

Have other groups of people responded positively to the Genesis cards?

At Sun and Moon Yoga, in Gotanda, Tokyo, the deeply intuitive studio owner Leza Lowitz is now incorporating Genesis Art into her Restorative Yoga Teacher Training course. “It’s a great way for my students to connect to their own creative processes and to make new connections between life events and circumstances that they might not have linked beforehand. The Genesis Cards are truly transformational.”

Finally, do you feel that you yourself have evolved through Genesis Art?

The discovery of Genesis Art and motherhood happened so close together in the late 1990s that my children, my husband Aki and I have grown up discovering Genesis Art together. We live in a small house. Our art studio is more times than not our kitchen table. The art supplies are in evidence everywhere, an easel here, a can of paintbrushes there, all squashed together with the school books and the dog’s cage. Doing art offers us all a way of stretching out of our normal routine and spending peaceful time together. Conversation flows easily and the Gene-

sis Cards add a dimension of fun and excitement to the process of finding new things we share in common. Seeing these connections every day can be quite hard when we are all in motion and

commotion, but sitting down together around the table drawing or painting is centering and calming, like sharing creative hugs. Seeing my children’s rich inner life expressed in beautiful colours becomes a reassurance that all is well. And when at times the art is a bit out of whack, hinting at inner disturbances, their art reaches me like a cry to initiate conversation in a direction I hadn’t previously thought about. Genesis Art takes us to the heart of the intuitive process—to let go of expectations and relax while our creativity and intuition work together to deliver the deeper meaning.

