

Anointing the Unseen

Soft Whispers...Art and Creativity workshops for our children



We live in an age where continual structural changes- the characteristics of all living systems, is rightfully in the spot light. In short we are trying to understand human organizations, (including our schools and colleges) in terms of Living systems and Systemic networks. We talk of knowledge creation, but we don't talk of human needs and dynamics! If our children must succeed they will have to learn that knowledge is not the capital, but People are. That technology cannot be stopped but it can be directed towards worthy goals.

Ecologists and biologists have begun to shift their metaphors from hierarchies to networks- the tendency to associate, establish links, cooperate and maintain symbiotic relationships is one of the hallmarks of life.

Fritjof Capra - The hidden connections

Inspired by this truth, and towards this end, I would like to propose Art workshops for our children, geared towards helping them get in touch with the magical spaces within each one of us- a source of strength and stability so very crucial in these times which throw us out of balance. We will uncover neglected spaces in the human psyche, soft whispers we learnt not to listen to, and give them their due through painting and writing, and help understand the root causes for our behavioral structures. We're rooting for contentment and peace!

The sessions will help to get in touch and understand-

- Emotions as cues to underlying belief structures.
- Culture- how it stems from beliefs.
- Instinct, Trust and Intent- their value and need.
- Perception- how you see only what you want to see.
- Information, Interpretation and Identity
- Attention and focus- its relation to contentment.
- Comparison- a sure recipe for failure.
- Boundaries they set for themselves.
- Contentment- what makes us content?
- Attention and focus- its relation to contentment.

<https://www.facebook.com/groups/asluckwouldhaveit/>

<https://www.orangestreet.in/projects/thirdspace>

Leonardo Da Vinci's principles for Creativity-

- 1--Curiosity- Keeping a journal, stream of consciousness exercises
- 2--Examining Experience- Check beliefs and sources.
- 3--Refining the senses- Visualization and fantasy.
- 4--Embrace ambiguity, uncertainty- Freeing from limiting compulsions.
- 5--Balance between science and art- Left and right brain orientation
- 6--Mind mapping exercises-Mapping your dream, mapping a friend.
- 7--Exploring the body, fitness- Drawing the body, knowing your spine.
- 8--Using metaphors, making connections.

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Intention

Intuition

Beliefs

Culture

Wisdom



Identity



Metaphor



Moments

Ambiguity

Awareness

Magic

Experience

Interpretation

Perception



Perception

Trust



Focus

Balance

Emotion

Attention

Systemic Network

Connections

Associations

There is a direct relationship between our ability to focus and our ability to enjoy. Enjoyment lies in the process. To experience it we need to be present mentally and emotionally.

Lata Mani- cultural critic- 'Integral Nature of things'



Your beliefs create the way you experience life and your resulting state of mind- Howard Falco- 'I am'

There are things known and there are things unknown, and in between are the doors of perception.

Aldous Huxley

Look at everything as though you are seeing it either for the first or last time. Then your time on earth will be filled with glory- Betty Smith- 'A tree grows in Brooklyn'

The network, in particular is one of the very basic patterns of organization in all living systems. Fritjof Capra

Hidden connections

Nature- Imagination- Subjectivity- Belief- Culture- Humanity

Devdutt Pattanaik

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Contact- Anuradha Nalapat

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