

# Spirit Sketches



**Jen Downing is a Clairvoyant Artist, Psychic Medium, Energy Healer, certified in Reiki and Craniosacral Therapy, using art as a tool for healing, release, and clarity. Her body of work spans a variety of forms including intuitive process art, murals, portraits, and something she's created, called Spirit Sketches. Spirit Sketches are clairvoyant & visionary drawings paired with channeled messages of one of the many spirit guides watching over you. Examples include past lives, passed loved ones, Angels, star beings, and soul lineage. Jen is deeply connected to the unseen world that most people relate to in the dream state. Her passion is teaching humans of all ages the practice of using mindfulness with art, visualizations in meditation, and creative self empowerment.**

**POWER CHAKRA PORTRAIT (60) minutes \$195** Expect a brief guided meditation and an intuitive art reading that includes a chalk pastel sketch of the guide that Jen can sense and see around you. She will draw a beautiful portrait of *you* and channel guidance for each of your 7 chakras, as well as your strengths. Questions for guidance welcome!

**SPIRIT SKETCHES (60) minutes \$195 -OR- (30) minutes \$110** After going into a brief meditation, Jen begins to download images, colors and symbols. Once she feels a good grasp of the energy coming through, she requests spirit to guide her hands in drawing the likeness that will be most beneficial to you. It is a lot like automatic writing, but using sketched shape and form. Jen channels further guidance from the energy that comes through. Questions may also be asked of the spirit energy during the session.

Tranquil Soul Studio LIMITED Reservations By Appointment: Feb 17 & 23 and March 17 & 23

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