

## Harvesting a Blessing

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### Abstract

The process of collectively writing the Artizein articles in this issue has come to an end. In this video you can see how we harvested the gifts of our writing collaboration. Each of us made a visual artwork that we shaped as a creative digestion of our work together. The group responded to each members' art through written words and movement. Each member then gave a final message that gathered what emerged and touched her from the group, the blessing.

### Bios

**Alba Torres Robinat**, M.A., is from Spain (Catalonia) and works as a multimodal artist focused on performance art; her last artwork focused on dreamwork. She is also an expressive arts therapist working in several Spanish public mental health services and a private psychiatric hospital.  
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**Alexandra Katherine Goodall**, M.A., is a multidisciplinary artist and psychotherapist living in British Columbia, Canada. In her studio practice, her passion lies in sculptural textile and installation.  
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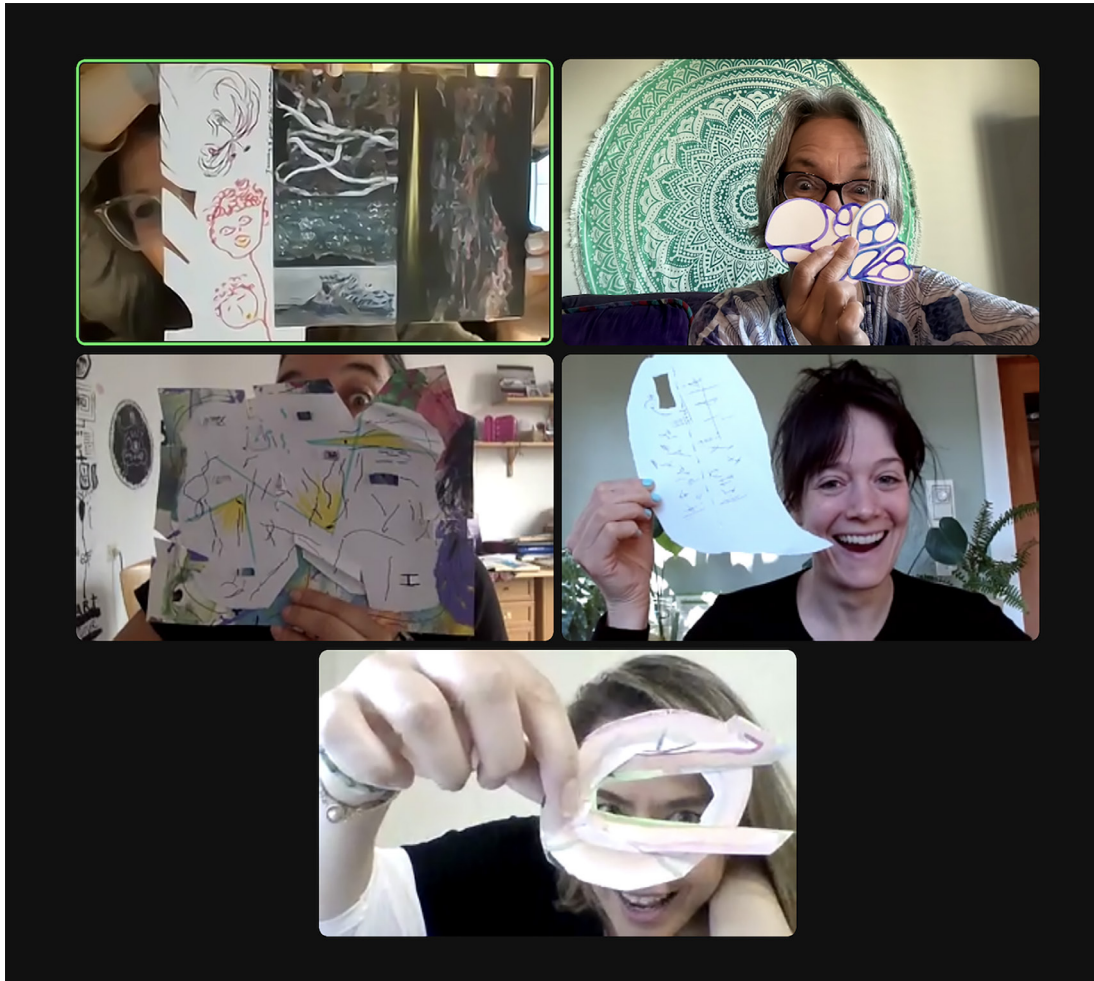
**Sinem Lanaci**, Ph.D., is an intermodal expressive arts coach, facilitator, lecture and artist from Istanbul, Turkey. She designs, implements, facilitates and coaches companies for international cultural transformation projects, implementing intermodal expressive arts to their business processes, to their employees for developing skills, and trains their coaches for cascading down intermodal expressive arts to the entire organizations. [sinem.lanaci@egs.edu](mailto:sinem.lanaci@egs.edu) | <https://www.sinemlanaci.com/en>



The following video illustrates a group of collaborators' artistic responses to a yearlong venture to write together. It shows how art can be used to digest a shared experience and illuminate layers of the journey with play, humor, and laughter as an important part of the research and unpacking process of collective writing. The video shows each member with their visual artwork that was shaped as a creative digestion of working together. The group then responded to each members' art through written words and movement. Finally, each member offered a message about what emerged and touched her from the group, the blessing. Expressive Artists can find inspiration on how to create a group piece around the topic of "Harvesting a Blessing" after an extended collaboration that begins with the facilitation of one group member and then moves into co-facilitation that is improvised by all group members.

It was a shared aesthetic choice to use the raw written material of our creative process, with its written mistakes and typos in the video. The text was transcribed by a person in the group who was typing while others spoke spontaneous words in response to the artwork that appeared from another group member. Gestures from others in the group followed as seen in the video. The raw words are as much a part of the process as the images, gestures, sounds, and affective reactions. The words provide meaning to the abstract impressions, and feelings that each experienced in response to another's visual artwork. Words have become part of the raw materials that appear in the video, with all the mistakes of *typing* in the way. There is no need to read all the text, there is no time to do so, and no clarity needs to be grasped. Even the color of the words eventually fades away. We invite you to let your eyes fish for new written expressions, or to become enriched by the sounds and gestures in front of you.

You are invited to play along with us.



<https://vimeo.com/897003431>

## **Acknowledgment**

We would like to thank all the participants for their collaboration and engagement in making this final clip. Special thanks to Alba Torres Robinat for making it the beautiful art piece that it is today.