

# Touchstones: A Creative Journey



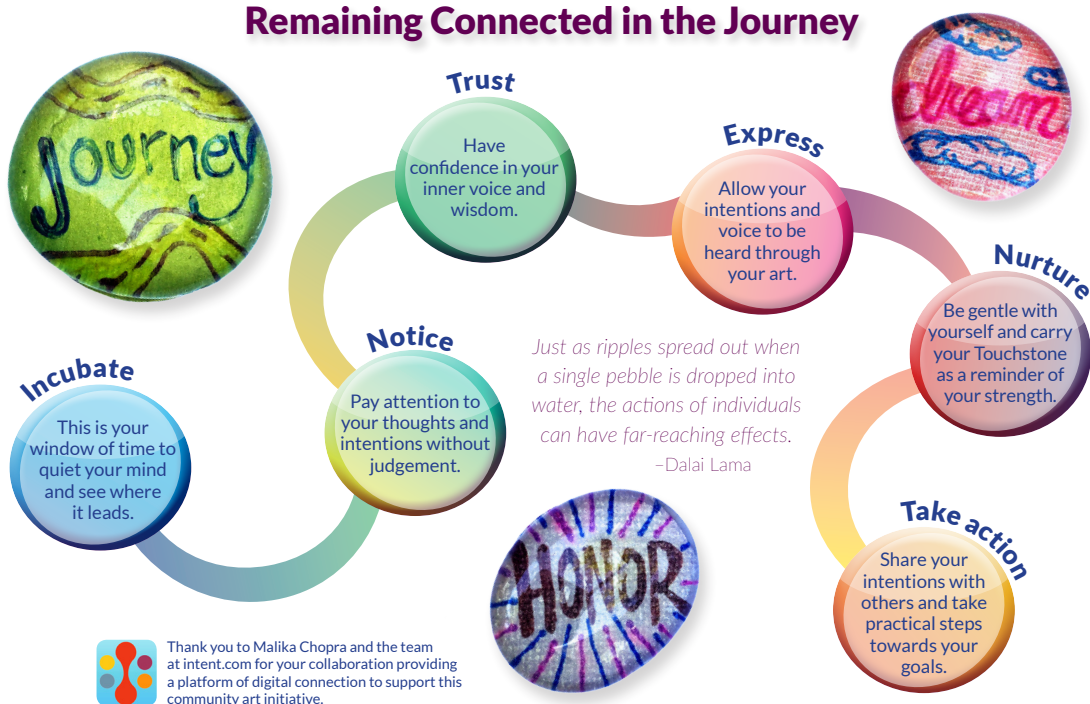
We're excited to share art as a catalyst for empowerment. By taking the time to create your own personal Touchstones, you can build resilience in the face of challenge, honoring your true thoughts, feelings, needs and visions.

We welcome you to carry these small pieces of art with you as reminders of your own strength and courage as you journey forward in life. The art process is not only the tangible stone itself, but also the collective action of carrying our Touchstones into our lives, relationships, and communities to create change.

For over two decades AWBW has shared art as a touchstone of change for those impacted by violence and trauma. *Touchstones: A Creative Journey* is a community art initiative in which A Window Between Worlds brings this change directly to you, in your own life, in whatever way you may need it.

**AWBW/A WINDOW BETWEEN WORLDS**  
710 4th Ave #5 Venice, CA 90291 • 310.396.0317 • [awbw.org](http://awbw.org) • @AWBWorg

## Remaining Connected in the Journey



*In every moment,  
change is possible.*

## Create

- What are you moving from and what are you moving towards?
- What words, colors or shapes may be resources for your journey?
- Remember: there is no right or wrong way to create.

## Carry

- Your stone is a tangible reminder of the resilience you have within.
- Carry it with you in a pocket or small bag to remember your courage throughout the day.
- You can also give as gifts to loved ones to recognize their strengths.

## Connect

- **You are not alone.** There are others on this journey, including lead artist and founder of A Window Between Worlds Cathy Salser.
- You can post photos and stories on [awbw.org/exhibits/touchstones/](http://awbw.org/exhibits/touchstones/) as part of an interactive gallery.
- You can upload a photo and your related intention to [intent.com](http://intent.com) or on their app. Choose the AWBW category to connect to a circle of support and individually support each other as you move forward.
- Email [cathy.touchstones@awbw.org](mailto:cathy.touchstones@awbw.org) to share your journey and art with Cathy Salser. She deeply wants to connect with each of you as you take this transformative journey.