

# SUMI BRUSH PAINTING



WITH  
**COLLENE DELANEY**

**Sumi Brush Painting, Seattle, Sept 29-30, 2007**  
**Cost: \$250** (includes handbook) **Reserve Your Place: \$50** non-refundable deposit

Name \_\_\_\_\_ Tel: (H) \_\_\_\_\_ (W) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

E-Mail: \_\_\_\_\_  I would like to take this class another time \_\_\_\_\_

**This class is available in other US and Canadian cities**

I would like to host this class in my area: \_\_\_\_\_ (City) \_\_\_\_\_ (State)  
Other Comments:

**Please return this form with deposit payable to Collene J. Delaney, PO Box 31271, Seattle, WA 98103**

## Anyone Can Learn !

This class is taught from “beginner mind”.

All are welcome no matter what your artistic experience!

Free Flowing! Wear comfortable clothing--either dark or that you do not mind getting ink onto.

## What Students Say:

I never considered myself an artist. When I laid my brush down, I saw the Enso was so beautiful on rice paper. I really can do this!--*Senior Scientist*

The brush is my “Sword of Truth”!--*Aikido Black Belt Teacher*

Once I realized the brush was the dancer and the rice paper the stage, it all became easy!--*Professional Dancer*

## The Workshop

**We begin with an ink grinding meditation...** Together we shall create a space of “every minute Zen”:

*releasing our busyness,*

*emptying ourselves of thoughts and feelings*

*giving ourselves to the ink*

*moving to a place of non-attachment to form,*

*experiencing the joy of core essence on rice paper*

**We end the meditation with a simple, single-stroke composition.**

Each is appreciated privately for its “teaching”.

All are “honored” in silence by the group.

You can easily do this exercise on your own for personal reflection and healing.

**Now that we have made our ink,** we playfully learn how to: hold the brush, move the brush types of basic strokes.

These include:  
side-brushed--stalks,  
straight brushed--leaves & grasses  
3-ink technique for depth.

**We “put it all together”** to paint a Bamboo Composition—one of the traditional “Four Gentlemen”

There is one for each season:  
Bamboo (Summer)  
Chrysanthemum (Fall)  
Plum Blossom (Winter)  
Orchid (Spring)

## The Instructor

*Collene J Delaney, Ph.D.* has over 30 years experience teaching in universities as a Clinical Scientist and leading workshops in the US, Canada and Europe that support personal empowerment, health and wholeness.

In her life she has emphasized the blending of conventional and complimentary approaches to healing.

In 1988 she studied Sumi Brush Painting with Michael Hartley in British Columbia. Upon his encouragement, she began teaching in Canada and the Seattle area in 1992.

**Cost:** \$250 incl. workbook. Supplies for continuing this art at home are available at cost after the workshop.