

“VISUALIZING CONSCIOUSNESS:
CONTEMPLATIVE MUSIC AS A
CATALYST FOR THE CREATIVE
PROCESS”

BY
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&
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***Music heard so deeply that it is not heard
at all, but you are the music.
T.S. Eliot***

In this workshop we will use the harmony of music, art, and meditation, as inspiration for the visualization of consciousness. While meditating with soulful music, we will engage in an open hearted, extemporaneous creation of art, as an uplifting adventure in consciousness.

The simple, colorful, childlike drawings that result are in the spirit of art works created by Buddhist monks like Hakuin Enkaku and yogi's like Sri Chinmoy, but more meaningful is the inner process of surrender to the creative flow as nurtured by meditative activity.

“Spontaneity relates to art in which there is no artificiality or contrivance. Art that is natural expresses the artist’s direct experience of reality, the multiplicity of the universe that each one of us experiences every moment without self-consciousness.”

John Daido Looi

You will receive a cardboard drawing surface with 4 sheets of paper, and a small bundle of crayons. We will begin playing a selection of music and for the first 20 seconds or so, just sit still and listen meditatively in silence. We will give a signal to begin drawing. Try not to think, but instead to feel your way across the page. Let color and form come through you from deep within, and create without preconception.

As the music flows so goes your crayon, and when the music ends, so does your drawing. This will happen 4 times, and in the end each of us will have a small contemplative collection of inspired works from the heart of creativity.

(Music by Sri Chinmoy)

“What does the artist do? The artist watches the outer life. He discovers the inner life. He liberates the human life. He manifests the divine life. He fulfills the supreme life. The outer life is a searching hope. The inner life is a daring promise. The human life is an uncertain experiment. The divine life is a certain experience. The supreme Life is an abiding realization.”

Excerpt from a talk given by Sri Chinmoy on May 1980 at the University of Washington, Seattle

A Continuation of the Process

Contemplative Photography Experience: While in a contemplative walk, take a photograph that embodies the words expressed on each of the four drawings. Each photo image represents the interpretation of the experience evoked by the piece of music and drawing

Recommended Readings and Links

Zen of Seeing: Seeing/Drawing as Meditation by Frederick Franck

The Zen of Creativity, Cultivating Your Artistic Life by John Daido Looi

Night Boat by Alan Spence

www.srichinmoyart.com

THE INSTRUCTORS

Khupra Nichols - Professor of Industrial Design at RISD, Practitioner of yoga-based meditation, and member of Brown Universities Contemplative Study Concentration. Khupra has recently begun to intergrade contemplative practice in the studio courses with his students at RISD.

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Erika Scilipoti, Ph.D. - Assistant Professor at Naropa University, Graduate School of Psychology. Erika is interested in visual arts and how contemplative practices are related to the creative process and has developed courses that focus on the relationship between the contemplative states of mind and the creative experience through photography.

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