



Sandtuary Therapeutic & Training Services
思緣諮商與培訓服務

Painting to the Soul

31 Jan - 01 Feb 2026

The Spiral of Return: Entering the Cave and
Walking the Hero–Heroine Path Through
Inanna’s Myth

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Painting to the Soul

Painting to the Soul also known as Intuitive Drawing, Spontaneous Painting, or 直觀式歷程性繪畫, is a process painting approach that invites exploration of the unconscious and a descent into the inner world. Developed by two senior Jungian psychoanalysts in Taiwan, this method is rooted in the principles of Analytical (Jungian) Psychology and the wisdom of archetypal imagination. It offers a powerful and embodied way to access and express the deeper layers of the psyche, where emotion, symbol, and transformation meet.

Workshops and retreats unfold as immersive experiences of self-discovery and renewal. Depending on the depth and intention of the work, Painting to the Soul may be offered as a two-day workshop or as an extended retreat of up to seven days. Participants are invited into a rhythm of painting, reflection, movement, sound, and ritual, creating a sacred container where the creative process becomes a form of listening, an opening to what wishes to be seen, known, and integrated.

About the Workshop

In this workshop, we enter the ancient story of Inanna's Descent as travellers of the inner world. Her path through the seven gates becomes the path we take within ourselves the slow shedding of what is no longer alive, the meeting with what has been forgotten and the quiet, luminous return that only comes after a true surrender.

In the depths of the inner cave, old identities loosen, forgotten voices rise, and what was once divided within us begins to move toward one another again the inner feminine and inner masculine finding their quiet reunion.

Through Jungian Psychology, participants will be guided into deeper self-awareness by engaging directly with the unconscious. These creative process help uncover hidden aspects of the psyche and allow symbolic material to emerge, supporting healing, personal insight, and inner transformation. The workshop aims to cultivate a more balanced and integrated sense of self, promoting authenticity and wholeness in everyday life.

Register

Date: 31 Jan - 1 Feb 2026

Time: 930am - 5pm

Venue: Yishun

Fees:

\$300 per person

\$240 for returning participant



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