

ENCOUNTERS WITH BEAUTY

Practices in Eco contemplative Painting

with Elizabeth Porritt Carrington

"We are touched by what we touch, we are shaped by what we shape, we are enhanced by what we enhance". Thomas Berry

Welcome!

These classes of Encounters with Beauty are designed to open wide, the doors to your creativity, to awaken wonder and a strong sense of connection with the natural world, to make Artwork that stirs you deeply and guides you to find Artistic qualities that are unabashedly you, in expression, connection and practice.

"Anyone that has ever had a dream, is an Artist" J O'Donohue

The roots of the word contemplative are to be with the temple. It is with this kind of presence we begin. The reverence for a moment of life is a most essential part of this work. As equally, the remembering that we are ever creative and integral to the world around us. Expanding your artistic capacity and skill, comes with ease, in the re-opening of avenues of receptivity and expression and a new, keen alertness to the natural, vital impulse to be creative.

Classes are held between my studio in the River Arts District, at Sacred Mountain Sanctuary (30 minute drive from Asheville) and other carefully chosen places of Nature. Group classes and workshops in Eco contemplative art as well as courses in Drawing skills are ongoing. Dates and information for these are posted to my Website, Facebook and Instagram. You are welcome to call me, write or pay a visit to the studio with any questions about upcoming classes. Full day workshops are usually \$90 but this can change, depending on materials cost and length of day.

One to One classes beginning with 3 x 2 hour sessions

We start in the studio with a 2 hour session including a thoughtful introduction to this practice and an exploration of materials and tools. The second and third classes are held en plain air (out in the open air, season and weather dependent). These classes are the opening door to Eco Contemplative Painting, re-acquaintance with the wonder of creation, reciprocity in the natural world, and your integral part in its expression. Each 2 hour session is \$100 including materials, (\$300 for 3) if you choose to pay for three in advance there is a saving of \$50 (\$250 for 3). This saving is meant to encourage you to take full

advantage of the spaciousness offered by three sessions of time and practice. When three sessions are complete we then discuss the best possible path for you, that could contain more one to one sessions, a period of self motivated work or indeed joining in group classes.

Meeting with your Artistry

Art is a natural response to the extraordinary and inexorable flow of life within us and around us. In each of us we carry a longing to make marks, like a child that puts its finger in a puddle and draws on a dry rock, we continue to put our stamp on the world in a myriad of ways. Mostly, these ways have become formalized or functional in this culture and the freedom to fully employ and explore the inner workings of our own unique artistry gets lost or put away.

I am fascinated by the recovery of this. I have guided students in reopening this part of themselves, stirring up the pot so to speak, in a sincere and fully alert effort to remember YOU ARE CREATIVE. Time, experience and delving deep in my own practice as artist and teacher have brought me a rich range of tools and techniques. It is, in essence, a remembering of how to make full use of a moment, its an abiding and elegant commitment to yourself, your tools and the experience of being alive. What is produced is a testament to your presence and a remembrance of it's grace.

Experiencing the Brilliance of Colour

Colour arises from the interaction of light and dark. Painting with colour is truly a weaving of light. Our eyes are immediately excited by color when we wake each day. Colour feeds us with information and builds awareness. We make all kinds of decisions based on colour. When we slow down, look more closely at this phenomenon, explore it's nature through paint and mark, consider carefully the activity of our encounter with colour, the wonder that color deserves is rekindled anew. We will seek out colour and examining some of Goethe's color theory, asking why some colors are seemingly so beautiful together and how some are not, or can invoke certain feelings. We will experiment with what beauty is in color and venture much further in, when we question that.

Adventuring in Amelioration

My greatest teachers have been my perceived failures. Questioning our perception of what is good or beautiful is a fascinating conversation to have with paper and paint. Encouraging oneself past the boundaries of good and bad Art has transformative potential. Here lies within some magic that is hard to put words to, its made for poetry. In the softening of old ideas, a quietening of criticism, making a safe space to be yourself, creation appears to thrive. It is a diligent tending to the creative grounds and a sewing of seeds. Quite often it is the sullen sad seeds, the ones that you think may not take in the dark, that all kinds of flourishing may occur.

Staying with that which seems too dark, too light, too much, too little, not good enough, even too good and seeing it all the way through, ameliorating, step by step, standing back and taking a breath, trying again..... these are some of the great ways of finding Art is right inside you waiting patiently to stir. It is my honor each time to be your guide to it.

Growing Skill

It is my belief that a great deal of skill in painting comes with practice and devotion. This can be helped immensely by the support and kinship of classes and the consistency that comes with strong, experienced guidance. Equally as important is developing an authentic sense of deep interest that weaves itself into you, forming the way for inspiration to make itself seen, heard and acted upon. The motivation to make art is one part, the feeling of committed love to the process another. Seeing it all the way through, (for a piece of Art cannot be made until it is indeed made) comes from practice and communion, ushering a feeling of belonging in the action of Art making. Feeling in full dedicated conversation with a piece of unfolding Art is one of the most powerful and exhilarating experiences. It is one you want to return to again and again. Placing your hands so meaningfully in the inexorable flow of creativity and feeling a part of it offers a golden thread to a meaningful life.

A MEANINGFUL LIFE, IS A HOME.

*having attended classes, I encourage participants to use the opportunity to come to the community studio on Thursday afternoons, where I set up tables for you to work at and provide some space and encouragement to continue your journey, if you so wish.

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