



Making Art from Spaciousness: Medicine for the Wounded Artist

Using Koans & Art Materials

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Sunday Morning, February 14 – Boulder, CO

9:30am – 12:30pm MT

Space is limited ~ email to register by February 7, 2009 ~

Tuition: \$75

We all made art as children, and did so joyously and un-self-consciously. Many of us continued to enjoy art making until we went to art classes or had a teacher where we were criticized for doing it ‘wrong’ or given a bad grade on our creation. We may have developed an internal judge who critiqued the joy out of creating. Many of us are sitting on dozens of creative eggs, longing for them to hatch, longing to give expression to the immeasurable creative impulse within us. We are born to create, to be vessels of creation. So, what stops you?

If you feel blocked, fearful, ‘not creative’ or believe that your art is ‘not good enough’ you probably have experienced trauma to the artist within. Your creative fire may have been squelched, or the muse may have been muted. This workshop can help you change that.

This is truly an art-making, creativity-cultivating teleconference! It is also a deep spiritual practice for bringing joy to your art making and spiritual awareness into your everyday life.

Are you longing for stillness? Are you longing to express yourself through art, or to prime the pump of your creative expression? Are you willing to step into the UNKNOWN and see what happens??

We use Koans, unsolvable questions, poems, emotions, and inquiries as the starting place from which painting and drawing simply ‘happen’ without thought or planning. This way of making art takes us deep into stillness and, paradoxically, doer-less doing without a ‘me’ involved. Hands move, painting happens, ‘I’ disappear in the making. Spaciousness happens. Curiosity arises. “Wowees!!” occur even as inner quiet deepens.



This spiritual practice generalizes to the rest of life and opens up other areas of creative expression, such as writing.

Who is the ‘me’ who thinks it is making something anyway?? Who chooses the colors? Who decides or does not? **No experience is needed and there are no mistakes in this kind of art making, you can’t do it wrong, and we learn that destruction is an essential part of the creative process.** There are only divine arrangements and opportunities to witness creative process happening through our own hands.



Part 1 of the workshop is making the art in response to a koan, a poem, a meditation.

Part 2 is the Creative Audience Process. See below for details: I will be sending out a pdf file on the Creative Audience part of the work, which will happen between our meetings. Each participant will have a partner with whom you will exchange 2 photos of what you did in the teleconference and offer a short, specific kind of feedback called creative audience.

Supplies and Process: Please keep it *very simple*. Water colors, inks, walnut ink, pens, and/or acrylic paints and paper are best. Bring brushes, water container, whatever else you need. Email me if you have questions about supplies.

Time: 9:30am – 12:30pm MT

Registration: by February 17, 2009 via email to Sheila: temenosctr@aol.com When you register, you will be given the call number.

Tuition: \$75.

Place: 4928 Carter Court, Boulder, CO – space is limited!!

Payment: via credit card or check.

Checks may be made out to Sheila Foster, 4928 Carter Court Boulder, CO 80301

Refund Policy: \$25 service charge prior to Jan 1, no refunds after that.



Sheila Foster, M.A.

Making art is my first and most authentic language. It is also a spiritual practice for me. Using meditation, koans, haiku, and short poems as the beginning of art making enhances and deepens the process and has been a great gift to me and others. I have witnessed how it brings healing to many whose inner artist was wounded along the way, and who now are ecstatically making art again.

For more information about me and about the School, please go to:

<http://www.templeofthesacredfeminine.com/Temple/AboutUs/index.html>