

# **“Freeing your Inner Light”**

**A workshop with Susan Griffith-Jones and Jamyang Bhutia,**

**Ho Chi Min City,**

**4-5<sup>th</sup> November 2017**

## **Overall concept of the workshop:**

Through actively participating in the process of creating something with our minds and hands, we're going to work through a process that corresponds to any kind of creation.

This requires getting back in touch with our Inner Light. As we become familiar with this process of connecting to the source, we see how we may attract this Light into our manifest universe and use the same process again and again to creatively live our own lives, in organic flow, allowing the Light to pass through us as nourishment for all around us.

Ultimately, when we become deeply aware of how our Inner Light is of benefit to this Universe, we may not only benefit others in countless ways, but consciously become co-creators of our material reality.

## **Activity:**

For people of all ages, to come together and work together to create a Photo Collage Art piece (see example picture below), which is a material image made on a plyboard base, covered by cloth, cardboard shapes to stick on the base, again covered with coloured cloth and photos on top of those.



### **‘Two Keys, One Lock’: 2005, (6ft x 6ft)**

Here is the first picture I made in 2005. It’s name is ‘Two Keys, One Lock’, and through its design of various shapes, symbolises that two opposite meanings are but two aspects of one thing and that when they come together, the whole thing itself becomes the key to its own lock. I’ve also embedded the 5 elements in here; green-air, red-fire, yellow-earth and white-water, all emerging as different shapes, from the space in the centre and dissolving back into that space, describing the process of creation coming into and out of manifestation, in colours and patterns.

In our workshop, we’re going to make a completely new image, starting from the essence of the meaning of the words that make up the phrase, ‘Freeing your Inner Light’ and thus bring the collective meaning of all these words, into their own collective, solid reality, in the form of a picture.

Throughout the 2 days, we’ll be simply following a process of creation that may be used as a template for processes of any type; organising a holiday, writing a business plan, or cooking a meal.

### **Workshop Requirements:**

We’ll need a large enough space where we can comfortably sit on the floor and work on the images. If flooring is hard, then we’ll need some mats or rugs to sit on.

### **Materials:**

(we can help you source these items locally)

As time is short, we’re going to opt for **extremely stiff cardboard** stuck together as the base, and **coloured foam sheets** as the shapes on top. We will, however, keep some **less stiff cardboard** handy for any miscellaneous extra we may need it for.

Apart from those items, we’ll need; **coloured cloth** (I will bring from India), **printed out photos** (bring from India), **saw, pencils, coloured pens**, glue (2 types – **strong resin** for the cardboard base and **white glue** for the shapes, cloth and pictures, **A4 blank paper, cellotape**.

### **Participants!**

Families and individuals, of all ages. There’s a task for everyone!

## **Order of workshop**

### **1st day:**

#### 1/ SPACE: Meditation: (15 minutes)

During this Guided Meditation time, we will consciously switch off our thoughts, feelings, emotions and whatever else is going on in our mind and dissolve them back into their natural state of being.

We do this as we acknowledge that they rose out of mind and may return back into that natural source.

We meditate on our mind being like a blank sheet of paper, ready to be written on or drawn on.

We ask that our creative Light may pour onto this blank clean sheet of paper. In truth, our Light force is waiting for us to give it passage, for us to become its vessel. It's our human birthright to be connected to our Light source!

Actively opening our connection to the Light by acknowledging that it is flowing through each one of us, we are channels and filters for it to reach this world system.

Thus we state our intention and willingness to create an image here, in these two days, that is going to act as a symbol of us 'Freeing our Inner Light' that will impart this same information to others who may read it in symbol, at a conscious or sub-conscious level, even by just looking at it.

And staying connected to it.

For this most sincere and powerful request, we ask for guidance and assistance in finding the symbols that will carry the meaning to ours and other people's consciousness, truthfully.

**Sit** in silence.

**Rest** the mind to empty it of clutter.

**Allow** the light to shine through like the sun upon us.

**Root** it to the earth through the bottom of your spine, as you are sitting.

**Sit** in silence.

## 2/ AIR: Concept and design of the picture: (2 hours)

A short talk by Susan Griffith-Jones, to establish what we are doing here this weekend; coming together, creating ideas, working with our hands, active in the process of manifestation and co-creation of our realities.

(If necessary, I will provide the transcript for this short talk if you require to make a translation of it ahead of the event... not more than 5 minutes, just to set the scene, inspire and bring the participants' minds into focus)

After this introduction, as a group we'll talk about the kind of ideas that we need to plant into the picture we're going to create this weekend, according to the phrase, **'Freeing your Inner Light'**.

First we have to establish the CONCEPT

- **What** does 'Freeing your inner light' mean?
- **Expand** on the words, 'freedom', 'inner' and 'light'
- **Find** the main collective meaning, then note down its various branches and sub-headings etc... on a piece of A4 paper as a group

## 3/ FIRE: Blowing heat into the concepts emerging from the original phrase: (4 hours)

First we pencil out the DESIGN within 2 groups, then compare our ideas. This leaves some last moments of decision making when it comes to finalising the design:

- **Decide** which shapes are needed to reflect all these ideas into one whole shape
- **Draw** the whole shape containing those shapes, onto a large, rough piece of paper (or smaller pieces of paper stuck together)
- **Decide** which colour goes where

Then as a whole group, we work together as one body...all age groups should have their say, be allowed to take down notes, and share their ideas as scribbles on rough paper. We should be aware of allowing each person his/her space of creativity.

- **Draw** the shape of the base of the picture onto the stiff cardboard base (that will need to be joined together)
- **Cut** out the whole stiff cardboard to the correct shape

- **Cover** its front with its principal coloured cloth, according to the meaning of the picture (in the case of using cloth) and its back (with any coloured cloth) to make the cardboard stronger

On another level, this is also a valuable time to get to know each other, share ideas, gather insights, discuss knowledge about one's inner Light, how to access it, etc... and create inspiration within one's own heart to connect to the Light source of inner compassionate wisdom that's there for everyone.

## **2<sup>nd</sup> Day**

### 5/ SUN Meditation: (15 minutes)

Here what we symbolically created yesterday should be helping us to meditate on the meaning of freeing our inner light as well as absorb its meaning, also causing us to remember that in order to really create anything at all, we first of all NEED to actively free our inner Light.

Sometimes it's as simple as just knowing that we just need to give it permission to pass through us, that it's the power of our freewill to decide to let it pass through us in as great a way as possible.

Thus opening the connection with the light source, it is switched on and we should sit in that recognition.

- **Sit** in silence
- **Feel** that connection
- **Feel** the sun rays pouring through your body
- **Recognise** your own source of sunlight at the centre of your heart
- **Allow** yourself to receive those rays and then send them out again, with love, to all

### 4/ WATER: Materialising the concept: (2 hours)

Now we have to bring what we have already perceived in the mind and noted down as 2-dimensional blueprints on paper, that which is still essentially invisible in this material realm, into solid manifest form that may be perceived here

- **Make** a sheet of paper, as large as the base of the picture
- **Use** the picture we drew at DESIGN stage, to make a pattern of the whole picture to its exact design

- **Cut out** each of the shapes from the pattern

## 5/ EARTH: Solidifying the creation into its final state: (2 hours)

Taking all the individual pieces we've made so far, we then piece them together to create one symbolic form. This should also demonstrate to us how working together creates one much larger positive result with a more powerful meaning.

- **Use** the shapes cut out from the pattern as templates to cut up the coloured sheets of foam being used for the shapes
- **Stick** all the coloured shapes onto the base of stiff cardboard joined together
- **Complete** the design.

## 6/ 5 ELEMENTS: Breathing Life into the materialised vessel: (2 hours)

Taking this base of coloured shapes, we need to bring it to life. This we do through adding photos of our earth and its living beings, our material realm, to specific places on the shapes in the picture that the goings-on in the photos correspond with the meaning of.

- **Spread** the photos all over the floor
- **Choose** photos that highlight each of the meanings we've embedded into the picture, and complement the various shapes that are enhancing those meanings
- **Cut** the photos to shapes that are relevant to each of the parts of the picture and **stick** them onto the cloth-covered-cardboard shapes that have already been stuck onto the cloth-covered-plyboard base. Often these two processes go on simultaneously, **cut and stick, cut and stick** etc...
- Final touches

Then last of all, we take photos, laugh, joke, exchange numbers, fb contacts etc...!