

Journey of the Nautilus: The Art of Transformation

POSITIVA

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| Characteristics: | Awe, Delight, Amazement, Joy |
| Practices: | Curiosity, Wonder, Savoring, Gratitude |
| Question: | <i>What makes me fall in love with the world?</i> |
| Promise: | Why might it be important for your art (or your students' art) to express, embody, or inspire awe & joy? What impact might this have? (On you, personally? In the world?) <ul style="list-style-type: none">• OR, <i>how</i> does your art already express / embody... What impact does this have? |

Blessing of Creation¹:

I, the presence of blessing, vow to be available in everything.

NEGATIVA

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| Characteristics: | Uncertainty, Darkness, Suffering, Letting Go |
| Practices: | Letting go, Letting be, Emptiness, Befriending darkness, Letting pain speak |
| Question: | <i>What breaks my heart?</i> |
| Promise: | Why might it be important for your art (or your students' art) to express, embody, or inspire uncertainty, darkness, or suffering? What impact might this have? (On you, personally? In the world?) <ul style="list-style-type: none">• OR, <i>how</i> does your art already express / embody... What impact does this have? |

Blessing of Creation:

I, the presence of darkness and death, emptiness, and suffering, promise to present you with opportunities to experience the edges of your known capacities – physically, emotionally, spiritually – so that you may grow beyond them.

¹ These “Blessings of Creation” were developed by Rev. Mary Reaman, Pastor of Tree of Life Community: A Unitarian Universalist Congregation, in Dayton, OH. They are used here with permission.

CREATIVA

- Characteristics: Creativity, Passion, Birthing
Practices: Intuition, Flow, Presence, Improvisation
Question: *What is the story that wants to be birthed through me?*
Promise: Why might it be important for your art (or your students' art) to express, embody, or inspire passion & birthing? What impact might this have? (On you, personally? In the world?)
- OR, *how* does your art already express / embody... What impact does this have?

Blessing of Creation:

I, the power of greenening and rebirth, promise to remake you and give you opportunities to experience your own power to create, to make new, and reinvigorate the life around you and within you.

TRANSFORMATIVA

- Characteristics: Transformation, Healing, Rebirth, Justice, Celebration
Practices: Interconnectedness, Celebration of Difference, Liberation
Question: *What do I do? What do we do?*
Promise: Why might it be important for your art (or your students' art) to express, embody or inspire / incite transformation and justice? What impact might this have? (On you, personally? In the world?)
- OR, *how* does your art express / embody... What impact does this have?

Blessing of Creation:

I, the presence of Justice, promise to give you opportunities to increase your awareness of the unity of all that is so that you may increasingly be motivated by the truth of "another's joy is my joy and another's pain is my pain."