

CREATE MORE INNER POWER

Hi, my name is Pati and my videos are a series of exercises to learn how to connect with our inner power, with the talents and imperfections that make us very unique! In them, you will also learn about some artistic forms from Mexico, the country I come from. I hope you enjoy and have fun with the activities!

Project 1: Powerful self-portrait



Patricia Vázquez invites you to identify your unique strengths, talents, and gifts and to make a portrait of yourself as a very powerful person.

Project 2: Change of skin portrait



Did you know that snakes change skin? In this video, Patricia Vázquez invites you to think, what would you get rid of if you could change skin? What would you welcome in your new skin?

Project 3: Your person of power



We all have somebody who values us, listens to us, and whom we perceive as a person of power. Who is that person for you? How can you have that person always present?

Project 4: Your animal of power



If you could be an animal, what animal would you be? What animal do you identify with? What combination of animals best reflects your traits and your dreams? Using the figure of the “alebrije,” Patricia Vázquez invites you to create your animal of power.

Project 5: Remember to be grateful



We all have things to be grateful for in our lives. When we are having difficulties, we forget, but it is useful to learn to remember the people and the things that make our lives better and richer. Using ex-votos (Mexican folk paintings) as inspiration, we are going to use art as a reminder of the things it is important to be grateful for.

Project 7: Tree of Wishes



Using Tree of Wishes, an artwork by artist Yoko Ono, we are going to project the wishes we have for ourselves and entrust them to a plant or a tree.

Project 6: Portrait of emotions



Sometimes it's difficult to manage emotions, particularly the unpleasant ones. But we can also learn to expel them from our bodies and minds. How can we use art to represent emotions and then transfer them to where they don't bother us so much? Prepare paper, paint, brushes, crayons, markers, or anything you have at hand!

Project 8: Forgiving yourself and your mistakes



Learning to forgive yourself for the mistakes you will inevitably make is a very important thing. Nobody can be perfect. This activity will show you a creative way to practice forgiving oneself.