back, how to express myself more. I learned to honor and love myself. You held the sacred space where it was safe for each of us to come out as we are and be who we are."*

**Ginger Purewal, Carlsbad, CA**

*"I want to thank you so much for all your creativity, talent and inspiration. You have helped us all share of each other and of ourselves in such an open way. Your projects have been so enlightening and freeing. Thank you for you."*

**Carolyn Phelen, San Diego, CA**

*"I very much enjoyed this class. It really made me explore the past and to go into places I hadn't wanted to go. Sometimes you need to go back to go forward."*

**Jane Carlson, Escondido, CA**

*"I've started journaling again and am feeling more empowered and unstuck! I am feeling stronger in myself (learning to say no) and embracing and accepting myself. What wonderful guidance from both Judith and the other women!"*

**Anne Phillips Pitzer, Del Mar, CA**

*"I learned the value of journaling as I'd been a skeptic prior to the class. It was uplifting to be in a group of women whose struggles were not all that different from my own. Consequently, I felt buoyed by each one's achievements throughout the course."*

**Paula Fitzgerald, Cardiff-by-the-Sea, CA**

*"This class has been an eye-opening experience. I love how safe the class feels and how much I've learned about myself. The feeling of connection within the group is amazing. I loved all of the activities we did and learned something about myself in all of them."*

**Kym Roessel, San Diego**

*"I loved the art, and the movement touched at a level I hadn't felt before. I would have loved to have kept going. I loved the sense of community."*

**Karen Silsby, Carlsbad, CA**

*"I felt like your class was a totally safe place to express my true self. That is because of your open and warm energy. I now feel more open to creative possibilities. This has been one of my most favorite classes I have ever taken."*

**Carol Greenstein, Rancho Bernardo, CA**

*"Thank you does not seem enough--you have given me such an amazing, life-altering experience. My soul is nourished and that feels so good."*

**Christina Zuber, San Diego**

*"I received so much from this course and I feel an openness to more creativity in my life."*

**Judy Foster, San Elijo Hills**

*"Thank you so much for this amazing class—what a great experience it has been for me. I really need this commitment to myself. I have discovered new areas of creativity in myself and have loved my morning pages."*

**Karen Collins, Carlsbad, CA**

*"I knew I was meant to take your Artist's Way class--it's been insightful, inspiring and FUN! Thank you for providing such a safe and inviting environment for our journey."*

**Kristin Olsen, Laguna Beach, CA**

*"Your loving, gentle guidance lit the way for me to regain parts of myself that I had lost along the way—and the journey has just begun."*

**Suzanne Singer, Encinitas, CA**

*"I began the Artist's Way class with some reservations and hesitation— primarily because I have always resisted identifying myself as any kind of "artist." My previous opinion of artists was less than complimentary. I have done a 180 degree turn. I am so thankful for taking this class--my creative expression (writing) is now so fundamental to my daily well being. And, I'm surprised how much courage, focus, determination and willingness are a part of being my own artist— expressing my unique expression. Thank you Judith - you did a wonderful job facilitating and guiding me."*

**Chris Mazza, San Diego, CA**

*"I am glad I took the class, the interaction between the group and many of the exercises Judith gave us to do make me take a closer look inside and notice what is holding me back. The class came at exactly the right time for me and if you are considering it, it is time for you too!"*

**Karen, Carlsbad, CA**

*The Artist's Way book is an amazing way to unleash the creative power we each have within...but without Judith's wonderful, professional and creative guidance through our weekly classes it would have been just another book—and that's the truth!*

**Lencsi Angel, Carlsbad, CA**

*“As a blocked artist I've found Judith's unique approach to walking her students through the Artist's Way helpful in unlocking the doors to restricting thoughts that I've held within, which when released, bring forth answers to questions such as, ‘What is it I would want to do if I knew I could not fail?’”*

**Sherry Bejarano, Del Mar, CA**

*“I appreciate all the contributions you made to our group. You planted seeds for introspection. You taught me that taking care of myself is not selfish. Most important, you really care about all of us. This class has brought me serenity and gratitude. Thank you for the perspective to see things in a different reality.”*

**Laurel Wasserman, Carlsbad, CA**

*“This was like a retreat in the middle of the day.”*

**Kathy M., Carlsbad, CA**

*“I really enjoyed all aspects of the class—working with a group, the sharing, and the exercises, which I loved!”*

**Roni McGuire, San Diego**

*“This class opened my eyes to things I had not thought of in years. It made me think about all the different sides of myself.”*

**Nancy Turner, Del Mar, CA**

*“I discovered the word FLOW! I was free from expectation and open to joining with my artist child. I have applied the same FLOW to journaling and other activities in my life. By practicing FLOW in small areas, I'm open to taking risks where I did not venture before.”*

**Marvette Saucer, San Diego**

*“I was stuck, and this class released me. I feel more positive in that I realize that there are many solutions to a problem, not just one. You're the best. Whatever you teach would be wonderful. You are a caring person, very genuine and fun to be around.”*

**Janice Ganan, Del Mar, CA**

*“Judith, you are a great facilitator, a great listener, and a great resource. This is clearly your passion, and it's contagious. You made it appear so effortless, but I know you consciously and carefully created the ‘safety net’ that allowed the magic to happen.”*

**Cheryl Coffman, Cardiff-by-the-Sea, CA**

*“This class was of great value to me. I appreciated the sense of safety, acceptance, and the self-expression exercises. You offered a lovely variety, and I looked forward to each class.”*

**Rachel Forsythe, Hemet, CA**

*“Even after several years, I still feel how amazingly powerful my artist way experience was. It has changed me forever!”*

**Renata Reid, San Diego, CA**

*“Your compassionate and insightful approach to my experience of The Artist's Way is so appreciated.”*

**Mary Kennedy, Carlsbad, CA**

*“You are an excellent and dear and compassionate group facilitator—a great combination of being involved and allowing an individual their own space and process. I couldn't be happier!”*

**Amy Cahill, San Diego, CA**

*“The Artist's Way has been on my dream list of things to do for years! Now that I have begun living it out in my daily life, I wish I would have done it sooner. It was a wonderful experience!”*

**Diane Vaillancourt, San Diego, CA**

*“This class was incredibly valuable. I would honestly call it eye-opening/life-changing.”*

**James Coleman, San Diego, CA**

*“This class really helped me get unstuck emotionally and mentally.”*

**Terry Rutherford, San Diego, CA**

*“Thank you, Judith, for creating and holding a space for truth. This class stretched me outwards at a time when my process has been inward.”*

**Mo Rafael, Encinitas, CA**

*“I am walking away with nine weeks of creative tools, and I feel stronger and more confident now. This class really did fire me up and help me look at my life from another perspective.”*

**Kimberly Alston, San Diego, CA**

*“I adored the class! You were an excellent facilitator and made the class very safe, yet creative. It was really a perfect balance.”*

**Julie Sobolewski, Oceanside, CA**

*“This class has helped me find myself and my purpose in life. It was such a safe place to share and explore.”*

**Kara Holmes, San Diego, CA**

*“The expressive arts activities brought out images that really made me think about my world view and way of thinking. The collage was meaningful because it reminded me of many things I love that I haven’t done for years!”*

**Mary Schwalen, Encinitas, CA**

*“I will now be a lifelong journal writer! Even though I was a skeptic at first, I soon realized how beneficial my journaling was to sort my ideas and become unblocked. Thanks so much for the class—you were wonderful. You are in tune to others as well as a teacher who makes learning fun!”*

**Helene Jullie, Oceanside, CA**

*“I learned an appreciation for an artistic side of myself that I didn’t know existed.”*

**Diana Soto, Oceanside, CA**

*“I now feel a true connection to my creative self after the weekly sessions. You are awesome!”*

**Lisa McKethan, Oceanside, CA**

*“This is the type of class that finds you. I’ve felt my life get better since we started. It gave me focus, structure, creativity, positive energy, and something to really look forward to each week.”*

**Daniela Garcis, Del Mar, CA**

*“This class has been extremely useful to me, and I have gained so much on so many levels from the program, teacher, and fellow students. Thanks so much for offering such an amazing course. I look forward to joining another series or other classes in the future.”*

**Karen McIntosh, Encinitas, CA**

*“I was able to process some old wounds and gain confidence that every day I can explore my inner being.”*

**Angela Boes, San Diego, CA**

*“I gained permission and tools to unlock blocked creativity. The class opened my mind and my heart. I just wish it were longer.”*

**Marsha Wenskay, Oceanside, CA**

*“You are a fabulous leader! I think everything you did was meaningful as well as fun.”*

**Mimi Miller, Solana Beach, CA**