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**It is still cold and dark!
Come inside and shine some light on your story.**



Tea and Biography

February 13 & 20

March 6 & 20

9:30 am -11:30 am

\$20 each session

Please register at least 2 days before each session
(that way I can contact you to confirm - if it snows!)
Limited to at least two people and no more than six

[email me](#)

Location: 41 Hubbard Avenue
Northampton

In each session (attend just one or all four) we will open and loosen our life stories through artistic exercises (no previous experience necessary) and conversation in order to let light shine in- bringing compassion and maybe clarity to our story.

“And here is what I have to say, finally: Let’s invite one another in. Maybe then we can begin to fear less, to make fewer wrong assumptions, to let go of the biases and stereotypes that unnecessarily divide us. Maybe we can embrace the ways we are the same. There’s power in allowing yourself to be known and heard, in owning your unique story, in using your authentic voice. And there’s grace in being willing to know others.”

Michelle Obama



Sunday, March 31st 10am-4pm

What matters most to you? What dreams do you still want to realize? What are you letting go? Where can you find resources and support to bring your choices to fruition? Join us as we explore the wisdom and challenges of older age through words and images. Step into the next chapter of your life in loving company.

Christian McEwen is a freelance writer, workshop leader and cultural activist originally from the UK. Her book, *World Enough & Time*, is now in its sixth edition. www.christianmcewen.com

Kathleen Bowen is a biography and social art facilitator. She engages people, through art and conversation, to discover the themes, gifts and meaning in their lives. www.kathleenbowen.com

Location: 40 Center St. Northampton, MA
Fee: \$85-\$115 (sliding scale)

Register by March 1st
kb@kathleenbowen.com

WHAT IS THIS WORK?

Biography and social art is a path for self-development and a vehicle for group process. It restores joy and wonder. This work helps us remember our connection to ourselves and to others. We have the opportunity to practice genuine interest and reverence toward the mysteries of another's life story as

well as our own.

Growing numbers of people are searching for deeper meaning in their lives, and asking questions such as “Who am I?” and “What is the purpose of my life?” People are longing to re-define their own identity from the roles they are in, to a deeper sense of themselves from the inside.

This way of working has tremendous value in the social realm. There is a dimension of developing interest in each other and learning from each other, that creates an open space for new creativity.

A [new training](#) begins in Chestnut Ridge, NY this summer.

www.biographysocialart.org

Biography and Social Art is a way to explore our life by - standing on the bank, looking down at the river of your life experiences - a third person perspective - with compassion.

This is an article is from *Psychology Today*:

THE ART OF SELF-DISTANCING

MOST PEOPLE are experts at living outside of the present moment—at any time, we can easily find ourselves reliving a nostalgic memory or imagining an unrealized fantasy. For many, these moments are stressful: People may ruminate on upsetting recollections or become consumed with anxiety about the future.

A technique known as self-distancing—reflecting on memories like a fly on the wall, rather than as an active participant—has been shown to help people cope with unpleasant feelings about the past. Now, evidence suggests it may also help temper stressful visions of the future. In a series of three studies published in *Emotion*, participants reported feeling less anxious when they imagined

stressful future events—like taking a test or speaking in front of a crowd—as an outside observer as opposed to an active participant.

The further off in time something is, the researchers note, the more abstractly we imagine it. Self-distancing may reduce anxiety about what's to come because it adds an additional layer of separation from already hazy visions of the future. Viewing our prospects from a third-person perspective may also make us more likely to notice aspects of the event we wouldn't otherwise consider, explains lead author Rachel White, a psychologist at Hamilton College. By self-distancing, “I'm more likely to look at the big picture and say, 'Maybe this isn't going to be so bad after all.'” —BETTY VINE

Interested in working privately with your life story? [email me](#)



Bring a question you have been holding, explore your life through the seven year phases to find the pearls on the thread of your life. I will guide you through writing, engaging in artistic exercises and using images to help you open your story and awaken to what lives within, giving you direction for stepping into the future.



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