



Reclaim
childhood
creativity,
innocence
and
wonder.

Returning to your childhood:
rewrite your story to remember
and reclaim your past.

Everyone has a story, but often it is
unconscious. In this process you get to
revisit and rewrite your history.

Play Therapy

Play like a child, see the world anew.

Creating art returns us to childhood memories and abilities, to early experiences that mark the core wounds of our psychological complexes. This can be imagined as a wounded child that is still hidden within you, sabotaging you with childish responses. Yet this same childlike quality can help you perceive the world with the eyes of wonder and creative potential.

The word image shares the same root as magic and the imagination, and images are the stepping stones that we follow like hopscotch on this path to healing. They show us a glimpse of our unconscious inner world, granting us insight into the hidden issues that are at the root of the challenges and negative patterns in our lives. These images can help us gain an understanding of the 95% of our decisions and actions that cognitive neuroscientists attribute to the unconscious and the unconscious state that was our childhood. While this process returns to our personal childhood, it also takes us back to our collective childhood and unconscious, to the more primitive parts of our brain and past.

