

Your Experience in Creativity Matters

Creativity takes practice. We all must study our craft to become proficient. You don't have to be a super-creative to create meaningful new forms but entertainers, artists, actors, designers, professors, poets, novelists, engineers, scientists, architects, musicians, hobbyists, entrepreneurs and parents all must practice regularly to produce creations of value.

Here's a bio of Sandy and her practices.

An essayist, novelist and above all creative. Varied experience in the arts and literature spans 50 years, since 4th grade. She has published essays in literary journals, articles in magazines, written Horoscope columns, published photography and sells photo poster of "Doors of Harmony" at the Bottlebrush Gallery. Even with dozens of rejections from book publishers for her young adult novel series she understands there may be dozens more. As a member of the international Stencil Artisans League for 19 years as well as a Board member she gained insight into group instruction from classes all across America.

Interest in all arts and handcrafts i.e., oil and acrylic painting, collage, decorative arts, fabric arts, ceramics, drawing as well as perennial gardening and "upcycling" junk has led to new discoveries in creativity. Her favorites: in art; Andy Warhol, music; Davie Bowie, movies: Elf, color; turquoise. Currently studying Psychology at Butler County Community College she serves on several local community committees and holds a PA license in real estate. She will be teaching a lifelong learning course titled *The Art of Creative Non-Fiction* for Butler County Community College in October at her shop.

On Nov. 12, 2016 she opened shop, Creative Harmony Arts & Books to share her passion of both.



The Creative's Way Workshops by J. Sandy Ferrainola

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“People who take action create life.” —jsf

“I found that I could say things with color and shapes that I couldn't say in any other way— things that I had no words for.”

— Georgia O'Keefe, Artist

“Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world.” — Albert Einstein, Theoretical physicist

“Although many of us do make money at it, creativity is its own reward.” — Julia Cameron, Author, Working artist

“To be truly creative we must be willing to say to every other person on earth, I really don't give a damn how YOU do it.” — Martha Beck, American Sociologist, Author

Workshops
Presented By



Jsf Creative Consultants

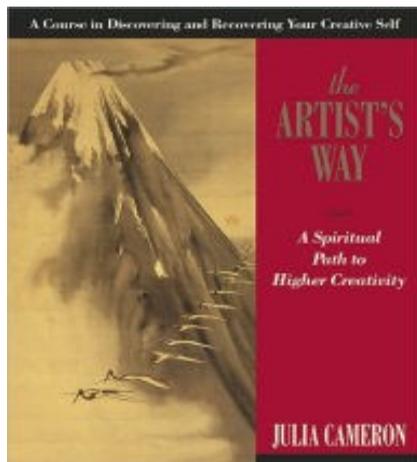
Believing we can nurture a curiosity in creating, writing and learning; to share a love of arts & books in historic Harmony.



The Creative's Way

Where is your path to discovery taking you? Don't listen to the skeptics trying to detour your ambitions into inhibitions. Take the time to fulfill a lifetime passion or find a new one in a workshop spanning 6 weeks. Participants will “out” the creativity inside of them and silence the inner critic. Join this creative class of peer support to discover or recover a creative life. Using Julia Cameron's book: *The Artist's Way: A Spiritual Path to Higher Creativity* as a guide, **Sandy Ferrainola** will facilitate the processes you will need to complete tasks in 12 chapters to breakthrough the surface of your resistance in order to experience art and creating in its many forms.

A commitment to consciously regard others in the group with respect and without fear of criticism, judgment or competition is expected from all creative learners. Sandy's experience with Ms. Cameron's course and added informational hand-outs will get you “flowing” with creative, innovative and inspirational thoughts to express yourself. A personal commitment to complete this 6-week workshop will most likely change your outlook on self-expression, and life, if practiced with a sincere desire to confront the fledgling artist in you. Pursue a life of possibility and curiosity instead of fear. Note that the spirituality aspect of the textbook's title is not referring to formalized religion but to the enlightenment and godly aura one finds flowing through creative energy in the universe.



You will need: Textbook
by **Julia Cameron**

The Artist's Way:

A Spiritual Path to Higher Creativity

A Course in Discovering and Recovering Your Creative Self

Available at **Creative Harmony
Arts & Books** \$17.00 for
paperback edition (ISBN
978087477-694 2 (Putnam) or
9780143129257 (Penguin)
This is not the “workbook”
which is a companion to *The
Artist's Way*.

**Also required: One spiral
composition note-book.**

WHAT CAN I EXPECT TO LEARN OR DO?

Perhaps your muse is bruised. Healing can take place when you choose to ignore it and move to the next process that gives you pleasure.

You're going to stop the “automatic negative thoughts” and avoid the vicious cycle of negativity.

Experiencing new things and ideas often is a learned activity. *The Creative's Way* will help you in being comfortable with that lifestyle.

In order to achieve those goals participants will be asked to review the book's introduction, chapters and accept the Basic Principles Julia inspires them to follow. Possessing an attitude of acceptance to all possibilities is strongly encouraged. The time commitment to achieve the creative flow is between seven to ten hours a week. During each session of the workshop many tasks in two chapters will be addressed. You will follow through on others in your own time.

The most important tool however, and without exception, is to spend time at the beginning of each day writing three pages longhand with pen or pencil in a notebook. These are “the morning pages” AKA “marching orders.” You will be writing whatever comes to mind that you feel needs to leave your consciousness and move to the pages. It becomes a connection to the wisdom within. Julia also refers to it as a way of meditating. There is nothing right or wrong to write. It's not unreachable for anyone to address these three pages as a daily habit for the sake of recovering or discovering the creative life.

There is also a required weekly “artist's date or “play date” on your own time (except one we will do together), which could be anything from two hours at a movie theater to a day trip to a museum. —Or perhaps a walk through a small town like Harmony to observe its architectural history.

“I used *The Artist's Way* when I was having trouble writing screenplays and it was a great asset.”
—Jason Calabro, Assistant Location Manager for filming of *American Pastoral* in Harmony, PA, directed by Ewan McGregor

SYNERGISTIC SUCCESSES ONE SESSION AT A TIME:

Prior to class; purchase book, read introduction thru Basic Tools, sign & agree to your personal creativity contract in book.

Week 1— Chapter 1: A sense of safety
Chapter 2 : Lose the crazy-makers

Week 2—Chapter 3: Power to the creative
Chapter 4: Clarity creates change

Week 3—Chapter 5: Possibilities bring shift
Chapter 6: Abundance—Money
Chapter 7: Connect through senses

Week 4— “Artist's Date:” Warhol inspired
Blotted Line & Watercolor drawing
(additional supply fee)

Week 5—Chapter 8: Your creative constitution
Chapter 9: Compassion & U-Turns
Chapter 10: Perils of spirituality

Week 6 -Chapter 11: Accepting yourself as an artist
Chapter 12: Trust

“Adventures don't begin until you get into the forest. The first step is an act of faith.” — Mickey Hart, Grateful Dead drummer

“How we view the little things matters to our curiosity.” —Georgia O'Keefe, Artist



Regarding ideas:

“Two previously unrelated ideas come together and make something new under the sun. Your job isn't to find these ideas but to recognize them when they show up.” —Stephen King, Novelist