

Regaining Wholeness through Therapeutic Art

An Art Journey to Self

*“Whosoever loves much performs much, and can accomplish much,
and what is done in love is well done.” ~ Vincent Van Gogh*



Honey Khor 25.3.2021

OBJECTIVE:

Exploring art-making as a meditative practice is a journey to the Self, reconnecting our inner self through imagination, play and creativity. Learn to be mindful and re-ground ourselves into our physical bodies.

This workshop aims at engaging us in a dialogue with images held in our subconscious, evoked through mindfulness exercises with colour, guided visualisations, and creative journaling, raising awareness via our twelve senses. Each session ends with an opportunity to share your art, writing and thoughts with a supportive group.

Artistic talent is not a requirement, as the focus is on process rather than product. Allow your natural sense of playfulness and curiosity to emerge while you experience stimulation of all your senses and deeper levels of self-discovery.

Date:

17th, 18th & 19th Dec 2021

3 Days 2 Nights (Fri, Sat & Sun)

Fees:

RM 625 (Inclusive of accommodation, all meals and art materials)

Target groups:

Adults in quest of reconnection with core essence, self-realisation, a truer level of well-being, who enjoy the nonjudgmental company of cats, dogs and chickens. Regardless of age or ability, this workshop can help you navigate major life changes and emotional challenges.

Activities:

- ~ Veil Painting
- ~ Wet on Wet Painting
- ~ Clay
- ~ Nature Mandala
- ~ Meditation

Self Supplied Materials:

- ~ Flowers for Nature Mandala
- ~ Shawl / Sarong

~ Provided Materials:

- ~ Water colour and brushes for wet and wet and veil painting
- ~ Water colour paper
- ~ Clay

Learning Outcomes:

~ Wet-on-Wet and Veil Painting

We will explore in depth the quality of colours, allow colours to speak directly to our souls. Wet-on-Wet and Veil Painting teach us patience and stillness of mind, facilitate reflection and contemplation through work and play. Veil by veil, we shall activate and awaken our inner life of feelings. Moving with the colours, between empathy and antipathy, dancing to airy and watery rhythms, listening to our own breath and the breath of the natural world around us, finding the perfect balance between our inner and outer selves. In a safe, loving space we can explore together the play of light and dark within us that gives rise to emotional flux and the everyday drama of our human experience.

~ Clay:

Touch is the most fundamental of senses. Infants and young children rely mainly on touch to learn about their environment. This is called haptic perception ("As I touch the clay, the clay touches me"). Closing our eyes and working with our hands in the Clay Field, we feel the unique quality of clay as we rhythmically move our fingers and hands to manipulate the pliable, earthy substance. Through gentle touch, we press, pinch and push until shapes begin to emerge. Clay can absorb our anger and rage, it responds to our feelings in a tangible way. Playing with clay heals emotional trauma by restoring a sense of control in a world that often feels out of control.

~ Nature Mandala:

Life is a neverending flow and everything is connected. Here we learn to slow down, give ourselves space and time to express our gratitude for the land, for Mother Earth and all living beings. We pause and regain our centre as we embark on a new phase of life. We listen to the song of the river, to the whisper of the wind, we feel the texture of rocks and gravel and the living soil. In this moment, beyond time and worldly concerns, we refocus on and reconnect ourselves with ancient, universal principles of sacred geometry that form the basis of art and life itself.

~ Meditation:

"When we raise ourselves through meditation to what unites us with the spirit, we quicken something within us that is eternal and unlimited by birth and death. Once we have experienced this eternal part in us, we can no longer doubt its existence. Meditation is thus the way to knowing and beholding the eternal, indestructible, essential centre of our being."

-- Rudolf Steiner

We bring our focus to the "here and now," aided by soothing sounds that draw us away from our own often chaotic thoughts. We cleanse our auric fields in an ambient sound bath and with the uplifting aroma of essential oils that calm and relax our mind, facilitating tranquility.

PROGRAMME:

Day / Time	FRIDAY	SATURDAY	SUNDAY
9.30 - 10.30am	Meet and check in at The Fusion Longhouse. Drinks, light snacks and some friendly conversation before we kick off the workshop	Breakfast on the Front Deck Curry Puff Making	Breakfast on the Front Deck
10.30am - 12.30pm	Hands-on activity / Ask Me Anything	Nature Mandala at River Side	Veil Painting (Part 1)
12noon - 1pm	Lunch on the Front Deck	Lunch on the Front Deck	Lunch on the Front Deck
1pm - 2.30pm	Wet-on-Wet Painting (Part 1)	Claywork (Part 1)	Veil Painting (Part 2)
3pm - 4pm	Cool off in the river	Cool off in the river	Tea on the Front Deck & Group photo
4pm - 5pm	Tea on the Front Deck	Tea on the Front Deck	Tea on the Front Deck & Farewell
5pm - 6.30pm	Wet-on-Wet Painting (Part 2)	Claywork (Part 2)	
6.30pm - 7.30pm	Take it easy and dialogue with nature	Take it easy and dialogue with nature	
7.30pm - 8.30pm	Dinner on the Front Desk	Dinner on the Front Desk	
8.30pm - 9:00pm	Digest your food	Digest your food	
9pm - 10.00pm	Getting Your Body & Mind Aligned With Your Soul (Loving Kindness Meditation) Circle Time and reflection journal	Getting Your Body & Mind Aligned With Your Soul (Sound Wave Meditation) Circle Time and reflection journal	



ABOUT HONEY KHOR

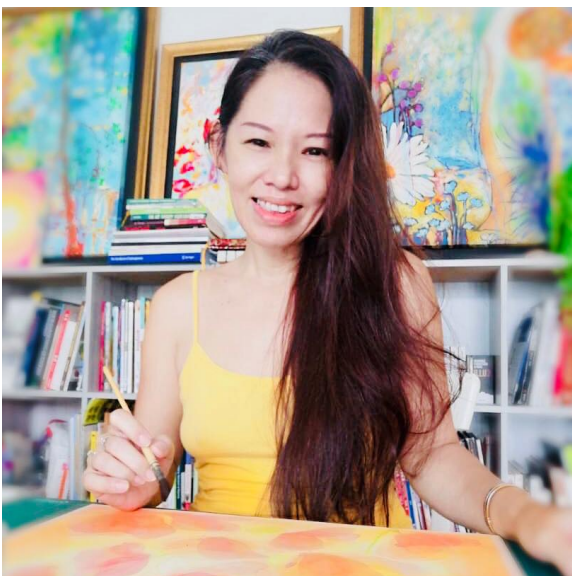
HONEY KHOR was born in 1973, in a small town called Bukit Mertajam, at the north Malaysia. She has been involved with art education since she was sixteen. She graduated from the Malaysian Institute of Art (MIA) and has since diligently pursued a career in art. Her work has been well received in joint and solo exhibitions in Malaysia, Singapore, The Philippines, Cambodia, China, Italy and Spain.

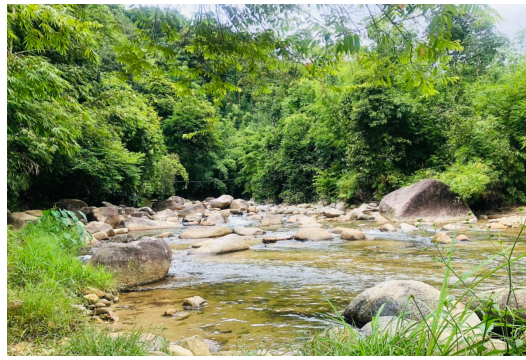
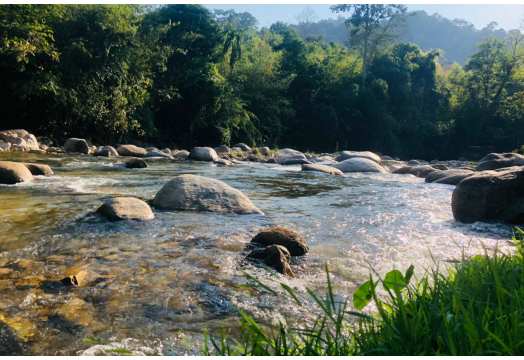
For more than two decades Honey has taught art to children and adults in her own studio and a tuition centres she established in the mid-1990s as well as in Zhe XuanFine Art Gallery for special human and continues to manage.

In 2016 she took a two-year foundation course in Art Therapy with Alanus, and two years later she undertook an internship at Krankenhaus Havelhöhe (Hospital Havelhöhe), Berlin. Since 2020, she has been studying Art as Therapy with the Tobias School of Art and Therapy, UK.

Honey has also attended art workshops with Joanna Mackenzie (New Zealand-based artist, educator and founding member of the Taruna Teacher Training Course) as well as several masterclasses and art workshops with Van James (Hawaii-based author and artist-in-residence at the Honolulu Waldorf High School and guest instructor at Rudolf Steiner College) .

While holidaying in Siem Reap, Cambodia (in 2007) she spotted a sign over a shophouse that read “Art Will Save The World” and was prompted to join a community art project called Colors of Cambodia. She has organised a number of fund raising events since 2008 and has contributed much time (and love) to Cambodian children through art and educational projects. Honey is now area manager for Colors of Cambodia and a board member of A World of Difference (a charitable foundation based in the US).





HONEY'S SOUL CONNECTION WITH MAGICK RIVER

"I first visited Magick River in 2012 and found myself enchanted by the beauty and majesty of the forest landscape. My return after a long interval in August 2020 led me deeper on a spiritual voyage. I felt revitalised, renewed and reborn after many months of anxiety and frustration amid extended lockdowns. The magnificent power of Mother Nature enraptured and uplifted me and I spontaneously experienced a series of epiphanies, a profound soul connection with the land itself and the mystery of the forest.

I beheld the awesome beauty of nature at Magick River: the verdant mountains, wild flowers and swaying river reeds infused with sunlight... tall trees reaching for the sky... the sometimes playful, sometimes wrathful river... the fertile, generous earth bearing silent witness, bringing me a profound sense of peace, joy and wholeness.

We apprehend the external world through symbols and colours. These two elements help us to intuit the nature of reality and gain insights into the unseen and unknown. My paintings are visual poems, they express my innermost thoughts and reveal my inner world. They are windows from which I can look out and the outside world can look in.

I look at the world about me in wonder, amazed and amused and often bemused too. My paintings reflect my soul connection with and my deep concern for nature, specifically our relationship with nature. I sincerely believe that we only begin to come alive when we reconnect with our true nature, as reflected in nature's authentic beauty and innocence."

Honey Khor
Magick River
1 November 2021

