

# Your Creative Practice

## A 6-WEEK ONLINE COURSE

Starting in the week of 6 September to the week of 11 October 2021

Finding a connection to your creativity and inner wisdom by using Process Oriented inner work awareness exercises, daily free writing and walking as well as weekly Zoom meetings.

If you've hit an impasse with your creativity or are stuck in life, looking for deeper meaning of where you are at, or yearning to develop a daily creative practice, come and join us in this 6-week online course!

This course was sparked by a small crisis of meaning in my life at the beginning of this year. I realised that my "stuckness" was an obstruction to go forward in my usual way. I decided to go deeper into the essence experience rather than push forward. Out of that came the idea to do this course with others who might want to join me and commit to a daily creative practice. I invite you to join me and commit to creativity by free style writing, walking and inner work explorations, connecting to your underlying dreaming.



## Previous participants have said:

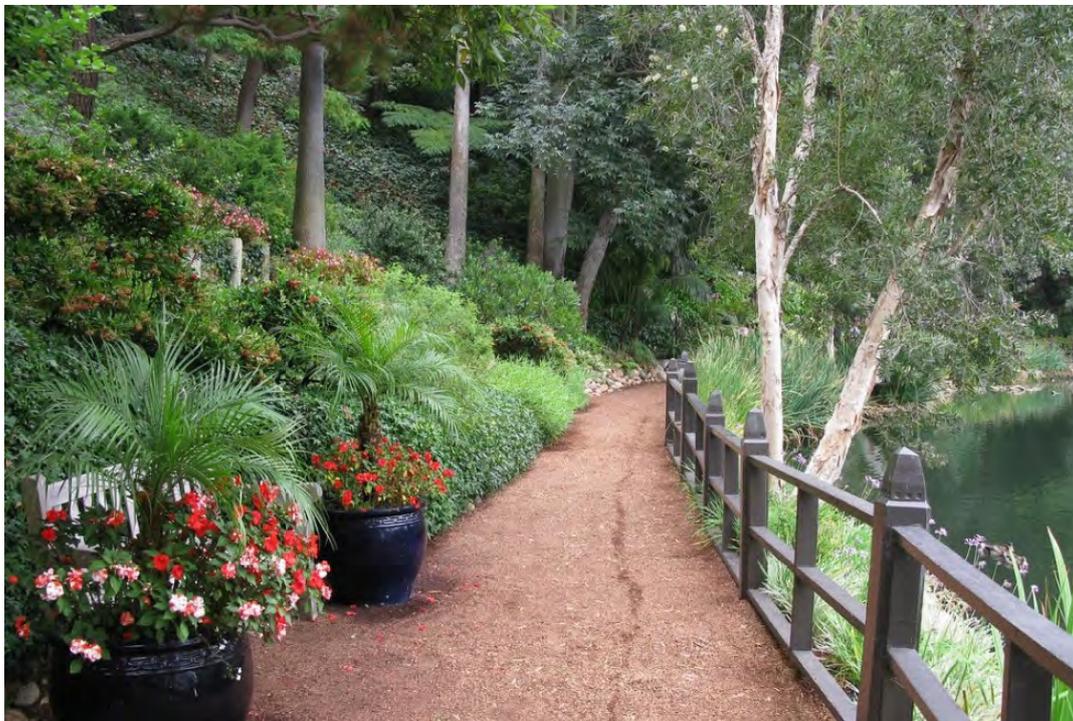
*"I am enlivened and nourished from your elderful facilitating of the creative practice course Silvia!!! The PW dimension gave me new understandings."*

*"The group kept me grounded when I could easily have gone off on certain tangents. It was amazing to touch base with such a lovely group of people and I enjoyed this immensely. My only complaint is that it is now finished."*

*"As I practiced the creative exercises, I became less critical, in better synch or closeness with my creative self. There's a pleasure and satisfaction in that."*

*"When I came to this course I was in a very dark and chaotic inner space. The creative inner focus was extremely healing. Along the way I discovered so many strengths that I had forgotten and found several new inner allies that I look forward to learning about over the next months. "*

*"The course was spacious and varied. Listening to the other participants was precious and stimulating. Twelve weeks was just the right length."*



## SOME MORE INFO HERE

**How much time is involved?** Roughly 40-60 min per day (20 min free style writing, 20 min walking and some time for your inner work) in whatever order works in your life.

**Why daily writing?** Many years ago, I read the Artist's Way by Julia Cameron, (1992) and found her "morning pages" very valuable in getting "unstuck" in writing and other aspects of my life at the time. I have taken up this practice again and am finding it incredibly rewarding. This is why I am suggesting 20 minutes free-style writing – no censoring and re-reading, just "writings things out of yourself" letting things arise ...

**Why daily Inner work?** Process oriented inner work is an invaluable skill to develop an inner facilitator. The methods taught in this course will give you the skills to help you explore and unfold issues and experiences arising from your life or from the writing practice itself.

Dr Arnold Mindell, the originator of Process Oriented Psychology says:  
Most meditation methods aim at getting rid of tension, calming the mind or avoiding outer influences. Process oriented meditation focuses on those disturbances, seeing them as information that holds 'the gold'  
"Working on yourself alone" by Dr Arnold Mindell, (1990)

**Why walking?** We all know that even light walking exercise is good for our body and mind. Walking for 20-30 minutes helps us breathe more deeply and freely, lets reflection happen in an organic way, and lets us take in the nature around us. Noticing and delighting in simple things like the powerful beauty of a flowering Jacaranda Tree, a bird we haven't seen before, the melody of a magpie song, or the babble and burble of the creek after rain...  
So if this is your cup of tea and/or if you find yourself in one or more of the following statements, this course might just be for you.

### DATE AND TIME:

Week starting 6 September to the week of 11 October  
2021 (day/time for zoom meetings to be announced)

### THE COST:

Early bird (by 15 Aug): \$200.00, after that \$240.00

## STATEMENTS

- I am struggling with accessing a deeper sense of creativity and energy .... I know it is somehow is there... I just can't get at it
- Covid has impacted my life and I am feeling restless and looking for different ways to be with myself
- I am working from home due to Covid and I have more time on my hands...
- I feel flat, unmotivated, just plodding along and feel dissatisfied in life...
- I keep myself busy to fill the emptiness that I sense in myself...
- I watch endless hours of TV or Netflix or being on social media to distract myself from my sense of "low mood"
- I over-commit myself and am swamped with work ...
- I get into making space for creativity and meditation but I never stick to it for more than a few weeks...

## WHAT YOU GET FROM THIS 6-WEEK COURSE

- Getting to know the Process Work model and its paradigm applied in exercises
- Insights coming from the 6 week of meditation practice
- 6 one-hour online Zoom sessions with demonstrations of the process work exercises
- 6 weeks guidance and support from me and participants
- Commitment to yourself and your deeper creativity
- Practice the "muscle of perseverance" and the satisfaction of that
- Tips for the daily writing
- Chance to explore your obstacles and inner demons and inner critics
- Physical exercise of walking
- Group sharing of our joys and struggles with the daily writings and walking experiences.
- Over the course we will focus on "process oriented inner work methods" focusing on the areas of creative edges, obstacles, inner critics, life stages, childhood and recurring dreams, life myth experiences, working with body awareness, physical symptoms, relationship awareness, community spiritual and world awareness issues.

## COURSE OUTLINE

- WEEK 1** Zoom session. Introduction to the course. Writing and walking. Inner work exercise on Deep Democracy concept.
- WEEK 2** Zoom session. Daily free writing, inner work on childhood dream life myth.
- WEEK 3** Zoom session. Writing and walking, inner work and life stage, emerging critics.
- WEEK 4** Zoom session. Writing and walking, inner work on edges, patterns and obstacles.
- WEEK 5** Zoom session. Writing and walking, inner work on perseverance, inner support, and getting out into the world.
- WEEK 6** Zoom session. Writing and walking, inner work on how to continue, sticking to the newly created lifestyle, what do I keep and what do I let go of.

## THE FACILITATOR



Silvia Camastral is a Process Oriented psychotherapist and counsellor. She has a PhD in General Psychology, a Masters of Counselling and a Diploma of Process Oriented Psychology (also Process Work). She works in her private practice in Brisbane is a senior faculty member of the ANZPOP, (Australian and New Zealand Process Oriented Psychology) training program. Silvia is also a sessional academic at QUT and ACAP. More info about can be found at [www.silviacamastral.com](http://www.silviacamastral.com)