



➤ THE ZEN IN ART..... 1



➤ GROWING THROUGH GIVING 2



➤ EVENTS..... 2

Brush Strokes

EXPRESSIONS OF LOVE AND CARING THROUGH ART

The Zen in Art: Finding your creative center

Works of arts are many things to many different people. Creating works of art are done in many different ways and forms, in many different cultures and ethnic groups. The one thing that all art has in common is the ability to evoke feelings. Art is in the eye of the beholder, Art is expression, art is creativity, art is perception, art is therapeutic, and art is. The basic idea is finding that which is not revealed in words or conceived through logical thought. It is removed from the world; it is intuitive understanding of what is possible.

In the Eastern art enlightenment consists in realizing that nature exists in everything and everyone. One need not seek to learn something new; just realize what is already present. In most Western art it is discovering the physical world – analyzing, using, and mastering. Art is communication that is basic to Western aesthetics, as is the corollary interrela-

tionship of form and content.

For example a landscape painting in the Western tradition is not merely an aesthetically pleasing imitation of nature; the artist uses techniques of balance, perspective, and color, to express a personal reaction to the landscape—this painting is a frozen human frame of mind. The aesthetic object is used as a link between the audience and the artist's feelings. And the artist's technique is used to create an illusion of the forms of reality. This same work of art is likely to instill quite different feelings in any two people, both of which may be opposite to the artist's intention; the question then arises: who is right? Is anyone right?

There is, indeed, a considerable therapeutic (Zen) value in allowing oneself to be deeply aware of any sight or sound that may arise. It brings to mind the marvel of seeing and hearing, the pro-



Growing through Giving

Through the years I have given a lot of art away, but always for a good cause. This year I have donated portraits to the Towsontowne Rotary for the Rotary Foundation, Handbags for a Cause (SARC—Sexual Assault Resource Center), Dog-a-thon, GEM (Girls Empowerment Mission), and Baltimore Waterkeepers Trash Bash. The next time you attend a fundraiser, as you bid on the silent auction items please notice that these are business people who have donated from their heart. Support them throughout the year so they can continue to give back to the community.



Quick Sketch Notes

If you are interested in just learning about the pleasures of being creative and having fun learning how to draw and paint give Ellie a call at Art d'Tryon Studio – 410-790-7889. Studio classes are designed to meet the student wherever they are in their creative journey.

found willingness to listen to or gaze upon anything at all frees the mind from fixed preconceptions of beauty, creating, as it were, a free space in which altogether new forms and relationships may emerge. According to Malchiodi (2006) “Art making is seen as an opportunity to express ones-self imaginatively, authentically, and spontaneously, an experience that, over time, can lead to personal fulfillment, emo-

tionally reparation, and transformation.”

Therefore, art can form a bridge between meditation and everyday life. When creating a work of art you are not thinking or worrying over little things; or trying to control events or things that you have no control over. Those worries are there and you are here in the moment.

Mindful art can teach us to stay in the moment and taste our life as it unfolds.

Art quiets the agitated mind.

Some people have such an active mind that sitting still in meditation seems like torture to them. This is where doing art as spiritual practice can

help. When we mindfully create, the mind comes to rest naturally and easily.

Doing art helps to integrate what seems difficult to accept.

In using the creative process you can increase insight and judgment, cope better with stress, work through distressing experiences, increase understanding, and just be able to enjoy the life-affirming pleasures of the creative experience.

Art frees the mind

It allows the creative process of art to happen, freeing the mind and spirit from everyday worries.

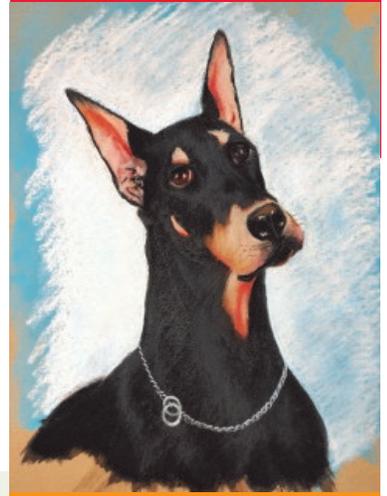


Arts d'Tryon Studio

957 E. MacPhail Rd
Bel Air, MD 21015
410-790-7889

www.artsdtryon.com
ellie@artsdtryon.com

EVENTS



Sun., Sept 20, 12 noon – 5 pm

N.E. MD KENNEL CLUB'S 1ST ANNUAL RESPONSIBLE DOG OWNERSHIP DAY

Donation to the Harford County Animal Shelter

Trash Bash 2009

TRASH BASH GOES GREEN! We are using 100% sustainable energy & compostable materials.

Sat., September 19, 2009

Time: 2:30-8:30pm

Location: Nick's Fish House (2600 Insulator Drive, Baltimore, MD 21230)

Sun., Sept 27, 10 am – 5 pm

PETS ON WHEELS INC 4TH ANNUAL DOGATHON

Oregon Ridge Park
Cockeysville, MD

Donation to Pets on Wheels

Sat., Oct 10, 7 am – 4:30 pm

DOGFEST 2009

Shawan Downs
Hunt Valley, MD

Donation to Baltimore County ASPCA

Sat., Oct 17, 11 am – 4 pm

Barcstoberfest

Patterson Park
Baltimore, MD

20% Donation to Baltimore City Animal Recue & Care Shelter (BARCS)