MAY 16, 2020 · 1:30-5:30 PM · ART STUDIO

Messy Conversations:
Fostering Dialogue by Creating Images of Our Imaginary Bullies and Friends

*An Arts & Spirituality program with Michael Macrae*

Do you wrestle with an imaginary bully, critic, censor, or judge – one that berates you with criticism, doubt, or insecurity around your creativity? Does fighting with this bully not seem to tame it? Perhaps you could use an advocate to speak on your behalf: an imaginary friend.

Have you ever had an imaginary friend? Or, have you wished that you had one? How might we befriend an imaginary advocate? One thing is certain: the imaginary enjoys becoming image.

In this drop-in program during Pendle Hill’s regular Open Art Studio session, you will be guided in creating images of your imaginary bully and your imaginary friend. Learn how to support a dialogue between the two and awaken, practice, and sustain compassion within you.

As a fiction writer, poet, and artist, **Michael Macrae** has had much experience working with his own Inner Critic. A theater student at Swarthmore College, Michael has worked as an educator with youth and adults and learned interactive facilitation with the Blue Door Group. He enjoys making stories, images, and imaginary friends, and has been helping Pendle Hill make meals for the past two years. Although the voice of the Critic still jabbers in his ear, he has begun to learn how to hear what it says without letting it bully him into driving the bus.

This program is concurrent with the Open Studio session, as an optional, drop-in, programmed experience.

$10 the first hour, $5 each additional hour.