Art in Everyday Life
Opening Creativity Through Mindfulness

Thursday,
April 16, 4 - 5 PM
Torgersen 3080

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Description
Art in everyday life is activity that springs from the meditative state of mind. This lecture will describe how the appreciation of everyday sensory experience provides ground for genuine creative expression. We will explore the five senses as a gateway to wakefulness. This lecture will teach how mindfulness meditation opens one's mind to discovery and play, and the universal nature of the creative process. This approach is equally valuable to those that identify themselves as artists and those that do not. It is training in mindful artfulness, rather than the practice of being an artist in a specific discipline.

Bio: Elaine Yuen, PhD, is an Associate Professor of Religious Studies and Chair of the Master of Divinity Program at Naropa University in Boulder, Colorado where she teaches courses on spirituality and ritual, Buddhism, and pastoral care. She has taught national and international programs exploring the interfaces between Buddhism, meditation, creativity, and contemplative care-giving. Dr. Yuen is cross-trained as a social science researcher; and is particularly interested in the relationships between meditation and the creative process. A Senior Teacher in the Shambhala Buddhist tradition since the early 1970's, and continues her exploration of contemporary life through many activities as a teacher, parent, and artist.