



**Kate Alida Mullen: Drawing as Deep Listening**



Kate Alida Mullen is an artist, curator, arts facilitator, and writer based in Naarm (Melbourne, Australia), where she is undertaking a creative practice-led Ph.D. on transformational potentiality of deep listening practices. Prepare yourself for a journey of practicing deep listening, part meditation of self, and the exploration of the playful ecologies that make up our individual body-minds. Experience this amazing process and create a gift for yourself of a “depth self-portrait.”

**TOP EMBODIMENT TIP:** Radiance is the Soul of the World.

**Exploration: Discovery**

Journey out of the mental realm and into our body-mind. Discover the site of transference and explore the three spheres of Kate’s research and its intersection. Explore modern cognitive science or neurologic studies. How does enactivism bring forth our world and our individual experiences? Examine the corporeal self. Experience art in an embodied way. Discuss drawing in place or drawing with place. Experience the deep ritual exchange with the place or places in which the action of drawing is taking place. What is body-mind mapping?

**Drawing: Body Mind Mapping Journey**

Be comfortable and calm, give yourself permission to have a conversation with your body. Drawing is a full-body activity. Explore what full-body receptivity is. What is one referring to when they speak of the ethos of provenance? Understand the Connection with what is there is what needs to be there. Discover on many levels what body-mind mapping is. Experience creating your life force and kissing the paper. What does it mean to anchor into the page or into place? Invitation to imagine the prana you hold in your hands. Discover what you infuse into the page. Discover how the page becomes your body and the energy that it creates. How are you connecting with your ancestors? This is a journey that is not outcome-based, it is about a process. What is entry into deep listening? What is the importance of preparing the ground?

**Sacred Space: Gifts**

Experience sacred space, a place to listen to your inner voice, and have conversations with ancestors. Discover the intention behind the action. Explore the deep spring inside each of us. Experience how we call it and it calls to us. Learn what silent awareness is and how to mind drift. What does it mean to floor your charm and transfer from the first body to the second body? Remove the bad feelings and call the good feelings. What is your jewel capacity? Why should we remember the power we hold? What is somatic intelligence?

**Resources**

- ❖ **Instagram:** [@katealida](#) ~ *Once you have created your body-mind mapping, you are invited to post them via Instagram to be archived forever in an Australian project.*



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**OUR MISSION** is to preserve our forests and the people and wildlife they nurture, and to promote connection with nature through music, art, and culture.