



## **WRITING AND THE ARTISTIC LIFE: Paintings from Poetry, Sculptures from Song**

Create a piece of writing, mull it over, then let loose with a paintbrush and see what comes up. Construct a plot and carve it into clay, craft words into the third dimension, generate a sound tapestry from another author's poem painting: it's all part of a unique program designed to embrace and affirm the writer in different artistic mediums.

This class operates on the mandate low skills, high sensitivity! In other words, you don't have to be a sculptor or a painter to a songbird to participate. In fact, the less experience the better.

This week long course is designed to expand the writing experience within students. The class involves first writing and then contemplative reflection on the writing. This is followed by creative acts in different modalities such as painting and singing, encouraging aesthetic response to the initial writing. By incorporating other artistic disciplines, the writers will experience a sense of wholeness.

Criteria for a healthy human being include a palpable vitality that comes from increasing congruency in artistic practice. This course operates in different disciplines in order to facilitate joy and wholeness in the participants.

Spontaneity is a corner stone of this expressive arts vision, as well as respect for the importance of play, which includes a love of the intimacy and intelligence that is required in the process of art making. The profound goodness in wholesome activity infuses human beings with an unselfconscious sense of purpose and meaning. Grounding our hopes and aspirations in art making, increases our feeling of being rooted in this world.

Recognizing that there is great nourishment in giving form to what delights and inspires us, the art-making process is more powerfully universal than our most private struggles.

From this place of newness the facilitator creates a space where one can approach understanding our fellow human beings artfully as participants take to heart their role as artists of life. From there the group can appreciate the natural connections that already exist between us and can create the new conscious connections yet to be made between themselves and their communities.

Margaret Macpherson, author and expressive arts practitioner, will facilitate this low skills/high sensitivity workshop that will help writers deepen their understanding of the inner artistic life.