



## The Extravagant Gesture: Making Art at the Edge With Sheila Foster

*The extravagant gesture is the very stuff of creation.*

Annie Dillard, *Pilgrim at Tinker Creek*

Email [temenosctr@aol.com](mailto:temenosctr@aol.com) for dates and times

~

~

To see some of the artwork created by participants through the last year, click here:  
<http://www.flickr.com/photos/sheilafoster/>

“At the Edge of what?” you may be wondering. Well, what is your edge regarding the making of art?

Starting with silence, meditation, we come to the edge of what we don't know yet, the edge of discovery of a new impulse or different colors or materials than we usually choose, the edge of making art with our eyes closed, or from our body moving, or purely from touching something. It could also be the edge of a quiet mind, a poem, a koan (a riddle unsolvable by the mind), the edge of joy, grief, confusion, nothing, or everything.

We make *extravagant gestures with paint, pencils, pastels, crayons, clay, photography, collage, or charcoal* from the edge of our hearts, our bodies, and our desire to create, express, birth... we do so in the moment, honoring what arises purely as grace incarnate, not from any pre-conceived idea or image of what is 'supposed' to be. We go to the edge as an *extravagant gesture* to offer ourselves to the Muse, to be the instrument of the creative Shakti, the eyes and hands of the Creatrix... and see what happens!

**After the telly we exchange photos of what has emerged on the call together via email**

. We may or may not have a 'finished' piece- it doesn't matter. We offer each other a special kind of response called *Creative Audience*. This is *not* critique or analysis.

Whatever emerges is perfect... all part of an unfolding, a priming of your creative pump, an hors'd'oeuvre for your creative longing to nibble on, the promise of a feast of play. This process opens a great deal of permission to make marks, experiment with materials and color without any goal--just for the FUN of it, for the discovery, the 'wowees'--not the product. It is beautiful to see our own work through another's eyes...and to be an Intimate Witness to the creative fire as it comes through another. A pdf on how to give Creative Audience will be sent to participants



**We discover and sometimes fall in love with** new materials, discover new ways with familiar ones, learn great things from each other, open to new possibilities. We find ourselves making more art in our lives, rather than just wishing we could/would. Sometimes we even love what comes forth! Making art as a spiritual practice seems to create its own permission to make more art more often, and we come to realize how essential it is to life, to be-ing... to living a full, juicy life. We go to, and over, impossible edges!

**Each week, with a variety of art materials before us**, we enter silence together, give the thinking mind a rest, and from there, everything flows in often surprising and magical ways. Poems & koans are shared that offer containment, sometimes a focus.

**Tuition: \$150 ~ Registration:** Email me at [temenosctr@aol.com](mailto:temenosctr@aol.com) and payment of \$150 is due upon registration, by credit card or check. The call-in number will be sent when you register. We can also have a phone call if you want that re materials, etc.

**Materials:** Make it simple: pencils, pens, oil or soft pastels, watercolors, self-hardening clay, camera, charcoal, paper... if you are drawn to collage it is best to have a big mix of images but nothing pre-planned or organized... what materials haven't you tried and would like to explore? Email me if you'd like to talk about it.

To see some of the artwork created by participants through the last year, click here:  
<http://www.flickr.com/photos/sheilafoster/>

## Estrimonial

In the year that I've been doing art workshops with Sheila, I've gotten over my constant anxiety about producing something "beautiful." Instead, making art has become an ongoing experiment, a process of discovering what happens when I apply paint to paper, or draw, or take photographs. I really value the experience of giving and receiving "appreciative audience." Other participants see the most remarkable things, even in images I've made that I don't like. It's safe, affirming, and best of all--lots of fun. **Linda Kolker**



Fairin Woods

*One can't believe impossible things," Alice said. "I daresay you haven't had much practice," said the Queen. When I was your age, I always did it for half an hour a day. Why, sometimes I've believed as many as six impossible things before breakfast.*

~ Lewis Carroll