



3Flames

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Intuitive Art Course Testimonials

Ruby Michael, Environmental Engineer

I feel that I have benefited immensely from your classes. I must admit I was a little sceptical of the process when I first started but became hooked after the first class.

The meditations were such a great way to start the class and really had a big impact. It was so interesting to see the differences in the works by people who had come in late to the class and missed the meditation and the ones who had been through the whole process. It made me never want to miss the beginning!

I loved the fact that although the classes were structured similarly they were always so different and surprising. I never quite knew what I was going to create and the results were always fantastic.

Your classes gave me a fresh outlook towards art and most importantly taught me mechanisms of maintaining it.

I think Lauren is an inspiring teacher and I'd be most interested in attending more of your classes.

I also would not hesitate to recommend these classes and think that everybody would benefit from them.

Natalia Mann, Performing and Teaching Musician

I attended a four week series of workshops on "Intuitive Art" conducted by Lauren Simmonds in 2004. I went to the classes in the hopes of honing my intuition, an important tool for improvisation.

Throughout the course, Lauren led the participants through a number of practical exercises which utilised intuition. These exercises challenged our beliefs in our individual abilities, and showed us that everyone has the power to be highly intuitive.

I feel I must stress, for the sceptics (I was one), that there is no preaching in this process. Lauren is a gentle but firm teacher who presents her own ideas lightly. In essence, she shows you how to see what is already there.

The proof is in the exercise outcomes for each individual - the participants see for themselves how their intuition is advanced by simply looking at what they have created.

creativity loves to stretch

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