

THE OPEN CIRCLE: Enso Continuing Residents, First Term, 2022

"As you start to walk on the way, the way appears." Rumi

The whole point of the Enso Circle has been to identify your goals twelve weeks in advance, then move steadily toward them, reporting on your progress each week. As Continuing Residents, this has given you a chance to work within a structure that keeps you accountable and focused.

How would you feel if you didn't have to define a specific goal in detail the first week of this term?

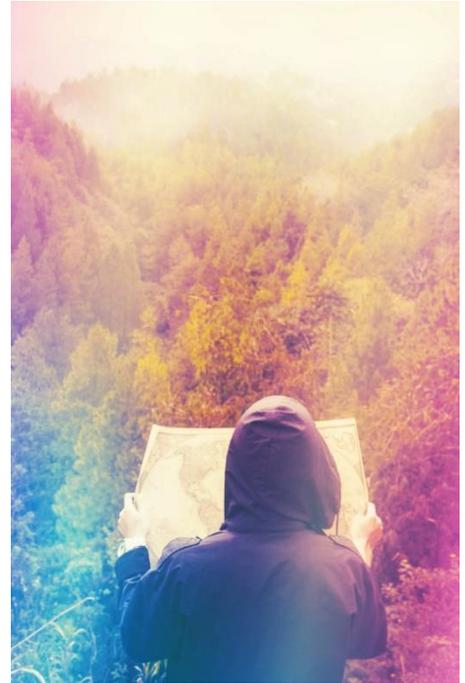
How would you feel if you knew only that you were setting out on a circular twelve-week journey at the end of which you'd bring back three pieces of artwork whose qualities you can't predict?

How would you feel if you knew you could try exactly what you felt was right to do, to follow your instinct at every step, sometimes putting down a work in progress to start a variation based on a coincidence or a discovery?

Your starting place will be the *most favorite piece* of work that you have done during the last twelve weeks.

The first step in the Open Circle is to create that same piece again, incorporating any change that feels right during the process. You can also start another piece at the same time, something that feels like "comfort food." *Work at your own pace.* Pay attention to what you do naturally and best. Don't challenge yourself to try something new just for the sake of novelty.

Your only goal for the term will be to create **three pieces of art, any media, large or small, that evolve organically from curiosity and coincidence.** There is no competition or comparison. You do what you want, what you've always wanted to try, or what serendipity suggests to you.



You will definitely need a map, but you will construct it as you go like an ancient explorer observing unknown territory as she goes along the circular path. Make daily or weekly notes – *"saw a black cat today, tail reminded me*

of question mark" or *"cut open a peach, great symmetry, use idea, shape in sketchbook."* See where the tail and the peach lead you – maybe nowhere, maybe somewhere. But recognize there is a reason that you saw these things and noted them.

Documentation is a hugely important part of this Open Circle concept. You will continue to fill out a check sheet every Friday without fail.

If you feel you need more direction, set weekly goals as you need them. Remember that the path you are on always leads back home so **you will not get lost.** You are just travelling without a pre-conceived notion. If you get stuck, ask the group, or ask Michelle or Lyn.

Your conversations in Slack will probably be extremely interesting as you feel your way along the path! Remember to always have piece of “comfort food” art to work on when you need it.

The premise of the Open Circle is that you are setting out on a journey of **Trust in the Process, and Self-Confidence.** Your goal is to understand yourself better and become more grateful, resilient, confident and productive in your studio practice as you create three pieces of artwork, anything that your heart desires.

What you know as you start are these six things:

- *you are embarking on a circular twelve-week quest of creativity and discovery*
- *you are starting from home and will return home, never getting lost*
- *you will write your own map as you go, day by day, week by week*
- *you will pay attention the signs of serendipity pointing to the next steps*
- *you will record and learn from unexpected lessons on the path*
- *you will return home with possibly flawed but authentically soulful work based on your good instinct and intuition*



Your Guiding Principles are:

“Where there is ruin, there is hope for a treasure.” Rumi

So what if your process becomes flawed and frustrating? Something in there had potential or you wouldn't have tried it. Try it again in a different way, paint over it in white, cut it in pieces – somewhere, there is treasure in that ruin.

“Wear gratitude like a cloak and it will feed every corner of your life.” Rumi

This is super-important. Be grateful for the successes along the way, however small they are, and let go of the frustrations. Be grateful for the support of the group. Be grateful for your own good sense and creative courage. Be grateful for your sense of humor. Be grateful to the ever-present serendipity that shows you connections. Be grateful for your willingness to ask for help or suggestions.

And finally, the main guide to creating your own Open Circle map that takes you from home and back again is

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