



Exploring POLARITY through
the creative medium of artistic expression
presented by **Andrea Raath**
at the Centre for Creative Education

- exploring polarity through the creative medium of artistic expression
- facilitating consciousness to enable personal development
- embracing the light and shadow aspects of self
- releasing inhibition to create and play
- mastering and achieving dexterity with different art mediums; clay, chalk pastel, paint...

6 sessions, Tuesdays, 7 - 9.30pm
14 October – 18 November
Full course – R720 – 15 hours

Experience enriched by the group
– minimum of 10 participants.
No art experience required.

For further information contact
Andrea at aundi@telkomsa.net or 021-671 0637 or
Fiona at fiona@cfce.org.za or 021-797 6802

"... art is full of intimations of the negative in ways that allow us to participate imaginatively in their possibility. The experience of art can help us to build a creative friendship with the negative."

John o'Donohue

What is polarity?

Polarity can be characterized as opposite extremes; positive/negative; light/dark; love/hate.....

What is the value of engaging with polarity?

Through becoming aware of personal responses to polarity in our lives, we can then transform our beliefs and actions.

How will I benefit?

Through using the medium of artistic expression, to liberate the energy for creativity, and by being encouraged to reflect back upon threads, patterns or images that help to support clarity and direction of purpose.

How will I work?

Through the creative medium of colour, shape and form, in the art process I become aware of my own thinking and feeling, which shape my future action.

The work helps to evoke my own inner process and makes it visible for reflection.

Both negative and positive aspects of my behaviour are engaged with and I am supported to understand and embrace both these aspects.

The dynamic and warmth created when working and sharing within the group, deepens and reveals more of my process.

Who am I, Andrea, and what informs my work now?

In my work I draw on my personal biography, my experience as a Bridging Polarities through Art facilitator and trainer and an artist. An anthroposophical framework and an understanding of the alchemy of colour, helps to shape my guidance and input.

I believe we are all creative gifted human beings; if all acts we perform are imbued with a sense of creativity, our humanity is accessible. The moment we introduce the aspect of creativity, there is an immediate lightening within ourselves and the community we live in. By tapping into a source of light and hope, we access our right to be creative and to be able to create art that touches everyone. Art is a transformative medium that helps to raise and support consciousness.

Future courses: Tuesday & Thursdays, 7 - 9.30pm

The 7 planet qualities; Archetypes: stories and our own tales; Development of art and man's consciousness – relating to your personal biography; Exploring the four elements; Relationship; Leadership through your qualities.