THE GATHERING OF THE Creatives online
AN INTERACTIVE ONLINE EVENT

Featuring

ELIZABETH GILBERT
Best Selling Author of Eat, Pray Love, and Big Magic

SARK
Bestselling Author, Teacher & Mentor

FLORA BOWLEY
Painter, Author, Creativity Teacher

Friday-Sunday | 16th-18th Sept, 2022 | 7 pm onwards

REGISTER NOW

https://insighteventsusa.com
VISIT OUR WEBSITE
**FRIDAY  SEP 16, 2022**

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**SARK**
Bestselling Author, Teacher & Mentor

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**Friday September 16, 7:00 PM-9:00 PM CST**

**The Infinite Power of Your Creativity – with SARK!**

In this 2-hour interactive keynote workshop, you will experience transformational teachings, visual play, laughter, movement, and sharing of SARK’s personal yet universal stories. You will leave this workshop feeling deeply in love with yourself and your dreams with access to the tools, focus, magic, and passion to make it sustainable. Participants will also receive SARK’s How to Be A Happy Creator, a full-color 37-page digital mini-book with practices and processes to significantly empower yourself in your life and make your creative dreams REAL.

**Materials needed:** Please bring art supplies if you have them! Paper, markers, scissors, and your favorite juicy pen

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**SATURDAY  SEP 17, 2022**

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**MARIE MBOUNI**
Creative Healer, Artist, MD

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**Saturday September 17, 11:00 AM-1:00 PM CST**

**The Conscious Creativity Method - with Dr. Marie Mbouni**

**BREAKOUT SESSION**

The Conscious Creativity Method ™— a workshop to awaken your inner muse. In this experiential workshop, Dr. Marie Mbouni will lead you through a process designed to activate your inner muse at the soul level. Through a combination of meditation, sacred movement, and painting, participants will learn how to free any creative blocks they are currently experiencing, and go deeply into the power of creative intention, or what she calls Sankalpa, which is based on the Sanskrit word for the combination of heart and mind. With Dr. Mbouni’s guidance, everyone will create a personal Yantra (a visual Mantra) to take home and leave the workshop with a new sense of creative purpose.

No prerequisite. All artists of any level welcome!

**Materials needed:**

- Mixed Media Visual Art Journal
- Writing journal of choice
- Pens Pencils
- Your very own Preferred Paints (watercolors or acrylics)
- Paint Pens (Optional)
- Paint Brushes or any 3 brushes of different sizes
- Paper Towels
- Paint water
- Gloves or glove cream to protect hands from paint (Optional)
Saturday September 17, 11:00 AM-1:00 PM CST

Social Media Secrets! How to grow your platform, create great content, and sell your product or service online!

In this interactive class that is suitable for anyone with a business (including artists, authors, and traditional businesses), social media influencer Elizabeth Credno will share specific tools and strategies to help you build an AUTHENTIC online community on social media while simultaneously selling your products and/or services. Elizabeth will help you define your ideal online audience, figure out where to find them, and most importantly, how to grab their attention with great content. She will explain things like social media trends, hashtags, and the importance of connecting with fellow creators in your field, as doing so is one of the key secrets to growing your own following. A video expert, Elizabeth will also explain the basics of lighting, background, and cover what apps are best to help create outstanding videos and other content right your smart phone. As Elizabeth likes to say, "Anyone can make a great video by following a few simple tips."
Bring your questions, Elizabeth is ready to answer them.

Materials needed:

✓ A smart phone
✓ Notebook and Pen
✓ Access to one or all of the social media apps of your choice (Instagram, Facebook, and TikTok)

Saturday September 17, 11:00 AM-1:00 PM CST

Poetry Writing Workout- with Sara Sutterfiled Winn

Poetry Writing Workout: want to participate in the Popcorn Poetry Jam but feel like you may not have something you’d like to read? Maybe you’re new to the art of poetry writing and don’t know where to start...or you just want some time to be inspired and get some new words down paper. If so, this is the workshop for you!

Come and explore a range of prompts and exercises to ignite the poetic fire within! We’ll talk a little bit about image, form, word choice, rhythm, and incorporating the senses in your work...but mostly, we’re going to write write write! And we'll end with a few notes on reading poetry aloud for those who are interested in participating in the Saturday evening Jam.

This workshop is the perfect 100% judgment-free place for beginners who have always wanted to write poetry, as well as those who would like the space to create something new and fresh to share Saturday evening.

Materials needed: Please bring a notebook and a pen.
In this playful, hands-on painting session, artist and author Flora Bowley will guide you through the basics of her unique and holistic approach to intuitive painting by letting go of rules and expectations and allowing loose, layered paintings to emerge naturally. This workshop will also include movement, meditation, and simple drawing prompts to connect more deeply to our creative spirits. All levels of experience are welcome and encouraged!

Materials needed: Please use this list as a suggested list to prepare you for the course. If you don't have everything on the list, don't worry. Improvisation is a wonderful part of the creative process!

- Painting Surface: You will need a minimum of two surfaces to paint on to allow for drying time between layers of paint. You can paint on canvas, heavy watercolor paper, wood panels, or even cardboard. Whatever you have on hand will work! I suggest a minimum size of 20” x 20” for each painting. The more space you have, the easier it is to feel free!
- Acrylic Paint: You will need a basic set of acrylic paints for this process. Any brand will do. Just make sure you have black, white, blue, yellow, and red.
- Brushes: Please have a variety of paintbrushes and sizes. I use a combination of inexpensive foam and bristle brushes.
- Foam brushes: https://amzn.to/33xzk0d
- Bristle brushes: https://amzn.to/3iBi2FN
- Painting Palette: You will need a surface to put your paints on. A piece of glass, cardboard, watercolor paper, or palette paper will all work great.
- Other Materials: A journal, a pen, a couple of rags, a cup full of water to put your brushes in, a spray bottle full of water, other mark-making tools (old pens, bottle caps, bubble wrap, combs, etc. all work great. No need to buy anything new), plastic gloves if you don’t want paint on your hands.

Sound Healing is an ancient practice of using sound and vibration as a way to heal. Sound therapy brings brainwaves to a slower rhythm, in order to bring about a state of deep relaxation. It has significant benefits on reducing stress, anxiety, and can lead to better sleep, all of which can help enhance our creativity.

In this workshop by the author of The Grind Culture Detox, Heather Archer will explain what grind culture is and how it negatively impacts our work, our relationship with ourselves and others, and our creativity. She will then take you on a sound healing meditation and automatic writing session to reflect, restore, and imagine a new work-life balance.
Materials needed: A quality Bluetooth speaker or headphones, a journal and pen, yoga mat and blanket, as well as a comfortable place that you can be undisturbed for the entirety of the workshop.

Saturday September 17, 2:00 PM-4:00 PM CST
Mastering the Art of Daily Writing - with Dr. Eric Maisel

Mastering the Art of Daily Writing. It sounds so simple. Write every day. But Dr. Maisel knows from decades of experience working with writers how hard it is for writers to create and maintain a daily writing practice. Many writers journal every day—but how many work on their novel, screenplay, or short story every day? And by missing days, writers end up losing weeks, months, and even years to not-writing. In this two-hour workshop based on Dr. Maisel’s latest book, The Power of Daily Practice, you’ll learn the key reasons to maintain a daily practice, the core elements of a solid daily practice, and the many challenges to daily practice—and what to do to meet those challenges. This workshop is recommended for all writers, from beginners to veteran.

No prerequisite. Beginners welcome!

Materials needed: Please bring a notebook and pen.

Saturday September 17, 5:00 PM-7:00 PM CST
Big Magic: Creative Living Beyond Fear - with Elizabeth Gilbert

Enjoy an interactive presentation on BIG Magic with the worldwide bestselling author of Eat Pray Love, where she will inspire you to live the vibrant, fulfilling life you’ve dreamed of.

Readers of all ages and walks of life have drawn inspiration and empowerment from Elizabeth Gilbert’s books for years. Now this beloved author digs deep into her own generative process to share her wisdom and unique perspective about creativity, and then leads you through some interactive exercises to help find your own.

Whether we are looking to write a book, make art, find new ways to address challenges in our work, embark on a dream long deferred, or simply infuse our everyday lives with more mindfulness and passion, this workshop of Big Magic cracks open a world of wonder and joy. There will also be time for a Q&A session.

Materials needed: Notebook and pen.
Saturday September 17, 8:00 PM-9:30 PM CST

*Popcorn Poetry Jam – with Sara Sutterfield Winn & Randy Davila*

Come to this open mic event on Saturday night to share your own poetry, listen to others—or both!

This is an experience of being seen and heard that can have life-changing benefits and help you get in touch with your inner voice. You are free to participate as a member of the audience and just celebrate the spoken word art of others, too.

Write your own poem ahead of time or do something spontaneous on the spot—either way, this is an electrifying creative experience for everyone. Don’t worry... we’ll start with instructions, so you’ll know exactly what to do!

Each poet will have up to two minutes to share in this fast-paced event.

**Materials needed:** You – and a short, original poem if you want to participate as a poet!

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SUNDAY SEPT 18, 2022

Sunday September 18, 11:00 AM-1:00 PM CST

*Rise Above—Painting to Raise Your Vibration & Attract Your Desires – with Whitney Freya*

Rise Above—Painting to Raise Your Vibration & Attract Your Desires: Whitney Freya is going to share with you exactly how to create a sacred personal painting practice that is as much self-care, Law of Attraction, and energy work as it is playing with color and symbols on a canvas! In this workshop, learn her unique layering painting techniques and how sacred symbols, intention, guided meditation, and your desires can come together in an alchemical and fun painting practice. There is no painting experience required. To prepare for your time with Whitney, please meditate on the question, “What do I desire most to experience next in the art that is my life.” It is this desire that you will create into your reality during this painting workshop.

**Materials needed:** Please see Flora Bowley’s session materials above, you will need the same materials for this workshop.
**Activate Your Creative Spark through Astrology - with Molly McCord**

In the 2 hour workshop, Astrology expert Molly McCord will look at the intersection of creativity and astrology! She will explain how ALL astrology signs are creative, then show you how to utilize astrology to enhance your own unique creative expression, as well as explain how your creative muse is always speaking to you - often in unexpected ways!

Molly will go deeply into how your Sun sign AND your Venus sign hold the keys to accessing your beautiful gifts in the creative realm. This workshop is suitable for beginners as well as those more advanced in astrology. Please bring your natal astrology chart to this workshop. You can also receive a free natal astrology chart at www.Astro.com. Attendees will receive a PDF that Molly has created which focus on the specific details on this topic, so you can refer back to it as often as you’d like.

**Materials needed:** Please bring a notebook and pen. Please have your natal astrology chart on when you attend the workshop. If you don’t already have one, you can get a free natal chart at www.astro.com.

**Healing your Sacral Chakra, the seat of your creativity - with HeatherAsh Amara**

Ancient Vedic tradition has long held that there are seven major energy centers in the body, called chakras. The sacral chakra, known as the second chakra, is located two inches below your belly button and governs your emotions, creativity, sexual intimacy, and self expression. In this 2 hour breakout session for women only, author HeatherAsh Amara will show how freeing energetic blocks in your emotions and sexuality are connected to your creativity and self expression. If you feel stifled in any of these areas, you don’t want to miss this freeing, experiential workshop.

**Materials needed:** Please bring a notebook and pen.
**Mindful Sketching: How to Develop a Drawing Practice and Embrace the Art of Imperfection** - with Peggy Dean

Bestselling author and Artist Peggy Dean will teach you a life-changing creativity and mindfulness practice by learning mindful sketching, a process that can teach you more about yourself, including your desires, fears, and suggest focal points for growth in the future.

She will walk you through how to stay present while you draw, how to enjoy your work without self-criticism, and show you the basics of sketching in the moment using different subject matters and even locations.

You will then do a mindful sketch in class using prompts she will provide. This class is an invitation to step into the mental state of calmness, flow, and non-judgmental self-expression that is mindfulness, and express your unique creativity when you do so.

**Materials needed:** If you are attending Nick Seluk’s session, this is the same list.

- Sketch paper or plain white paper. Notebook or journal.
- Pen (so you can embrace any mistakes).

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**Afro Algorithms: How Storytelling can Help Us Imagine a Better Future** - with Anatola Araba

In this two-hour workshop, filmmaker and creative Anatola Araba will begin by showing you her most recent award-winning animated short film, Afro Algorithms (run time 14 mins), which explores the topics of Artificial Intelligence and bias and uses science fiction as a vehicle to uncover important issues about race, technology, and where humanity is driving the future of our planet.

She will then lead a Vedic meditation and a writing or drawing exercise (participants’ choice), which can help you activate the power of your imagination to visualize a better future for us all. This is a unique world-building exercise designed to help you think in new and fascinating ways.

**Materials needed:** A notebook and pen, colored pencils, sketch paper, paints and brushes (optional), and an open mind (required).

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**Find Your Unique Style: The Key to Monetizing Your Passion in today’s Creative Marketplace** - with Amira Rahim

In this unique two-hour workshop, participants will have an opportunity to paint with abstract expressionist painter Amira Rahim as she explains how she built a successful creative business in the digital age—and how you can do it, too! Participants will learn the importance of finding and trusting their own unique style, and how tapping into your intuition as an artist makes you a better marketer! If you’ve been looking to let go of perfectionism and increase your confidence as an artist and businessperson, this is the workshop for you!

**Materials needed:** If you are attending Flora Bowley’s session, this is the same list.

- Sketch paper or plain white paper. Notebook or journal.
- Pen (so you can embrace any mistakes).
Sunday September 18, 5:00 PM-6:00 PM CST

Closing Ceremony with Show & Tell!

Remember "Show and Tell" from when you were a kid at school?

This is a grownup version of that. Except you don't need to worry about running into the kid who made fun of your drawing of a turtle that you brought to class. This is a safe, supportive place!

Whether you have a self-published book, a painting, something you knitted or drew—really any expression of your creative self is welcome here.

Like the “Popcorn Poetry” jam on Saturday night, each person who wants to share will get ninety seconds to show us what they've created and tell us about it.

Materials needed: Bring a treasure to display or come and applaud others who do. Either way, this is an experience meant to take you back to a time of innocent joy in creating something and showing it off.