

## The Prepared Environment

### The Space:

#### *A Room of Your Own...*

**Our sessions will be two to three hours long and intensive.** These sessions require you not to be interrupted so that you are able to go deeply within and unleash. Ideally this includes being free to make sounds... whether cries of joy, wails of grief, screams of rage, howls of the wild! Our voices have been silenced for too long and thus it is empowering to unleash freely through sound. Send your family away. Lock your door. And be sure to put a big sign on it even after you've told them not to disturb you. Its amazing how quickly people forget.

**If you live with someone, it is important to have a discussion with them about the work you are doing,** however they can understand it. If you don't feel comfortable with telling them exactly what the program is about, tell them you are doing a theatre/acting course and will be exploring sounds and movement and art as a way to get into different characters. This is what Marion Woodman told one of the resorts we did our training at. In essence we *were* exploring the archetypal energies which appear in Shakespeare's volumes! We expressed some pretty wild stuff in some very conservative places. Golf resorts!

**If your art pieces are going to be up where others see them** be sure to ask them not to comment on them. This is expressive art. It is the transformative process which is our end, not the final finished product. We will keep the images and build upon them. They hold great meaning and value to our psyches. To have anyone critique them can cause hurt and confusion. Explain this to others any way you can. It's going to be important to find a place to hang or place your artwork, as its scintillating energy will deeply serve you during our entire process together.

**Clear an area to do movement for our sessions.** Ideally it is an open space so you are free to move your body any way you want. If you don't have that space, then make do with the area you have. I have done powerful work in very tiny areas. Just clear as much as you can for the hours we are working.

## The Prepared Environment

**Have your materials set up and ready to go before our session begins.** Your paint, paper, brushes, water. If you are painting on top of carpet or wood floor which will be affected by water and paint, have plastic ready to cover the floor with. You don't want to do your movement on plastic so keep it rolled up until you are ready to paint. Then roll it out and place your paper and paints on top of it.

In the interval between our sessions, I will be inviting you to continue to paint and create, so it is ideal if you can set them up in an area where they can stay. Otherwise, have them in a place that is convenient for you to access.

**Have your altar nearby.** We will be going over the creation of altars in our first session. Ideally during our session if you have enough space keep your altar either on the floor or low and accessible. We will be working with it in each session, placing different items on them... images, photographs, astrology chart, artifacts, a candle, earth, fire, water. An altar is a place we tend, a place to focus and alter our consciousness. In our relationship with it we evoke a felt sense of the sacred.

### Writing:

Have pen & paper, your journal, or your laptop available for each session for writing (watch out for messy hands!).

### Art Materials:

**Tempura paints** are what we used as kids. This is what I use for my paintings. The paint dries quickly, is non-toxic and water soluble so washes out from clothing, off hands and floors other than carpet. It will come out of carpet when it is cleaned. I am messy with the paint. I have been known to cover my entire body! You don't want to do that with toxic paint.

Other art materials to have on hand are **wax crayons, pastels, watercolors, colored pencils.** My *Criatura* likes to use mud, spit, hair, ashes, wood pieces, moss. **The only thing I do NOT want you to use are expensive materials** that you would be worried about using a lot of and making a mess with. This will totally stop your process.

## The Prepared Environment

**Paintbrushes** - This is the one item I want you to spend some money on to get decent quality brushes. You want the brush to be an extension of your heart-imagination... and flow with the paint. It should feel sensual as well as do what you want it to do. Cheap brushes don't do that. I also use other things to apply the paint, namely my body! yet sponges, cloth, and other items can be used. Natural haired paintbrushes that end in a tip are best.

**Paper** - Large sheets of 80lb paper. 19 x 24

**Plastic or drop cloth.** I personally use a drop cloth on my floor as I don't like standing and working on plastic. But you **MUST** use plastic if you don't want to get stains on your carpet or wood floor. You do not want to do your movement on top of plastic so keep it rolled up against the wall until you are ready to paint. Then roll it out and place your paper and paints on top of it.

**You can also paint and work standing up.** Hang plastic on a wall and use push pins to pin the paper on the wall. I have a cork-board covering one entire wall so that I can easily attach paintings to it. Yet I almost always begin each painting on the floor so my whole body is engaged in the act of painting.

**\*It is very important at this juncture to remind you of the intention of this work.** Our goal is not in an end product. It is not to end up with a beautiful piece of art or to dance a stylized dance. We are unleashing energy. We are utilizing these materials and movement to have an inner experience. The purpose of these forms is to facilitate the encounter with the Self through the pure energy and impulse of PLAY!!! To dance with these energies of our deep wild creative genius. Watch a child. They ARE the witch, the pirate, the wolf. They may end up covered in paint wearing their painting as a crown. They are fully alive and fully engaged in the moment of their play. This IS the magic of the alchemy.

***Paint like you are going to burn it. Dance like NO one cares how you move... pound on the drum to the rhythm of your heartbeat. You will unleash your creative force and your wild beauty and power as a human being will shine! Your life and the world will be transformed.***

# The Prepared Environment

## Shopping List

If you prefer to go out and shop for your supplies, or you live outside of the United States and shipping rates are too high, here is a shopping list of the items you will want to purchase. Finding a good art supply store is ideal. Just call to be sure they have the items you need.

**Tempera Paint** - Different brands: Prang and Artworks are just two of the many. I would stay away from the Crayola brand if possible. But if that is all that is available, it is fine!

You can get the 6 main colors: white, black, yellow, green, blue, red. If you want to have a greater variety, there are sets of 12 colors. You can also mix your own colors from the basics.

**Paint brushes** - Natural haired brushes of different sizes. Thin for details. Thick for broad strokes and full coverage. Get at least 3 or 4 different sizes. You don't have to spend \$20 on a brush. But also don't buy the sets under \$10.

**Paper** - 80 lb sheets 19 x 24. If you cannot find separate sheets, buy them in a pad, preferably without perforation. You can trim the edge if that is all you find.

## **Plastic**

**white glue** - for collaging

**scissors**

**rags** - for wiping up messes, your hands. Have a damp one available.

**small plastic buckets for water** - these are for washing out your brush when you are changing colors. You NEVER leave your brush standing in water. You swish it out and then lay it flat on a rag.

## **Other art materials you may like to use or already have onhand:**

wax crayons

pastels / chalk pastels

colored pencil

## The Prepared Environment

### Online Sources for Art Supplies

#### Tempera Paint

Dick Blick: <http://www.dickblick.com/>

Blick Premium - **00011-0069 — Pack of Pints/ 6 Basic Colors**

<http://www.dickblick.com/items/00011-0069/>

\$26.40

or

**Set of 12 colors from Amazon**

Look on the right hand side of the page underneath the "More Buying Choices" for **PLEXSUPPLY set of 12 Prang Tempera colors for 26.92**

[http://www.amazon.com/Prang-21696-Ready--Tempera-Assorted/dp/](http://www.amazon.com/Prang-21696-Ready--Tempera-Assorted/dp/B000J0C9SM/ref=sr_1_1?s=office-products&ie=UTF8&qid=1326247401&sr=1-1)

[B000J0C9SM/ref=sr\\_1\\_1?s=office-products&ie=UTF8&qid=1326247401&sr=1-1](http://www.amazon.com/Prang-21696-Ready--Tempera-Assorted/dp/B000J0C9SM/ref=sr_1_1?s=office-products&ie=UTF8&qid=1326247401&sr=1-1)

**Dick Blick** ~ has so many brushes! You can call their 800 number and talk to a representative telling them you want a set of 3 or 4 brushes, small, medium, and larger point (the brush hairs come to a point) and tell them how much you want to spend for them. They have super cheap to expensive! Get longer handled brushes.

Dick Blick also has paper. Ask them if you can order single sheets (get 20) of the 80lb 19 x 24, or larger is fine as well.

**Local Art Store** ~ If you have time, going to a **local art store** is such a wonderful experience and the people in them are so knowledgeable and often such a delight to talk to that I recommend it. They will have your sets of tempera, paper and brushes. Any tempera in an art store is going to be good quality so you can go for the least expensive.

**School Supply Store** ~ If you can only spend a small amount on materials, go to a school supply store and they will have all you need there except the paper. It is FINE to do this. I used the cheapest materials in the beginning. I only discovered the impact of good brushes in the last couple of years. It was frustrating when I painted details, but I made it work. If you have a choice though, get decent brushes! They are such a sensual experience! You will not find thick enough paper at the school supply store.

**Contact me with *any* questions you may have:**

[kathleen@kathleenprophet.com](mailto:kathleen@kathleenprophet.com)