

Drinking from a Cold Spring - A Creative Immersion

Today's Lesson - #Gather -

Gather all your materials around your work space.

For one minute, sit with these materials and observe your reactions to each medium.

Pencils, pens, pastels, paints, colored papers, magazine clippings, needle and fabric and thread, your sketchbook.

Do you notice an energy arising - aversion or attraction - desire to play or avoidance - to any of them?

Do you notice your mind offering narratives about what you SHOULD want to work with and what you SHOULDN'T?

Just observe your thoughts arise without judgment, allowing and noting.

Over the past three months together, we have learned a creative vocabulary and gathered a broad toolset.

Take the next 20-60 minutes to lean into your intuition and follow the energy, playing as your intuition suggests.

Use your imagination, trust your intuition, and have faith that the current of energy within you will rise up and carry you safely home.

There is nothing more that you need.

You have it all within you, and always have.

Time to play - trust - listen - express - explore - and be.

If this exploration ends up taking you out of the studio and into the field, go!

Just be back by Saturday's class!