

**"Meditation with Angels" workshop – September 24<sup>th</sup> 2016**  
**National Gallery- Carol Baker and Charlotte Illingworth**

This workshop was really well attended; we had a group of about 18 which provided an interesting dynamic.

I had never attended a workshop in a gallery before, and it was very interesting combining looking at specific artworks with then working creatively in a part of the gallery.

We began with a short exercise, during which little baskets containing different textured items were handed out. We were invited to close our eyes and experience these items, as an introduction to looking at (and experiencing) Angels and their wings. I found feeling them with eyes closed while focussing on the elements of angels was personally inspiring. We were also invited to take an "Angel card", as further inspiration. There was also a short meditation, to help us focus our intentions.

For the Angel observation, we split into two smaller groups, and spent time looking at certain works noting specifically wings- types, colours, textures, sizes. It was fascinating and even now, two months later, I'm drawn to Angels in paintings.

The creative part of the workshop involved working with our inspirations using coloured pencils on different types and colours of paper. For me, one of the most interesting of these was gold. I found the richness of this paper provided a lovely background to my work and helped me produce sketches with a luxurious, otherworldly feel.

The workshop ended with a 'sharing' space, during which we were invited to share our experience and sketches. It was fascinating to see what had inspired my fellow participants, and the variety of different ways in which the Angelic experiences were expressed.

I found it a very thought provoking and enjoyable experience, and am really looking forward to the next workshops in museums, coming up in January and March 2017.

Feedback was very positive; there are a couple of comments below:

*"the workshop leaders were beautiful souls, with a gentle approach, very well thought through, good balance of what we did",*

*The most interesting part was " the energy of the group, the sensation I experienced by touching and feeling the "magic boxes", the sense of freedom by drawing my experience", and "looking at all the angels. I'm now very aware of the different wing types"*

Catriona Alderton