

Syncreate Newsletter February 2014



February Creativity Workshops and April Retreat

"Rich meanings of the prophet-Spring adorn,
Unseen, this colourless sky of folded showers,
And folded winds; no blossom in the bowers;
A poet's face asleep in this grey morn.
Now in the midst of the old world forlorn
A mystic child is set in these still hours.
I keep this time, even before the flowers,
Sacred to all the young and the unborn."
-- Alice Meynell, *In February*

Happy February, everyone! We've officially entered the Year of the Wood Horse, according to the Chinese calendar, which promises to be a year of energetic expansion, creativity, and adventure. This time of year is also marked by the Celtic festival of Imbolc, which honors the goddess Brigid and celebrates the coming of spring.

Upcoming Syncreate Events (scroll down for more details):

Embodying the Muse: Where Creativity and Spiritual Awakening Converge
An Evening with Melinda Rothouse of Syncreate and Michael Brabant of [Integral Awakening](#)
Thursday, February 6, 2014, 7:00-9:30 p.m. at Soma Vida

Syncreate Monthly Meetup
Sunday, February 9, 2014, 6:30-8:00 p.m.

Storytelling for Life
Sunday, February 23, 2014, 1:00-4:00pm

Deepening Your Creative Life : A Weekend Retreat in the Texas Hill Country
Friday through Sunday, April 4-6, 2014, Marble Falls, Texas

We've been blogging regularly about the creative process, creativity and education, and the power of storytelling and narrative. Our latest blog post touches on Melinda's explorations of Holocaust art, based on her travels to Eastern Europe in December with Jake Lorfing, as well as her recent Shambhala Art teaching authorization, and her experiences at the Spring 2014 Saybrook University Residential Conference in San Francisco, for her Creativity Studies Ph.D. program. [Click here for the blog.](#)

Image: "Enigma" by our February featured artist, Kerry Kittrell



Creativity Spotlight: Kerry Kittrell

"Creating art is a sacred act of connection between the divine, earth and humanity." -- Kerry Kittrell

Kerry is a visual artist with many sources of inspiration: the exquisite beauty of the natural world; the Buddhist teachings and contemplative arts; Celtic, Greek, and Egyptian mythology; the divine feminine; and a variety of colors, textures, and materials. Her current body of work includes abstract sculptured paintings in brilliant, metallic acrylics. The medium for these paintings includes stiffened, t-shirt material placed on gallery-wrapped canvases. She is also passionate about wax and is playing with 3D encaustics.

Kerry has been an active part of the Syncreate community since its inception. She brings a warm presence and a delightful honesty about what it means to live the artistic life. We are grateful for, and inspired by, her contributions to our creative community. To see more of Kerry's art, please visit <http://kerrykittrellart.wordpress.com/>



"Poppy"
by Kerry Kittrell

February Creativity Events and April Retreat

To reserve a space in one of our upcoming events, please email us at info@syncreate.org

Embodying the Muse: Where Creativity and Spiritual Awakening Converge
An Evening with Melinda Rothouse of Syncreate and Michael Brabant of [Integral Awakening](#)
Thursday, February 6, 2014, 7:00-9:30 p.m. at Soma Vida
Cost: \$40

Creativity is not just for artists; it's something we all need to be successful in our relationships, livelihood, and soulful expression in life. In this intimate and inclusive workshop, we will cultivate and embody creativity through somatic movements, contemplation, and relational spiritual practices to feel inspired, physically energized, and able to move with more agility in our increasingly complex lives.

Michael and Melinda met at Saybrook University, where they are both doctoral students in Psychology. **Michael will also be leading a very special [Culture of Connection](#) retreat in Austin the weekend of February 7-9, 2014, and there are still a few spaces available. If you are interested in exploring vulnerability, authenticity, and relationship in the context of embodiment and spiritual awakening, we highly recommend this retreat.**

Syncreate Monthly Meetup
Sunday, February 9, 2014, 6:30-8:00 p.m. Free!
Consider the power of storytelling in preparation for our "Storytelling for Life" workshop on February 23rd. For more information and to join the Syncreate Meetup Group, please visit: <http://www.meetup.com/Syncreate-Creativity-Collaboration-Community-in-Austin/>

Storytelling for Life
Sunday, February 23, 2014, 1:00-4:00pm
Location: Soma Vida, 1210 Rosewood Ave, Austin, Texas 78702
Cost: \$60 / \$40 with student ID

In this half-day workshop, we will explore personal mythology and the power of story to enliven and inform our lives. As the article ["Storytelling 2.0: When New Narratives Meet Old Brains"](#) describes, the identities we construct through our narratives affect how we view the world. Through writing and discussion, we will identify two or three of our most powerful personal narratives and examine whether these narratives truly "serve" and support us. If necessary, we will let go of or rewrite the stories that hold us back from our best creative selves, revising our personal mythologies to include a fuller, more artistic stride.

Deepening Your Creative Life : A Weekend Retreat in the Texas Hill Country
Friday through Sunday, April 4-6, 2014, Marble Falls, Texas
Cost: \$350 – Includes shared lodging, meals, and program fee

Join us for an intimate, interactive, joyful weekend of embracing your creative life. Activities will include artistic visioning, ritual, meditation, movement, writing and storytelling, group meals, all set in a natural retreat on upper Lake Travis. Be prepared to unplug from technology, embrace not knowing, and delight in collaboration.

Join our [Meetup group](#) to participate in our online community, connect with other creative people, and learn more about our upcoming events.

[Click here for more information on our upcoming workshops and retreats](#)

Here's to the rising energy of spring and to finding your creative power in the Year of the Horse,

Charlotte and Melinda

