

## **Notes from our Art as a Spiritual Practice meet-up on zoom, Jan. 6, 2024:**

*Margaret Lindsey, facilitator*

*There were 10 participants who have worked previously with Margaret in groups or classes.*

The overall discussion was about:

Defining what Art as a Spiritual Practice meant for each of us (see comments)

Why practice, why do this? Need for community of this sort

Everyone shared their individual creative practice, and hopes for the group

Many of the group would like to continue on as a monthly zoom group, with ML facilitating, and also participating along with the group members. Details are in the works.

### **Comments from group about what Art & Spiritual Practice actually IS:**

An action that puts meaning into form—different than ordinary reality

A doorway, a portal

Non-ordinary space, some other juice

Generative, integrative art, reciprocal action

Access the inside of oneself by what I do on the outside

This is life or death—we need to be able to do this to be well and whole

This is soul crafting

Making room for something to come into myself—allowing another part of myself to come in

Setting up the space, the intention, the conditions, preparing the ground

Shamanic, soul-craft, essential

We help ourselves by doing this: it gives us a place to clean up, manage our reality

Informing process of deepening and discovery thru the meeting between the inn & outer

Bringing the depths into tangible form, to know them and access that knowing

***note:*** “art” and “artmaking” applies to all creative acts: visual arts, all media, sculpture, sewing/textiles, collage, movement, dance, song, installation, poetry, writing, journaling, coloring...you cannot do this wrong.

### **Creative practices that the group shared they were engaging in currently:**

Morning journaling, and other writing, fiction writing

Painting as prayer

Ecstatic dance

6000 circle project

poetry

wordless singing—improvised embodiment

songs which are caught, which come through from a higher source

being awake in the wild—bimbling

practices that generate nothing (no objects get made)

Photography, and organization and use of already existing as resource to create new art/books/publications

Exploring and honoring the divine feminine

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