

The Jewish Studio Process

The Jewish Studio Process is a unique methodology that combines practices from the field of art therapy with ancient Jewish wisdom.

The Process involves hands, heart, and mind and cultivates curiosity, openness, and resilience.

1



INQUIRY

Drawing from the Jewish practice of beit midrash (house of inquiry), pick a text. This can be anything that you are curious or excited to explore – a line, a word, a poem, a piece of music. Read it alone or study it with a havruta (learning partner) and notice what the text brings up in you including any thoughts, feelings and interpretations.

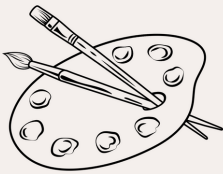
2



INTENTION

Write down an intention for the art-making process. The invitation now is to look for the spark of curiosity, inspiration, or strong emotion that is calling you to be explored more fully through creating. Write your intention in the present-tense, as if it is already happening – “I explore... I experience... I discover... I release...”

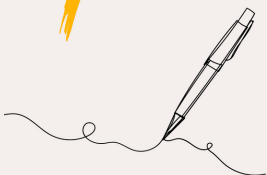
3



CREATIVE EXPLORATION

Explore your creativity through any medium – painting, drawing, music, dance, daydreaming, to name a few. Let yourself be led by pleasure and whatever sparks your energy and interest in the moment. The goal of this step is to let the thinking mind relax, and see what emerges.

4



REFLECTION

The final stage of the Jewish Studio Process is reflection. Write a stream-of-consciousness response to both what you've created and your experience of creating it, including any observations, associations, and feelings that arise. We call this witness-writing.

