

Syncreate
Newsletter
January 2014



Happy New Year from Syncreate

Vulnerability is the key to creativity, the pathway to a meaningful life.

--Jon Katz, www.bedlamfarm.com

Syncreate welcomes you to the New Year!

One idea we have for connecting to your creative self in the new year concerns a word or slogan that can serve as a touchstone for your relationship to creativity as the year unfolds.

For Syncreate, after some reflection, we have landed on Clarity, Confidence, and Celebration. These are the qualities of our work that we'd like to focus on in 2014, and we're grateful for the ways each of you has joined the Syncreate community.

[For more information about our offerings, please visit our website at syncreate.org](http://syncreate.org)

We've been blogging regularly about the creative process, creativity and education, and the power of storytelling and narrative. Check out our latest blog post, on new scientific evidence of genetic transmission of ancestral memory, and how this relates to creativity: [Ancestral Memory & Creativity](#)

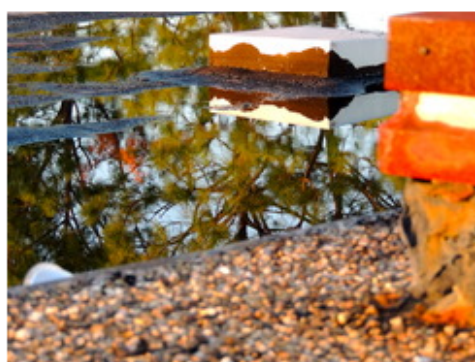


Photo by Melinda Rothouse
New Orleans Rooftop Puddle, December 24, 2014

Creative Highlight

Syncreate is delighted to share the news that one of our community members is taking huge steps in her creative journey.

Amelia Torres has been accepted to Saybrook University, where she will pursue an M.A. in Psychology with a specialization in Creativity Studies. She'll be joining Melinda, who is a current Ph.D. student in the same program.

Amelia's power as a writer, thinker, and citizen will surely flourish in this environment, and we look forward to supporting her through this process. It's no wonder she was accepted; both her personal statement and her writing sample showcased an insightful mind, ready to embrace language, self, and contemplation. From her writing sample on the relationship between language, thought, and identity: "May the universal human consciousness be forever insatiable, continuously manifesting into new seeds of identity and bridging across generations."

Yes, Amelia! May it, and may your role in understanding language, creativity, and psychology inform all of our lives.

Save the Dates!

To reserve a space in one of our upcoming 2014 events, please email us at info@syncreate.org

Syncreate Monthly Meetup

Sunday, January 19, 2014, 6:00-7:30 p.m. Free!

Join us as we set our creative intentions for the new year.

For more information and to join the Syncreate Meetup Group, please visit:

<http://www.meetup.com/Syncreate-Creativity-Collaboration-Community-in-Austin/>

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. Michael will also be leading a very special [Culture of Connection](#) retreat in Austin the weekend of February 7-9, 2014. If you are interested in exploring vulnerability, authenticity, and relationship in the context of embodiment and spiritual awakening, we highly recommend this retreat.

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, 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](#)

Have a wonderful beginning to the new year and we hope to work with you soon!

Charlotte and Melinda