

COURSE LEADERS

Clare Barton Harvey is a practicing artist, trained to M.A. level. She is an ordained Buddhist (Triratna tradition, formally the Western Buddhist Order), and has practiced meditation, following the Buddhist path, for over 17 years. She has led meditation and art classes, retreats and courses for over ten years and currently leads Drawing, Painting and Imagination courses at the City Lit.

www.amitajyoti.com

Julienne McLean is a psychologist, Jungian analyst and spiritual director. She has had a lifelong involvement in the Christian contemplative tradition, and has been teaching, writing, and running retreats for many years on Jungian psychology, prayer and Christian spirituality. She creates, and exhibits, icons in glass.

www.contemplativespirituality.org

Judy Barber is an experienced bereavement psychotherapist and also a Reiki Healer. She is a Christian with a particular interest in Christian & Buddhist Mysticism and is engaged in the creative practice of painting and writing.

'The perfect transformation of that blind world-creating urge into the force of liberation depends on the perfection of inner vision. As long as these forces remain dormant and unperceived within us, we have no access to them. For this reason it is necessary to project them into the realm of the visible in the form of images. The symbols which serve this purpose act like a chemical catalyst, through which a liquid is suddenly converted into solid crystals, thus revealing its true nature and structure.'

Lama Anagarika Govinda

'The secret of true creativity is inner attention, without desire or expectation. It requires us to go into silence and darkness within and draw out what we find there. The mind, with its all too rigid barriers and opinions, often makes it impossible to reach this still, silent place within, leaving us with a distant memory and a longing to regain a paradise once known.'

Cecil Collins

IMAGINATION AND CREATIVE VISION – A DRAWING AND PAINTING COURSE



Four day workshops on Friday

Sep 21st, Oct 19th, Nov 9th, Dec 7th

from 10.30am to 4.30pm

in Kilburn, North London.

ABOUT THE COURSE

During the course, we will look at the value and significance of the creative imagination with reference to art, creative practice and our interior/imaginative life. Students will learn skills in accessing imagination and identifying images/ symbols relevant to them in their life. Essential skills in how to develop initial ideas/ feelings into a small body of drawings and paintings will also be explored.

The course will give students an opportunity to follow their own threads and inspiration and develop their own 'inner guidance' alongside skilled guidance by the tutor.

WHAT LEVEL IS THE COURSE?

No experience of art necessary. Participants will need to be comfortable or familiar with meditation, silence or prayer (from any tradition.)

HOW WILL I BE TAUGHT?

By demonstration, visual examples – slide show, practical projects, handouts, one to one tutoring and group reviews.

WHAT WILL THE COURSE COVER?

Students will be introduced to, and guided through, a range of methods of exploring their interior, creative imagination, incorporating drawing/ painting from imagination, movement/music, reflection and meditation. There will also be the option of working in other mediums.

Although the focus of the course is on accessing and cultivating imagination, we will also explore a variety of drawing/painting techniques as a means of expressing our experience with greater sensitivity, power and clarity.

There will also be opportunities to explore the relationship of the creative art work to eastern and western symbolism, including Jungian psychology.

COST OF THE COURSE?

The cost of the four days will be £140. All materials provided.

Please bring your own packed lunch and painting clothes.

WHAT CAN I EXPECT TO ACHIEVE?

By the end of the course you should be able to:

- Apply a toolkit of methods and approaches for accessing your imagination.
- Employ a range of drawing and painting skills and techniques, as well as methods for maintaining creative/imaginative engagement in your creative arts practice.
- Gain confidence in an intuitive and experimental approach when creating a body of work.
- Have some intuitive and intellectual understanding of the relationship of creative practice to the enrichment of your life or spiritual practice.

BOOKING FOR THE COURSE?

Numbers are limited to 10 people. To make an enquiry or to reserve a place on the course, please telephone Julienne on **0208 451 5255** or Judy on **07816 155483** or email info@contemplativespirituality.org