

**Barbara Bash**

**Mindfulness Resident for Creativity & Innovation at CC 2020**

Here is a listing of the art and communication practices

Barbara is available to offer this spring semester.

The length of time and number of participants are flexible.

**Grounding Brush** - A contemplative practice of drawing lines with water based on Tai Chi principles, ancient pictograms and stability of action coming from the core.

**Big Brush practice** - Drawing on ancient principles from Asian philosophy, this workshop provides an experience of what it means to make your mark and bring the best of who you are to the moment. Held by simple ritual, we will work with large brushes, buckets of ink and lengths of paper. Each time a brush stroke is made with full attention, aliveness enters the room and nourishes everyone.

[https://www.barbarabash.com/big\\_brush/Big-Brush-Workshop2.pdf](https://www.barbarabash.com/big_brush/Big-Brush-Workshop2.pdf)

**Illustrated Journaling** - Using the drawing exercises in the expanded edition of her book True Nature Barbara will guide in the joining of words and images on the page. Beginning with simple blind contour lines, we will follow what calls our attention, bringing forth the artist in us all. Adding words to the page clarifies and enlarges the insight. Come explore an enlivening way to journal the world. The natural world on the CC campus will be our inspiration. In the tradition of Henry David Thoreau, the study of nature becomes a way to understand our human nature.

**Heaven / Earth / Human poetic practice** - Write three line poems utilizing the principles of heaven, earth and human - space, form, heart -

sky, earth, detail. Held by this universal order, freshness of expression manifests.

**Slow Handwriting** - Our handwriting is a form of artistic expression that is accessible, unique and reflective of who we are in this moment. This familiar and close at hand visual voice is a doorway into discovering the creative self. We will slow down our handwriting - working big, loose and illegible - small precise and clear - with pencils, pens and brushes, exploring our true expression in fresh ways.

**The Accidental Book** - create a single section book through unexpected cropping of brush strokes and add a narrative story in intuitive response.

**An Aimless Wander Book** - take a 15 minute walk and create a brush map of the experience that gets folded into an accordion book and then receives essential words to describe the journey.

**The Flow Game** - A way to find clarity together

This is a powerful tool for creating interactive reflection, dialogue and action space for groups, teams and individuals. Working through a game is a simple way to ground, strengthen and bring clarity and flow to human beings, their life, leadership and actions. The process is deceptively simple. People are always surprised at how it creates a supportive, challenging, and unique opportunity to explore the present or future in an intuitive and insightful way. Here is an opportunity to play. All you need is an important personal or group question to explore. <http://flowgame.net/#>

**Mindfulness Meditation** - By pausing, dropping in to the breathing body, noticing the movement of mind, becoming curious, life can open, relax and settle.

**Nonviolent Communication** - Developed by Marshall Rosenberg and practiced world wide, NVC offers a set of concrete communication tools as well as a shift of consciousness to help us connect with our common humanity. We learn to hear our own deeper needs and those of others. Through its emphasis on deep listening—to ourselves as well as others—NVC helps us discover the depth of our compassion. It reveals the awareness that all human beings are only trying to honor universal values and needs, every minute, every day. The form is simple, yet powerfully transformative.

**Focusing** - A guided practice of bringing awareness to the *felt sense* - a subtle, bodily-felt sensation that is the source of intuitive insight and novel expression. Through Focusing (developed by Eugene Gendlin) we learn to recognize, cultivate and utilize this body knowing in our life and creative work.

**Circle Practice: Strengthening the Heart** - A simple speaking & listening practice guided by mindfulness of speech and three questions - How am I feeling ? What is the discomfort ? What is the way through ? Through self connection, listening deeply to others and mindfulness practice, trust in life is strengthened.