



FIRST THOUGHT

Mindful Focusing & the Creative Process

A Workshop with
David Rome & Barbara Bash

April 3 - 5, 2015
Sky Lake Retreat Center
Rosendale, New York

What is the inner source of creative expression? Why does it sometimes flow almost effortlessly and at other times feels strained or blocked? We will explore these questions through the practice of Mindful Focusing and three creative mediums - poetry, brush calligraphy and drawing. "First thought" was Chogyam Trungpa Rinpoche's term for the inner creative source. In the practice of Mindful Focusing it is called the "felt sense" — a subtle, pre-conceptual, bodily-felt sensation that most people aren't even aware of. It is the source of intuitive insight and novel expression, and we can learn how to recognize and cultivate it.

David Rome will guide participants in a series of contemplative exercises designed first to access the felt sense and then to create fresh, genuinely expressive work from this precious inner place. Simple haiku poetry will be the medium of expression. Working with brushes and ink, pencils and pens, Barbara Bash will offer ways to land on the page of our life. Guided by the ancient Chinese principles of heaven, earth and human we will connect with the open space, the stable ground, and our intimate connection to it all. All these practices will explore the nature of creative expression and can be applied to many aspects of ones' life.



David I. Rome is the developer of Mindful Focusing, a contemplative technique integrating Focusing and Buddhist mindfulness-awareness practices and the author of *Your Body Knows the Answer: Using Your Felt Sense to Solve Problems, Effect Change and Liberate Creativity*. He is a certified Focusing trainer. David studied Buddhism with Chogyam Trungpa Rinpoche, whom he served as private secretary for many years.



Barbara Bash is a calligraphic artist and longtime Shambhala practitioner who combines eastern principles with western art forms. She has studied Nonviolent Communication and Focusing and weaves these teachings into her big brush and illustrated journaling workshops.

Cost : \$320 includes lunch, (see Sky Lake website for lodging options)

SKY LAKE RETREAT CENTER, 22 Hillcrest Lane, Rosendale NY
Register at - skylake.shambhala.org programs@sky-lake.org 845-658-8556