

**The Art &
Science of
Love
Week 1**



Rate Yourself

On a scale of 0-10, how present are you right now?

0-1-2-3-4-5-6-7-8-9-10

- 0 = completely checked out, not present
- 3 = mostly not present, many thoughts about the past or the future
- 5 = neutral, half here, half distracted
- 7 = mostly present, some thoughts about the past, future or distracted by thoughts
- 10 = completely present

I'm really exciting.
I smile a lot, I win a lot, and
I'm really sexy.

— Serena Williams



What do you hope to get out of this
workshop?

Put your answer in the chat
or raise your Zoom hand.

Modern Creative Woman

We have...

An open attitude towards modernizing our thinking and behavior.

A commitment to creativity and creative thinking.

A positive way of relating to our thoughts and our lives.

A focus on our values and purpose and aligned actions.

A fun, supportive learning community.

MCW Archives

Access to all the past classes your membership page.

www.arttherapycentersf.com



Housekeeping

Be kind, positive and respectful. Share solution-focused ideas about what works for you. Everyone is welcome here.

Classes are recorded and will be on the membership page. Your Zoom image does not appear there..if you talk, your voice/image will appear on the video.

This book and classes are for education and inspiration. This is not therapy and participating does not constitute a therapeutic relationship.

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Modern Creative Woman Timeline

PRESENCE

PRESENT
MOMENT
AWARENESS.

PURPOSE
UNIQUE VALUES.

WEEK
01

WEEK
02

WEEK
03

MINDSET
RELATIONSHIP
TO YOUR
THOUGHTS.



Love and Presence



Presence

- Present moment awareness.
- Higher self (self as context).
- In this class on love, we are exploring how externally expressing self-love increases our presence.



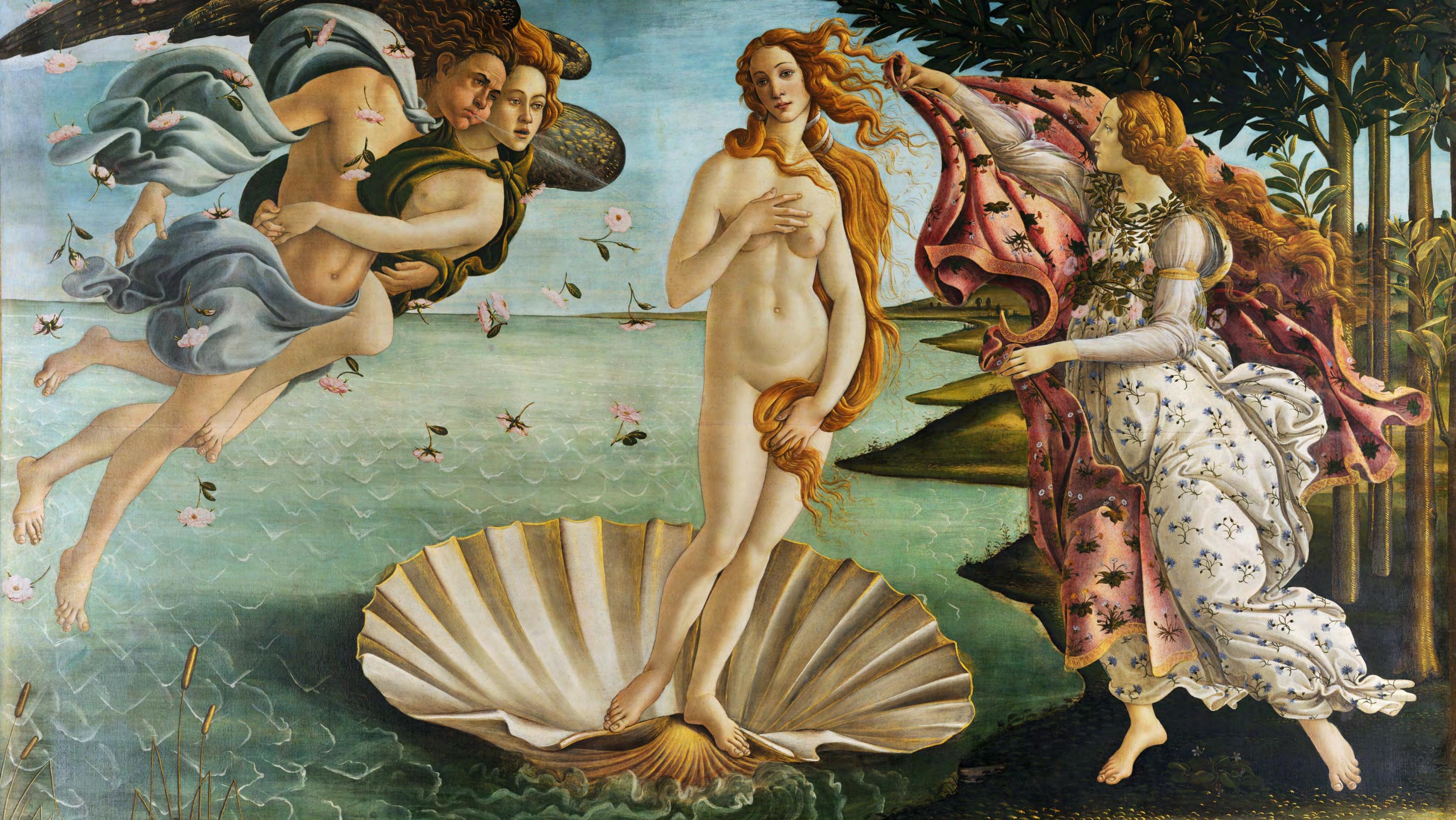
When a woman
becomes her own
best friend, life is
easier.

– Diane Von Furstenberg



Why We Want Presence

- More fun, enjoyment and happiness.
- Less internal suffering.
- Better relationships.
- Clear understanding of self, others and the world around us.
- Better focus at work, ability to "leave work at work".
- Ability to connect with transcendent aspects of life - nature, higher power, humanity.





The Birth of Venus

Sandro Botticelli

1480s

Goddess Venus arriving at the shore after her birth, emerged from the sea fully-grown, she gives dual inspiration.

- Earthly goddess who aroused humans to physical love.
- Heavenly goddess who inspires transcendence of the physical. She also inspired love for the gods.



- Contemplation of physical beauty (objects, architecture, art, nature, animals, people) allows the mind to better understand spiritual beauty. - Plato
- Looking at the goddesses of live first raises a physical response in viewers, and then lifts their minds towards spiritual and internal beauty.
- Beauty is not frivolous...it points us in the direction of divine contemplation and beautiful thoughts.



Challenges of Attending to Love and Defining Beauty for Ourselves

- Tension in society: women expected to focus on beauty & then they are judge for being frivolous.
- Tension between brains and beauty.
- We are exposed to conventional standards of beauty instead of following Plato's teaching of finding beauty in the mind and defining for ourselves what we think is beauty.
- Some women opt out, some women overly emphasize external appearances.



Defining love and beauty for ourselves...

1. Use external love and beauty to inspire it on the inside.
2. Express our inner love and beauty on the outside.

What does the room you are in right now inspire inside of you?

What parts of you are expressed in the room you are currently in?



Beauty is a decision
Nothing is inherently beautiful.
The mind decides what is
beautiful.



Self love has very little to do with how you feel about your outer self. It's about accepting all of yourself.

- Tyra Banks



Focus on Beauty helps with presence

- Deciding we are beautiful...this is a choice.
- Making our environment, our minds and even ourselves beautiful inspires thoughts about presence.
- Balance between aesthetics and other values.
- Self-compassion and self-care can be reflected externally.



Inside out & Outside in

- This month we work internally and externally.
- Example - beauty in our home can reflect ease, harmony, comfort & safety to our mind.
- Example - care of our bodies can reflect self-kindness and feeling worthwhile to our mind.
- Sensual & pleasing clothing can reflect luxury and value to our mind.
- Goal - align positive environment with positive mindset.



*Aligning Love with
Your Presence*

Presence

- Ability to make contact with the present moment, separate from your thoughts and feelings about it.
- Observing what is happening outside of you as well as observing your thoughts and feelings in the present moment.
- An open, non judgmental stance.





Why Presence Matters

without presence...

- Miss what is said or happening around you.
- Miss your exit, chances, opportunities, connections, and social cues.
- Unhappiness.
- Lose touch with ourselves.
- Anxiety/depression.
- Dissociation.



Presence- however you do it is great.

- Self judging thoughts like "I am doing this wrong" are just part of your awareness when you are in the present.
- Nothing has gone wrong when you dip in and out of presence.
- The moment you notice is the moment to celebrate.



Alignment

- **NOT** about judging your current way of thinking.
- **NOT** about making change from guilt, shame or feeling "not enough."
- **IS** a way of generating excitement for your life and what you are doing.
- **IS** focused on internal change (inside out) as well as external expression your values (outside in). This is showing external care for what you value.



I was always looking
outside myself for
strength and
confidence but it
comes from within. It
is there all the time.

- Anna Freud, Austrian-British
psychoanalyst



Bubble exercise



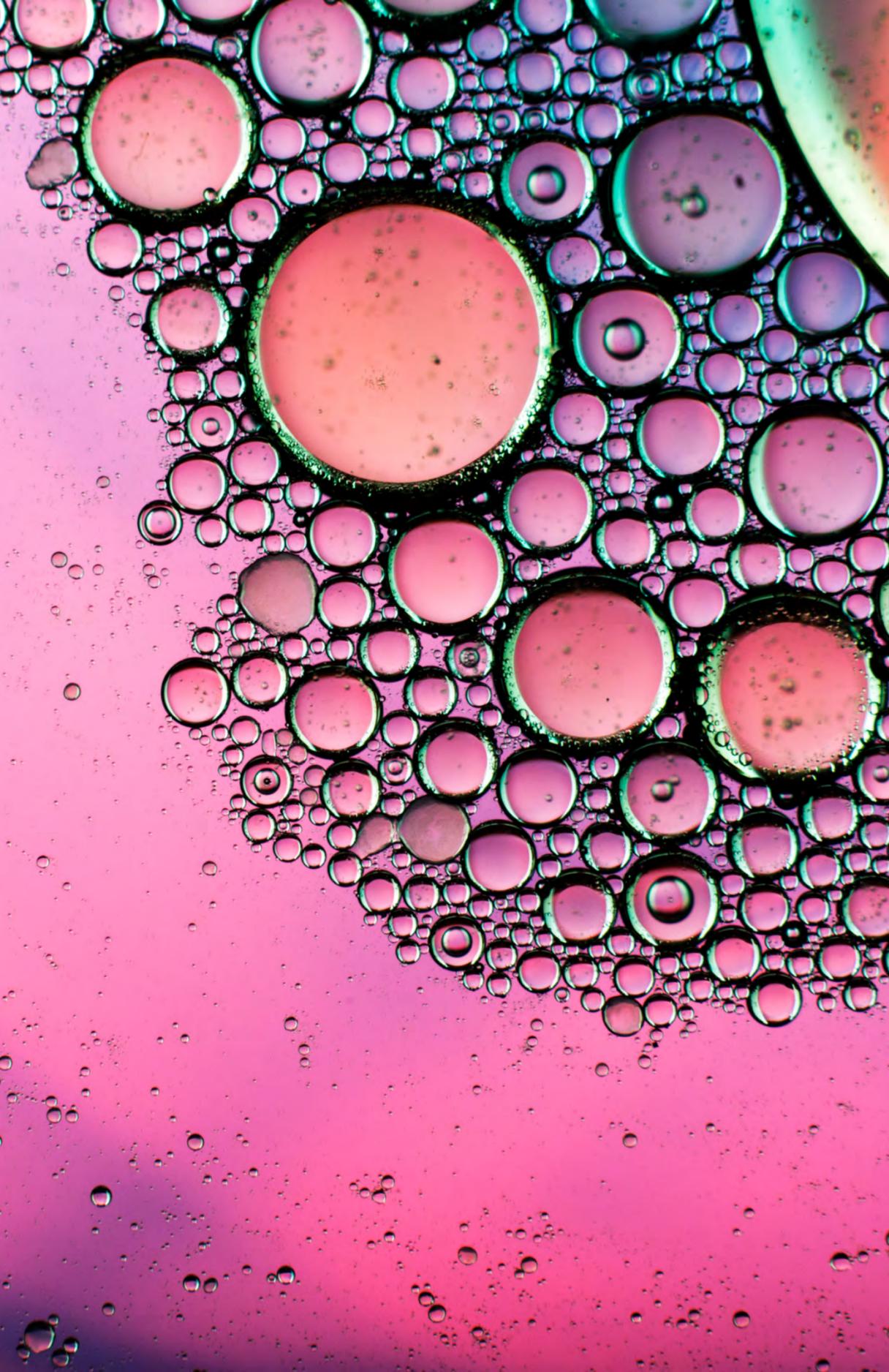


What feelings are you aware of right
now?

Put your answer in the chat
or raise your Zoom hand.



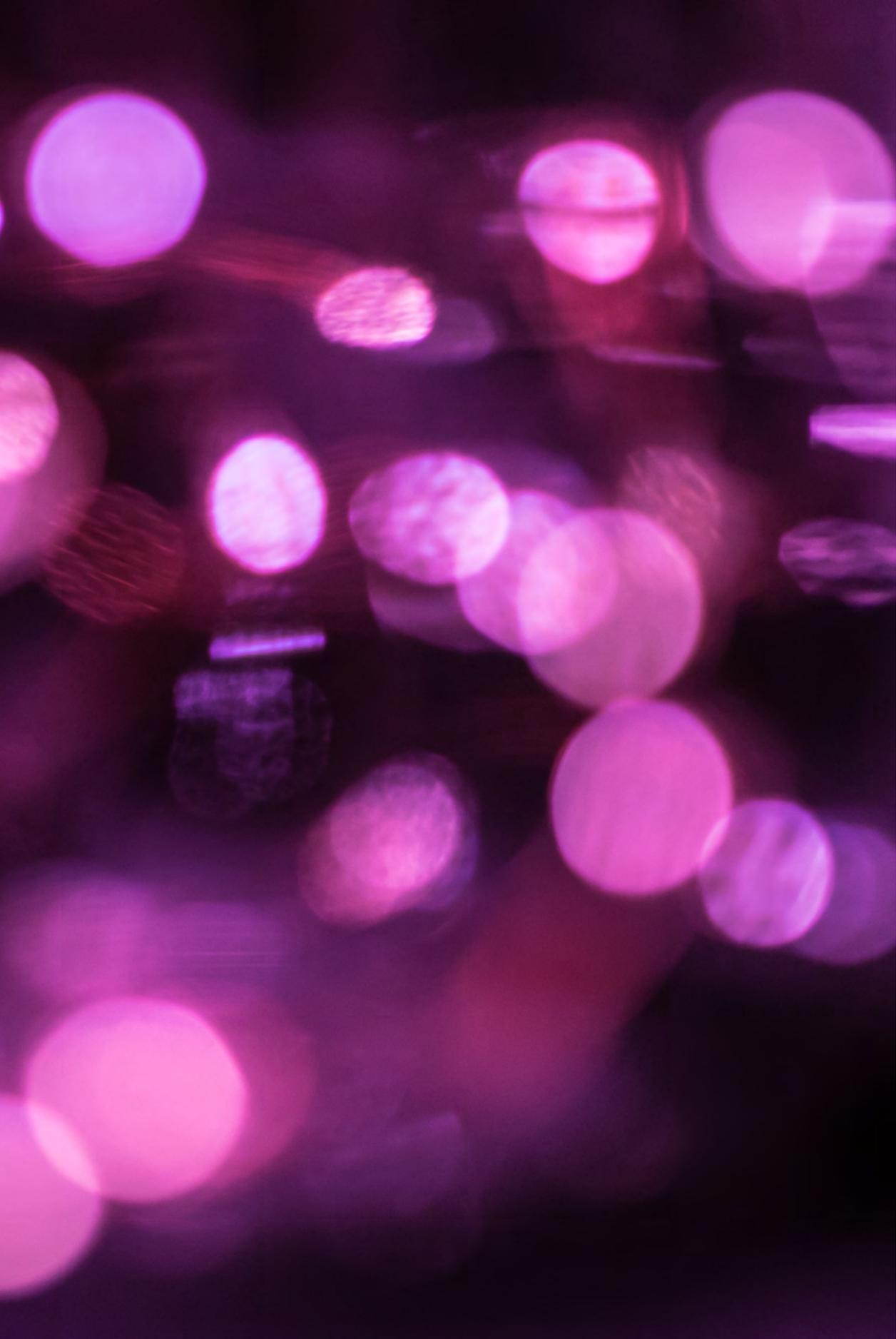
Self as Context



Self as Context

requires presence and objective observation

- You are the context of all your experiences.
- Whatever happens inside of you (thoughts, feelings, bodily sensations) as well as whatever happens outside of you (people, places, circumstances) is separate from your experience as a human being.



Self as Context

Self as context goes by many names.

- Spirit
- Core self
- Essence

In other words, you as the context is the view of yourself as the person experiencing your life.



Self as Context

Instead of saying/thinking...

"I am happy"

We are aware of ourself as the
context when we say..

"I am aware that I am thinking
happy thoughts and experiencing
happiness."



Creating self as context

For example...

- You are creating and observing your life right now.
- Created in the past by the environment you created around you.
- Created in the present through your thoughts and where you place your attention.



Wordlessness

(Martha Beck)

- An experience of total awareness without generating thoughts about it.
- Can experience it suddenly or cultivate it on your own.



Examples

- Totally absorbed in looking at/being in nature (eg. weather, animal, vista, sound).
- Seeing a baby you love.
- An experience of total awareness of enjoyable physical sensation.
- Meditative state (although the goal is not to stop thoughts in mindful meditation).
- Making art in a flow state.



Practice

- Imagine you are in nature and you see a large animal. You are at a safe distance and will not disturb the animal and it can not hurt you.
- You are happily surprised, gasp, curious, excited, clasp your hands, hold your breath.



Wordlessness Exercise

- Experience wordlessness.
- When words come to your mind ("oh wow" or complete thoughts), just notice them and "drop into wordlessness" (Beck).



Reflect on your
wordlessness.
Doodle or create
an image using
line, shapes and
colors.





What was your experience of
wordlessness?

Put your answer in the chat
or raise your Zoom hand.



*How can you cultivate your
home environment to make
it easy to experience
wordlessness?*

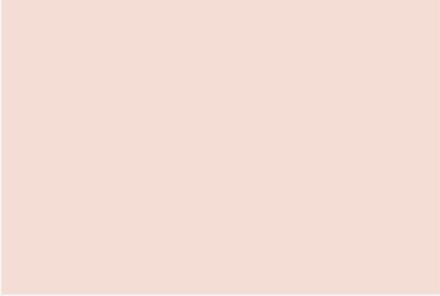


*How can you cultivate your
clothing attire to make it
easy to experience
wordlessness?*



Reflection this week

www.Arttherapycentersf.com



Your Inspired Action

20 minutes a day will give you more than enough time to complete tasks this week.

1

**Intention &
Dating Yourself**

2

**Getting Love
in Your Life**

3

**Simple
Pleasures**

4

**Creative
Expression
& Reflection**



Intentions

What do you intend to get from
this workshop?



Dating Yourself

- Choose nine activities from the list provided (or invent your own) and commit to romancing yourself this month.
- Pick three from each of the categories: Presence, Mindset, and Purpose.



Loving Yourself

- Are you taking care of your mind, heart, body, and soul?
- First your practice love for yourself, then for others and finally, for your community and humanity.
- You will be working from the inside out (reflection, writing and art) as well as from the outside in (changing your environment, consciously selecting your clothes, food and self care).



Simple Pleasures

- What brings you a simple joy?
- These are things you are already doing that you can bring your attention to.
- For example: sounds of cereal pouring in the bowl, a coyote howling, spreading peanut butter, watching birds, pulling the grocery cart out from the line, the first few steps of a run, rubbing the back of the dog's neck.



Response Art

- Take a few moments to imagine your self as the context for simple, sensual awareness.
- Imagine what a simple sensation might look like using lines, shapes and colors.
- It could range from just one line to a fully fleshed-out, abstract or representational picture.
- Avoid thinking too long about it and just be spontaneous.
- However you do it will be great!

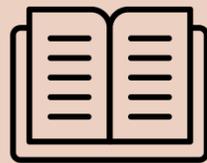


On a scale of 0-10, how present are you
right now?

What are your "before" and "after" scores?

Put both numbers in the chat.

What To Do Next



Review

Review your orientation manual and bonus material.



Make the commitment

Schedule 20 minutes a day & put in your planner.



Week 1

Read and complete Presence exercises.



Looking for More?

For supplemental inspiration about your values and self kindness, find me each Friday at noon PST on IG live @dramybackos

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Individual psychotherapy
(CA residents only)

www.arttherapycentersf.com



It is confidence in
our bodies, minds,
and spirits that
allows us to keep
looking for new
adventures.

- **Oprah Winfrey**



What will you remember about
today's class?

Put your answer in the chat
or raise your Zoom hand.

Thank you

