

Creative Tea Time for You

THE SHARED GIFT

a community project by
Denise Daffara

www.denisedaffara.com.au

CONTRIBUTE

Would you be delighted to contribute a quote or two of your own words, for me to use in *Creativitea Time for You* workshops? ... and a future possibility of decks of inspiration cards with my art on the front.



CONNECT

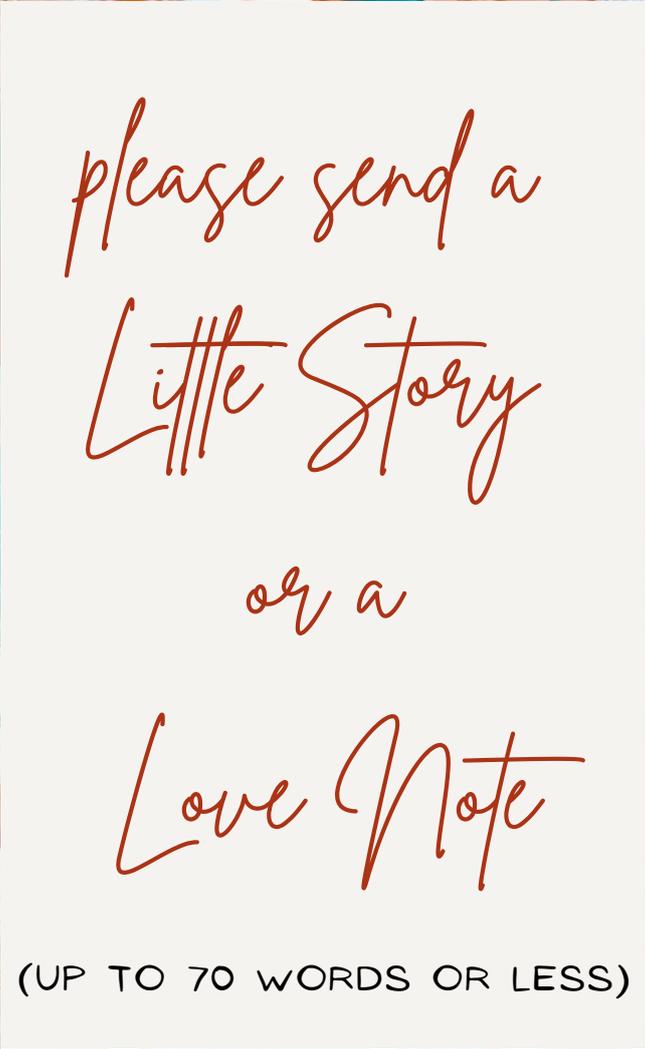
I have a desire to gather a collection of quotes from people I know, either personally and/or inspirationally. For the joyful purpose of reaching, uplifting and nurturing each other and beyond via our shared experience and our creativity.



my vision



May I Quote You?



please send a
Little Story
or a
Love Note

(UP TO 70 WORDS OR LESS)

YOUR WORDS

Share something you have a deep inner knowing experience about, that has touched you.. held you, healed you in your life.

Something that helped you be in your body, and or to be in the present moment.

THEME ONE

Creativitea Time for You

YOUR WORDS

How creativity holds a place for you that reaches in and heals a part of you that is within your reach.

Or how gentle time alone, a warm beverage, a blanket.. a book...

where are the places or time you meet yourself where you are... and listen.

MAY I QUOTE YOU?

An example

"Choosing succulence is a deliberate act of personal revolution. It means waking up! Embracing your true self, studying your patterns, and letting out your most alive self. We all have one."

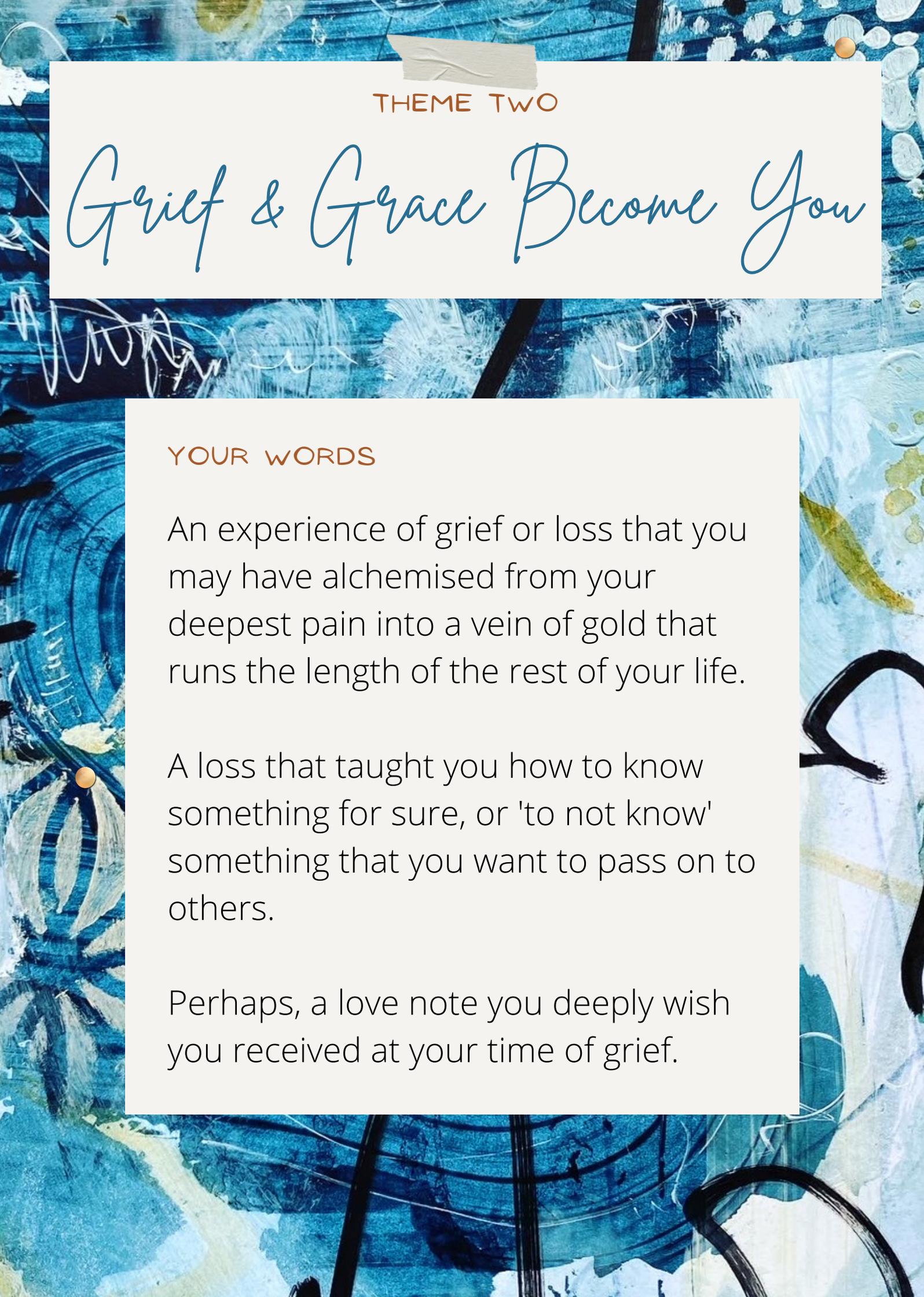
I'd never heard of being a "Succulent Wild Woman" until I found SARK's books. I've learned to welcome all of my feelings (most of the time). I encourage and support myself to be more wild, daring, brave and real.

Denise Daffara

A healing
gift of love
in the world.



REACHING UPLIFTING NURTURING



THEME TWO

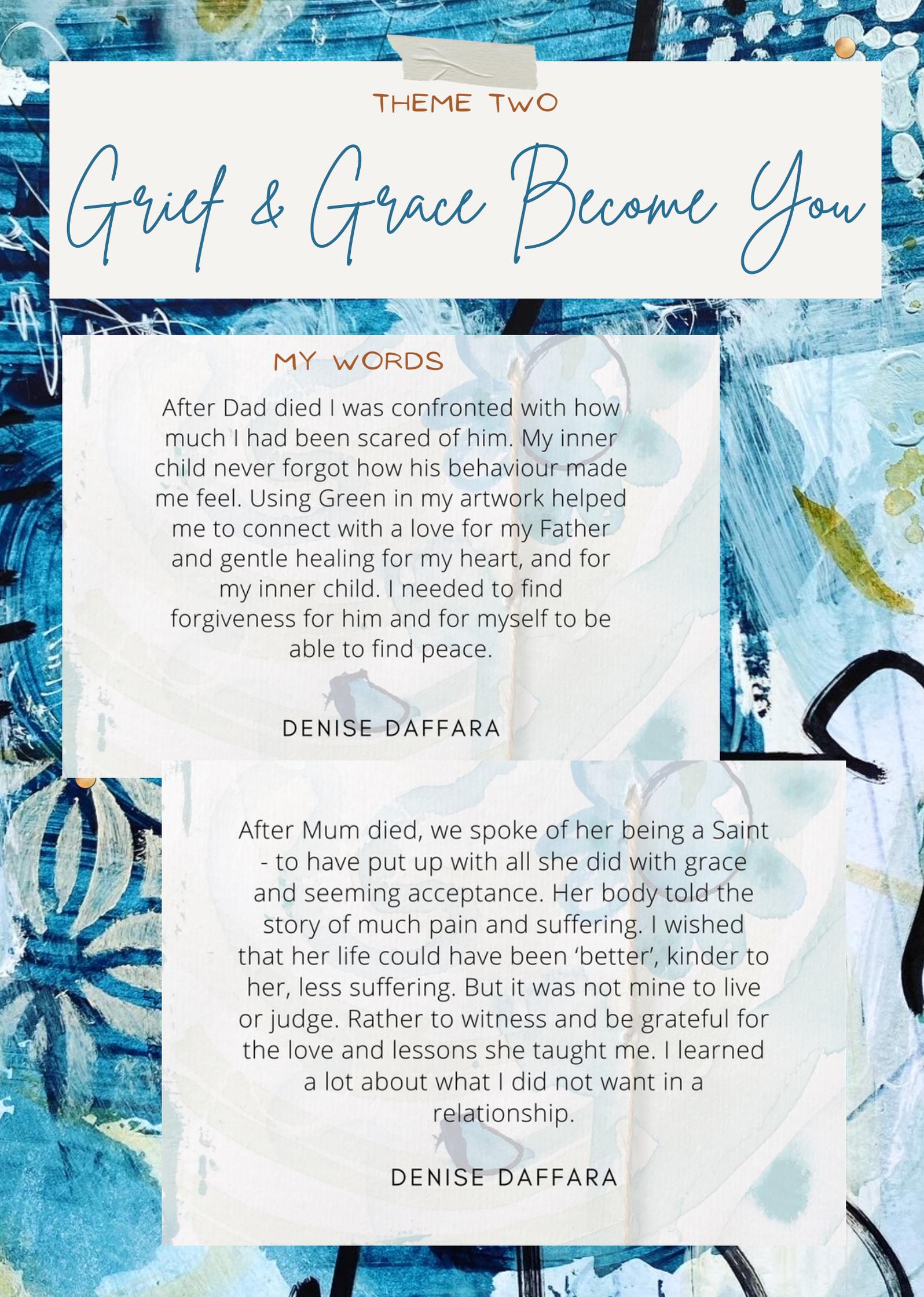
Grief & Grace Become You

YOUR WORDS

An experience of grief or loss that you may have alchemised from your deepest pain into a vein of gold that runs the length of the rest of your life.

A loss that taught you how to know something for sure, or 'to not know' something that you want to pass on to others.

Perhaps, a love note you deeply wish you received at your time of grief.



THEME TWO

Grief & Grace Become You

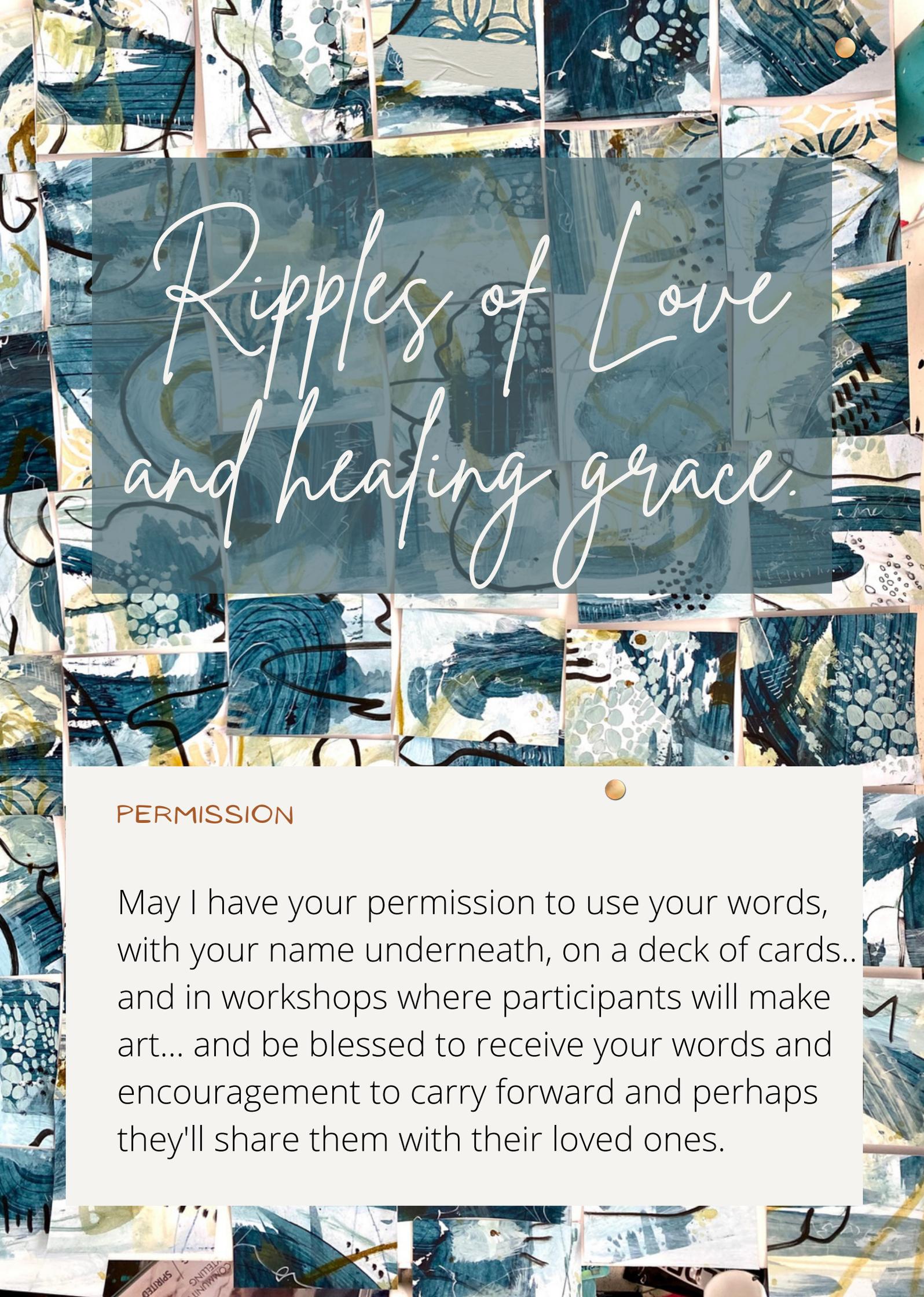
MY WORDS

After Dad died I was confronted with how much I had been scared of him. My inner child never forgot how his behaviour made me feel. Using Green in my artwork helped me to connect with a love for my Father and gentle healing for my heart, and for my inner child. I needed to find forgiveness for him and for myself to be able to find peace.

DENISE DAFFARA

After Mum died, we spoke of her being a Saint - to have put up with all she did with grace and seeming acceptance. Her body told the story of much pain and suffering. I wished that her life could have been 'better', kinder to her, less suffering. But it was not mine to live or judge. Rather to witness and be grateful for the love and lessons she taught me. I learned a lot about what I did not want in a relationship.

DENISE DAFFARA



Ripples of Love and healing grace.

PERMISSION

May I have your permission to use your words, with your name underneath, on a deck of cards.. and in workshops where participants will make art... and be blessed to receive your words and encouragement to carry forward and perhaps they'll share them with their loved ones.



WHY...

In this way we'll create ripples of love and healing grace... our words that came from our life experience, our heart, our soul... will go around the world...

they'll meet me and be lovingly gathered in my home in Mountain Creek, Sunshine Coast, Australia...

and then after they have all met each other here... I will bundle them up in written form... and share them in art workshops.

our words that came from our life experience, our heart, our soul



ABOUT ME...

I've arrived at painting about a year after my sister died in 1997, it was then that I began to discover just how healing the creative process is for me.

One of my favourite things to do is to hold space for others to create and be a gentle guide and supporter of them discovering their own voice and expressing that on their page or canvas.

The encouragement for this project arose from the inspiration of whispers from my morning pages... so, I'm listening.

[click to watch a video about this project.](#)



WHERE TO SEND YOUR WORDS
MAY I QUOTE YOU?

PLEASE EMAIL
YOUR 70 WORDS OR LESS
QUOTE, STORY OR LOVE NOTE TO:

Denise Daffara
art@denisedaffara.com.au

FIND ME ON INSTAGRAM OR FB IF
THAT IS EASIER FOR YOU:

@denisedaffaraart

OR ENTER YOUR WORDS DIRECTLY
ONTO A FORM ON MY WEBSITE

<https://www.denisedaffara.com.au/quoteproject.html>

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*Thank you so much, I can't wait to
hear from you. Love Denise xo*