



ARISING FROM NOW

Exploring the Creative Process

Experiential Workshop • June 3-7, 2015



with Jerry Granelli, Barbara Bash, Alan Syliboy

Arising from Now is a unique experiential workshop that offers the path of artistic expression through creative process/awareness practices; learning to be present with the rich uncertainty of not knowing, and accessing the skillful means of getting things done. This is the ground that connects to openness to one's self and the world.

Whether you are a new, aspiring or well worn artist, this workshop will nourish your path and get your creative energy flowing. In the process a temporary tribe is formed based on creativity, connection vulnerability, honesty and humor.

Working with meditation (mindfulness/awareness), brushwork, sound exploration, sense perceptions and multimedia collaboration we will move in the space of expressive possibilities, joining body, heart, speech and mind into action that enlivens the world. Living, learning and practicing our art forms together, there will also be solo time to engage in the self generative process.

Led by three provocative teachers of creativity we will explore what it means to be helpful to the world through art.

Jerry Granelli is a master of free jazz. He has been playing drums, or anything he can make musical sounds with, non-stop since the 1940s. Of his process, he says, "Let go of what you want it to be. let go of how you think it to should be. even let go of your vision."

Barbara Bash is a calligrapher, illustrator and teacher who leads classes in field sketching, communication practices, as well as the popular Big Brush workshops where participants learn to trust their own creative instincts while working with enormous horsehair brushes and great buckets of ink.

Alan Syliboy looks to the indigenous mi'kmaq petroglyph tradition for inspiration, and developed his own artistic vocabulary out of those forms. most of his subjects deal with family, searching, struggle and strength. All of these things are part of his art, and his art gives him strength for a continuing spiritual quest.

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