

IMAGE PLAY

This six-session course will introduce you to the method of art and image making created by Pat B. Allen and others at **The Open Studio Project** in Evanston, Illinois. The approach begins with writing an **Intention Statement**, drawing, painting, or sculpting an image, and then writing a **Witness Statement** to the work you have produced. The process ends with participants sharing their work and reading their Intention and Witness statements, if they choose. There is no commenting, evaluating, or judging of the work. Each session begins with a short period of meditation to help center us for the evening's activities. No prior art making or writing experience is necessary. This process fosters an intimate relationship with deep places in the self.

An **Intention** is a statement of your intention for the present. It may include a statement of feeling, desire, or positive energy. It is most powerful when you are fully present in the energy of the moment, recognizing that you already have within you all you need for the present moment, even if you don't yet know it fully. So when I say, "I am grateful for this moment and open to learning about myself in this process," I am focusing my energy into the practice for this time.

A **Witness** is a written dialogue you have with the art or image you have made. In it you record what you experienced when you created the image -- what you feel, what you are attracted to and/or repulsed by in the work -- and you explore the associations that arise as you interact with the piece. You may have a dialogue with the image in which you ask the image what it wants you to know or notice. Sometimes the work is silent, sometimes it has lots to say. The witness statement is a record of whatever emerges as you interact with the art that you have created. This process is friendly, surprising, fun, revealing, expanding, organic, and gentle. The best way to learn it is to do it.

Pat B. Allen, Ph.D. (author of *Art Is a Spiritual Path*, published by Shambhala Press), with **Dayna Block and Deborah Gadiel**, art therapists, established **The Open Studio Project** (www.openstudioproject.org) in 1991.

Cost for the course is \$120.00, and \$15.00 materials fee. Please contact Rusty Lynn at rustylynn@earthlink.net for more information. Register online at www.convergenceccf.net.

