



THE SALTEE ACADEMY
for Complex Creators

Your Life is Your Studio

A six-month program for supported creative practice in the art of life.

**FEBRUARY THEME:
SAVORING**

Intro to Savoring: Feb 3, 2023

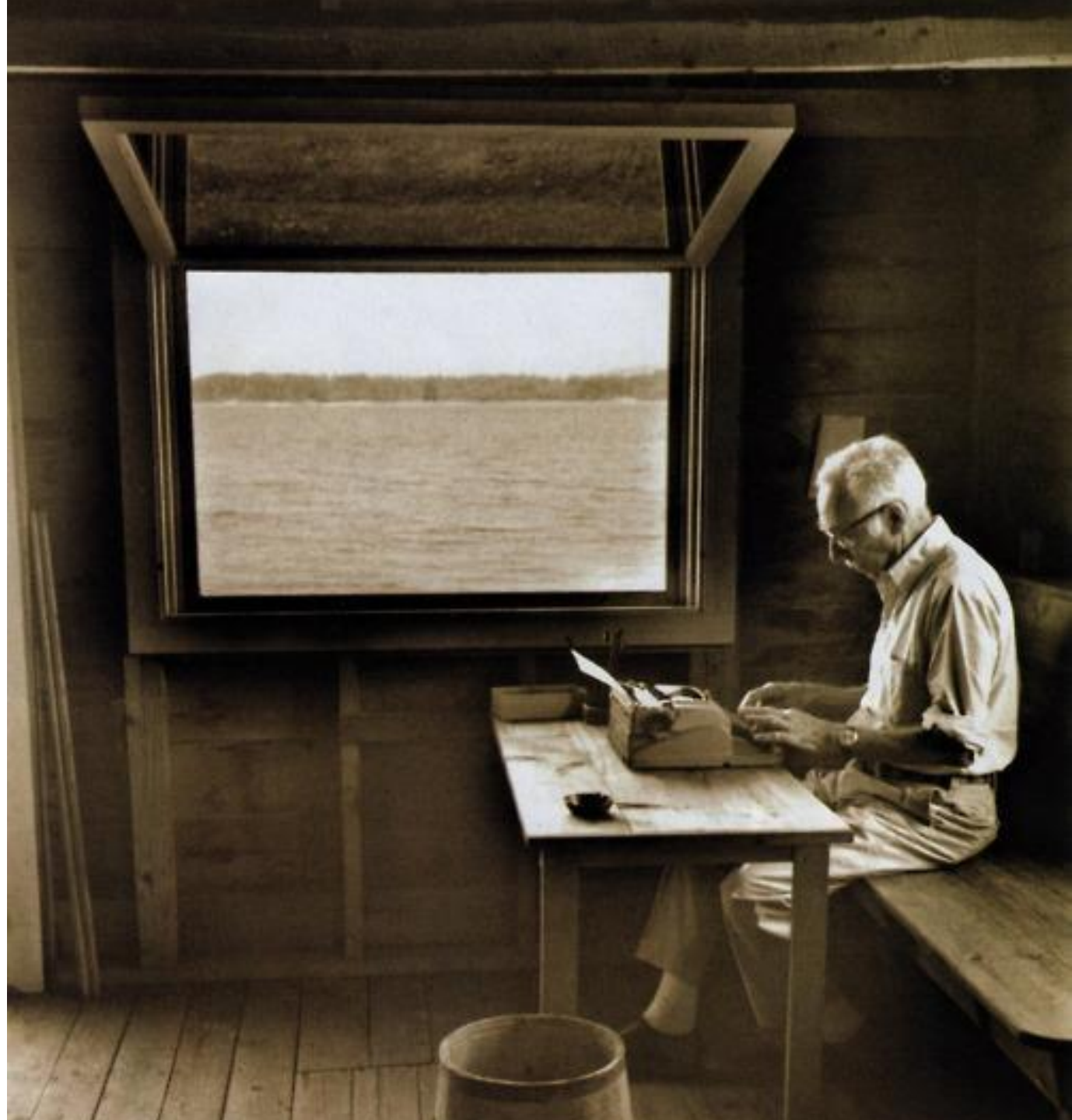
Today's plan

1. Housekeeping: Slack support
2. Why start with Savoring as a creative practice?
3. Reactions and reflections – whole group
4. Personal reflection – solo free writing
5. Brainstorming practices – small groups
6. Sharing energizing ideas – whole group
7. Choosing a practice (or leaning) – closing circle

“Every morning I awake torn between a desire to save the world and an inclination to savor it. This makes it hard to plan the day.

But if we forget to savor the world, what possible reason do we have for saving it? In a way, the savoring must come first.”

– *E.B. White*

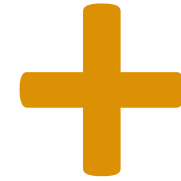


Savoring =

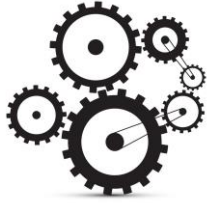
- sensory pleasure
- love
- joy
- delight
- wonder



slowness



attention



Puritan/ Productivity Ethos

Endurance is the path,
Pleasure is the (earned) reward.

- Postponing pleasure/ “deferred gratification” is a sign of moral strength
- Pleasure is selfish
- Pleasure is sinful
- Pleasure can be justified if it gets us back to work (as in “self care.”)
- Leads to “Delight Deficiency”

Caregiving Ethos



Others’ pleasure is paramount; joy
is found in others’ well-being.

- Pleasure is selfish – my pleasure is at someone else’s expense
- Pleasure is deferred (after he is well, after they are grown...)
- Pleasure is justified in small doses if it enables you to keep doing the work of care (as in “self care”)

Creativity Ethos

Pleasure is the path;
pleasure is nature's call.



- Pleasure is the nature of a loving person
- Moments of pleasure are fuel for living
- Pleasure is our birthright
- Pleasure leads us to our most authentic work
- Pleasure connects us to the world, because it wants to be shared
- Pleasure is healthful and valuable
- Pleasure requires no justification



What ideas about pleasure
(love, joy) did you grow up with?



Oceanic Cultures understand pleasure as an essential part of our interconnection

“The Oceanic people taught that a joyful and healthy life was based on following our seventh sense, an instinctive drive toward what is healthful and pleasurable, manifested in what they call *aloha*.

The seventh sense seeks food for the soul.”

- Paul Pearsall in *The Pleasure Prescription*



Savoring the world is about catching your breath; breathing in life so that you can share it with others.

“Alo means to share and ha means breath, so aloha literally means to give and share the breath of life.”

- Paul Pearsall in *The Pleasure Prescription*



“When you take a flower in your hand and really look at it, it’s your world for the moment. I want to give that world to someone else. Most people in the city rush around so, they have no time to look at a flower. I want them to see it whether they want to or not.”

- Georgia O’Keefe

“For I know that the energy of the creative impulse comes from love and all its manifestations – admiration, compassion, glowing respect, gratitude, praise, compassion, tenderness, adoration, enthusiasm.”

– *Brenda Ueland, 1934*



“For me, to strive toward joy has become a calling and a practice. It is carried out with the full understanding of the terms of this hallowed and harrowed world.

I pursue it with an awareness that joy exists both in the worst of the world and within the best, and that joy, flighty, jumpy, startling thing that it is, often finds its true voice within its opposite.

Joy sings small, bright songs in the dark – these moments, so easily disregarded, so quickly dismissed, are the radiant points of light that pierce the gloom to give validation to the world.

– *Nick Cave, musician, writer, actor, poet*



Allowing rituals of joy and harmony is not a disavowal of the pain and difficulty of life. It is a way of moving through and metabolizing those things.

“I am very sad. I have just learned that there is a tumor in my breast. This is the best time to dance. Dancing is easy when you are happy, but it is healing and necessary when you are hurt.”

- story from *The Pleasure Prescription*





Savoring the world IS saving the world –
it requires us to come back to our senses.

“(Psychologist) James Hillman has said that the environmental crisis is a crisis of aesthetics...I would like to think he is suggesting aesthetics in its root meaning as in ‘of the senses.’

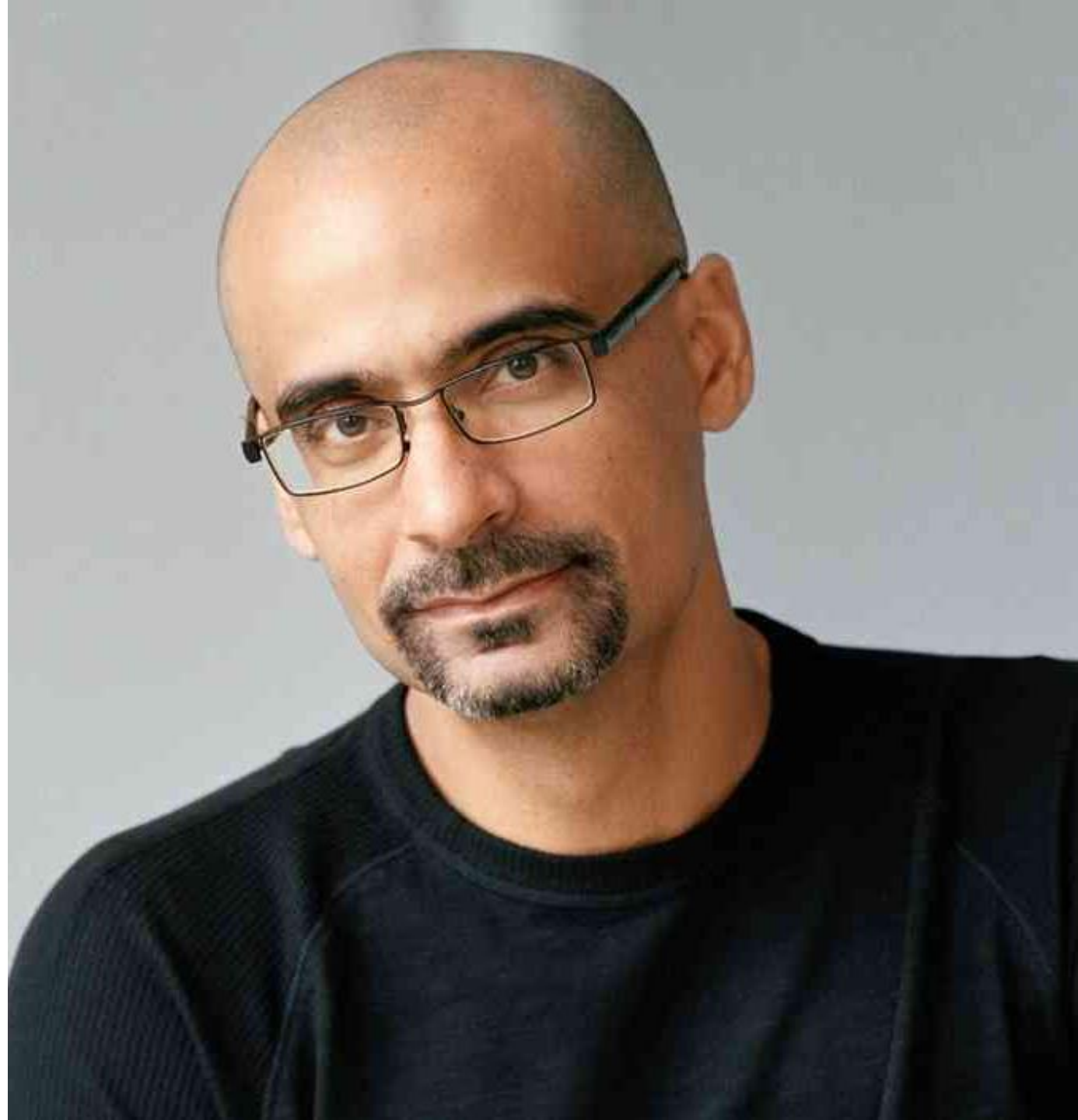
And not just the five sense model of Western science, but the fuller palette of the more than sixty senses of our evolutionary lives of cosmic, mineral, plant, animal, human and angelic being.

Just as we are losing species of life on this planet, we have lost and are losing our senses. Literally and especially those senses that connect us in reciprocal relationship to the world of nature.”

- *Paulus Berensohn, dancer and potter*

“The whole culture is telling
you to hurry, while the art
tells you to take your time.
Always listen to the art.”

- Junot Diaz, writer



One writer's savoring practice

“A friend took this photo last month on the beach at South Carolina – that light to the right is the moon and the pinprick of light in the center is a planet and the beauty of it all undoes me every time I look at it. I keep the photo close by to remind me to pay attention. Miracles, beauties, light? Everywhere. I just need to look.”

- Kate DiCamillo



One musician's savoring practice

“Every morning I go to the piano, and I play two preludes and fugues of Bach. It is not a mechanical routine but something essential to my daily life. I cannot think of doing otherwise. It is a sort of benediction on the house. But that is not its only meaning for me.

It is a rediscovery of the world of which I have the joy of being a part. It fills me with awareness of the wonder of life, with a feeling of the incredible marvel of being a human being.

The music is never the same for me, never.

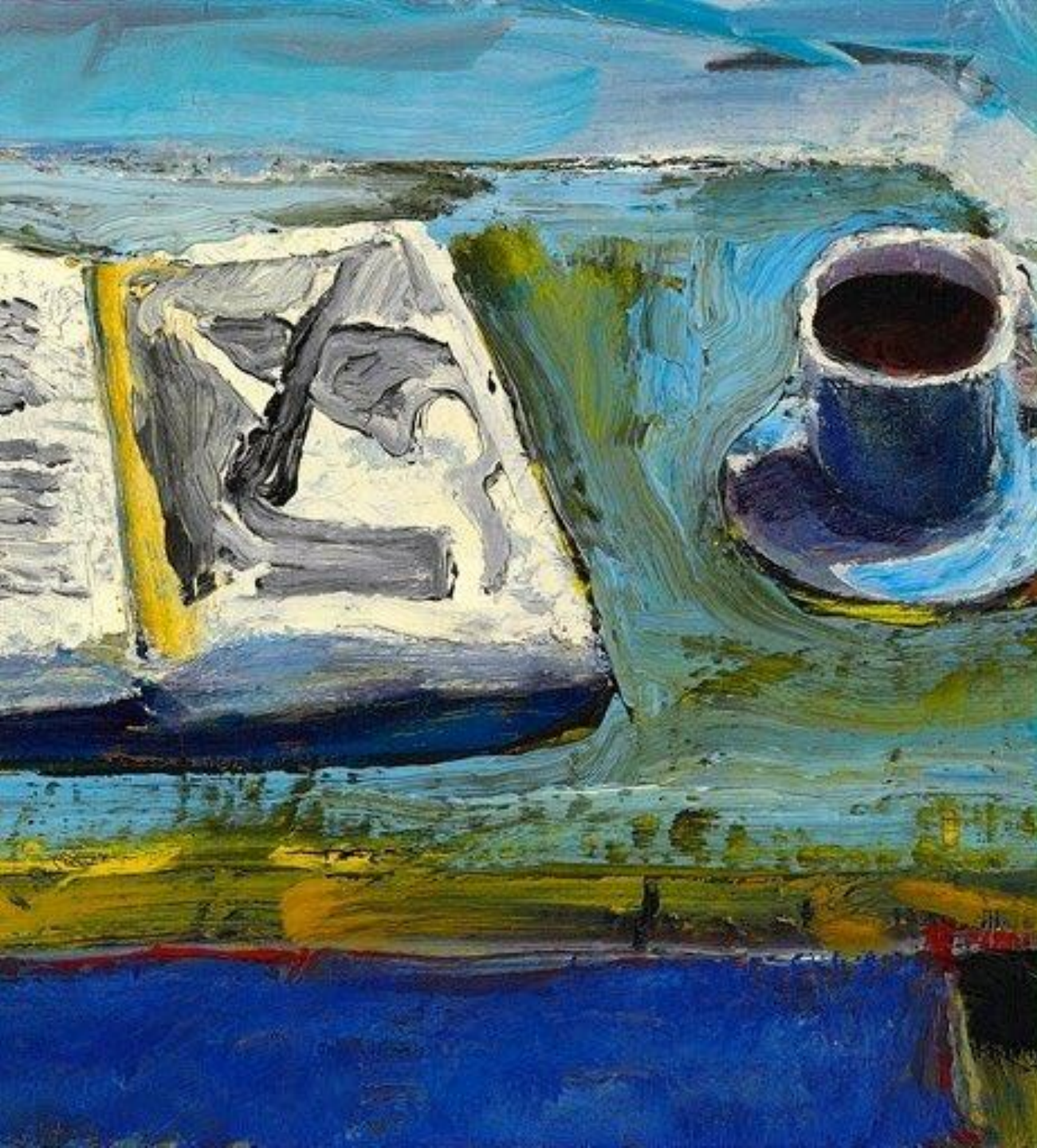
Each day is something new, fantastic, unbelievable. That is Bach, like nature, a miracle!

– *Pablo Casals*



Your Invitation this month:

**Expanding the time and attention you give
to pleasure, joy, delight, wonder and love**



In your own notebook or journal,
freewrite on the following:
(6 min)

- What are your current savoring practices?
- What comes up for you when you think about trying on an “eat dessert first” philosophy?
- Which senses do you most often or easily connect to savoring? Which do you connect least to savoring?
- If you were going to augment your current savoring practices, what are some savoring practices that would feel particularly good this month?



In Small Groups:
(12 min)

Brainstorm possible savoring
practices to try on this month.

Timekeeper: watch clock, make sure everyone
gets heard

Recorder: take notes for the group and
share/summarize to whole group

Next Steps

1. Select a savoring practice/s to experiment with this month
2. Share your choice on Slack.
3. Enjoy your practice!
4. Watch for the inspiration email next Friday
5. We'll meet again on the 17th – feel free to bring show and tell



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