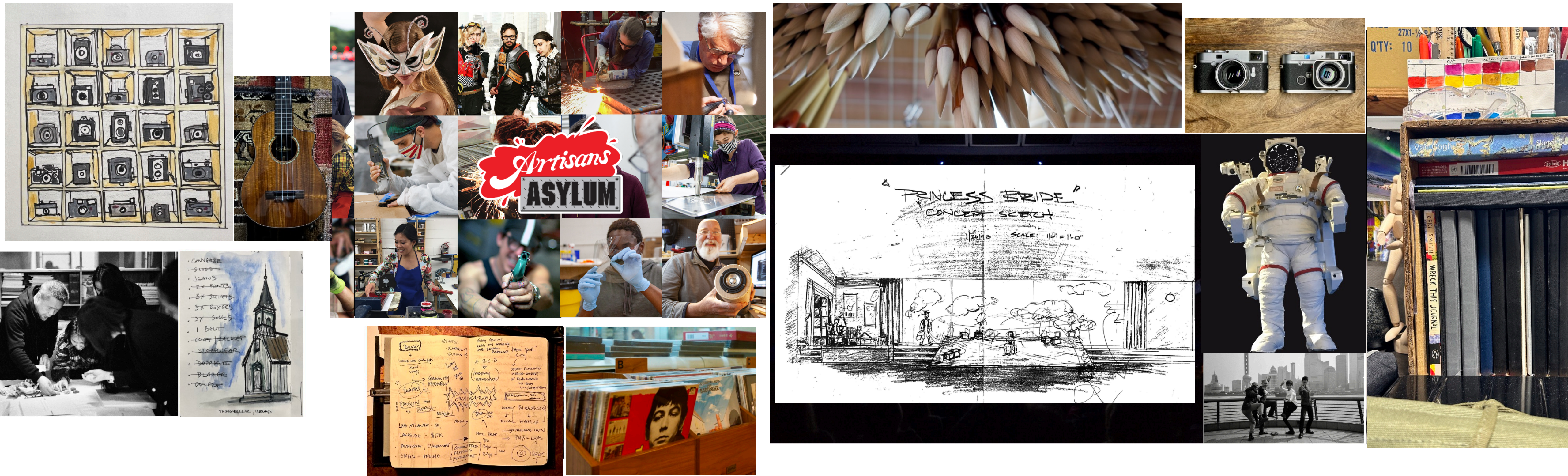


CREATING A SUMMER PRACTICE

ACIS JUNE HEADS OF SCHOOL CONFERENCE- JUNE 2023



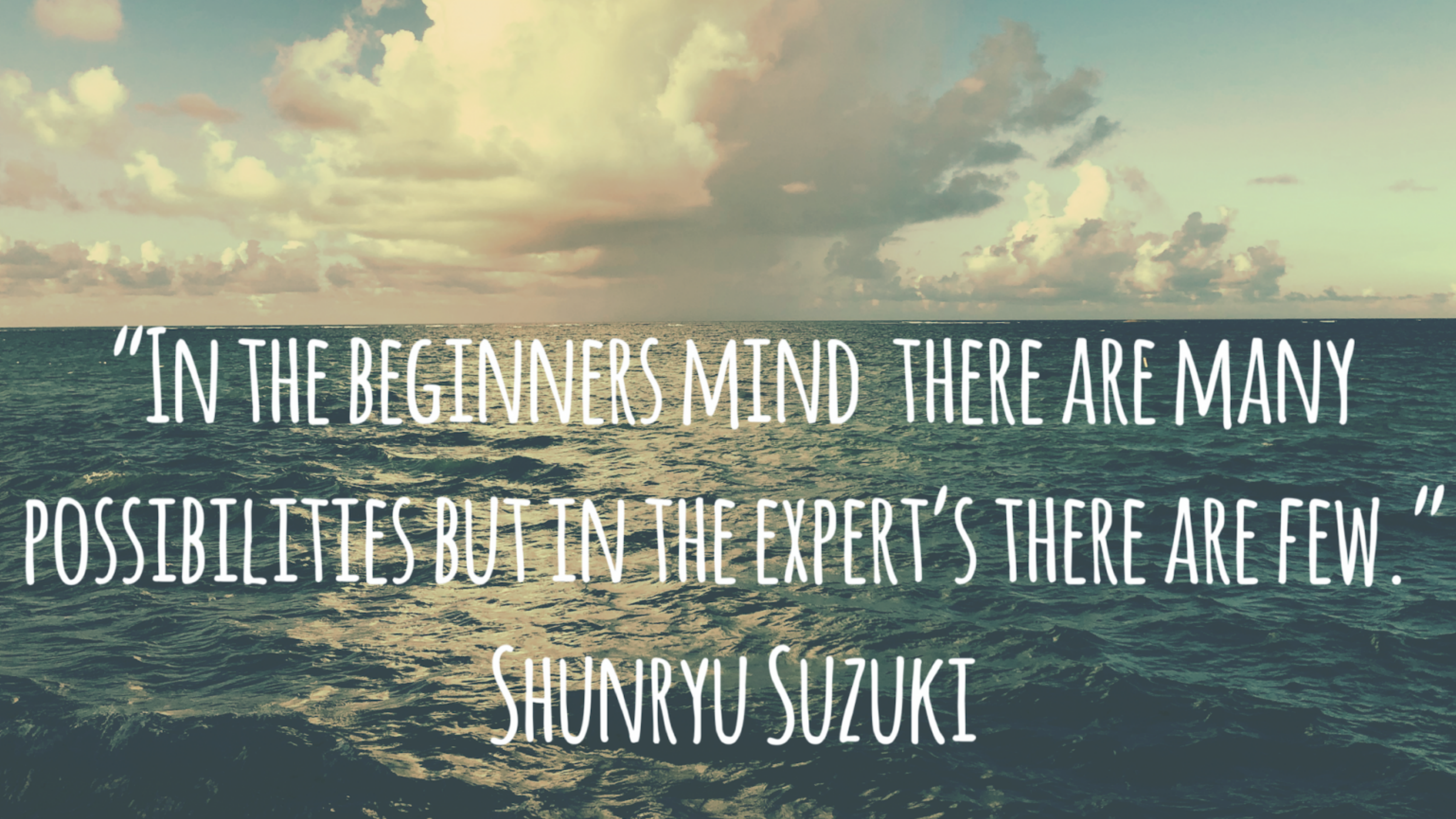
ANTONIO VIVA

Story of Summer AV







A sunset over the ocean with a quote overlaid. The sky is filled with large, billowing clouds in shades of orange, yellow, and blue. The ocean below is dark blue with white-capped waves. The quote is written in a white, hand-drawn, sans-serif font.

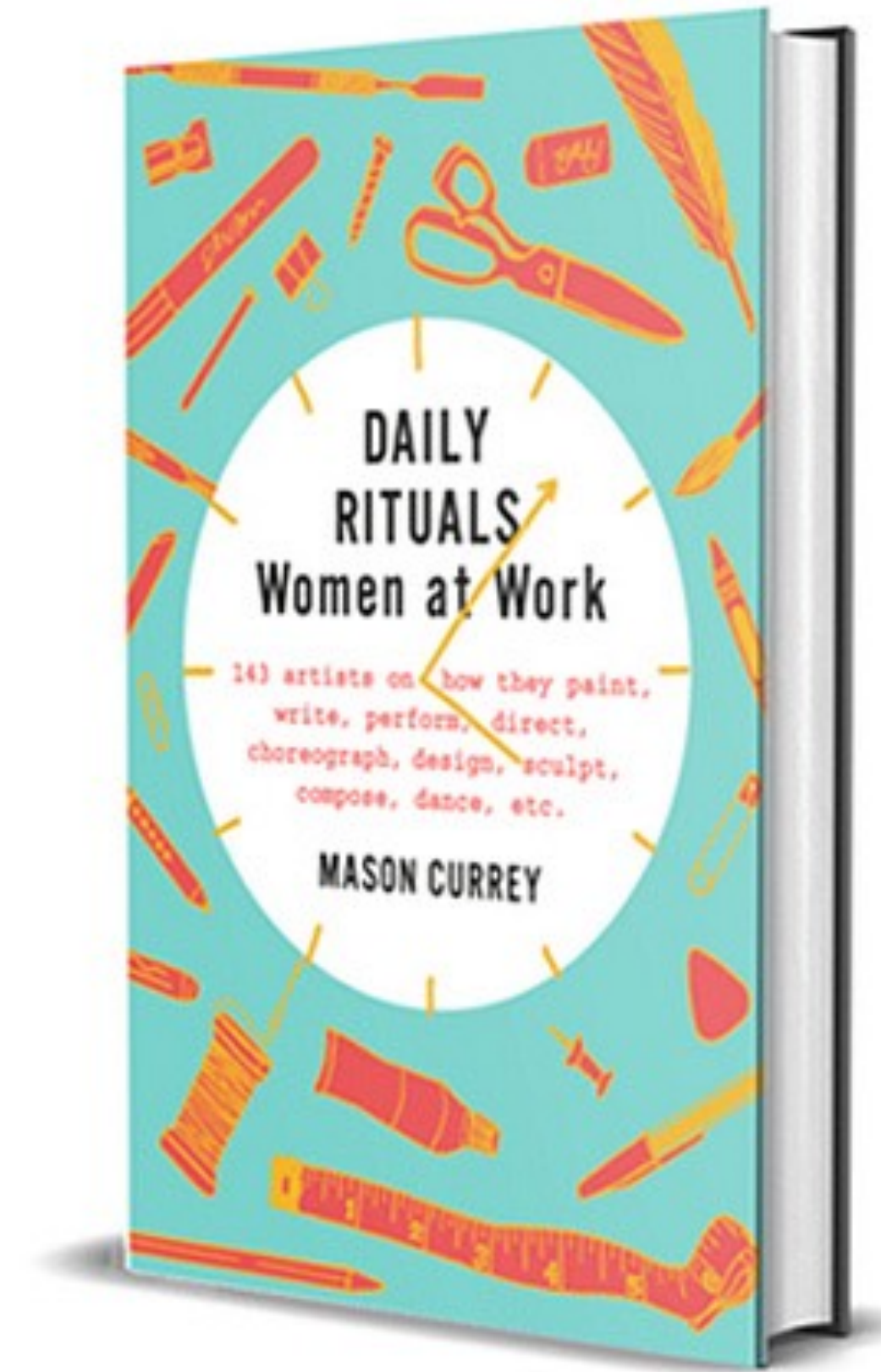
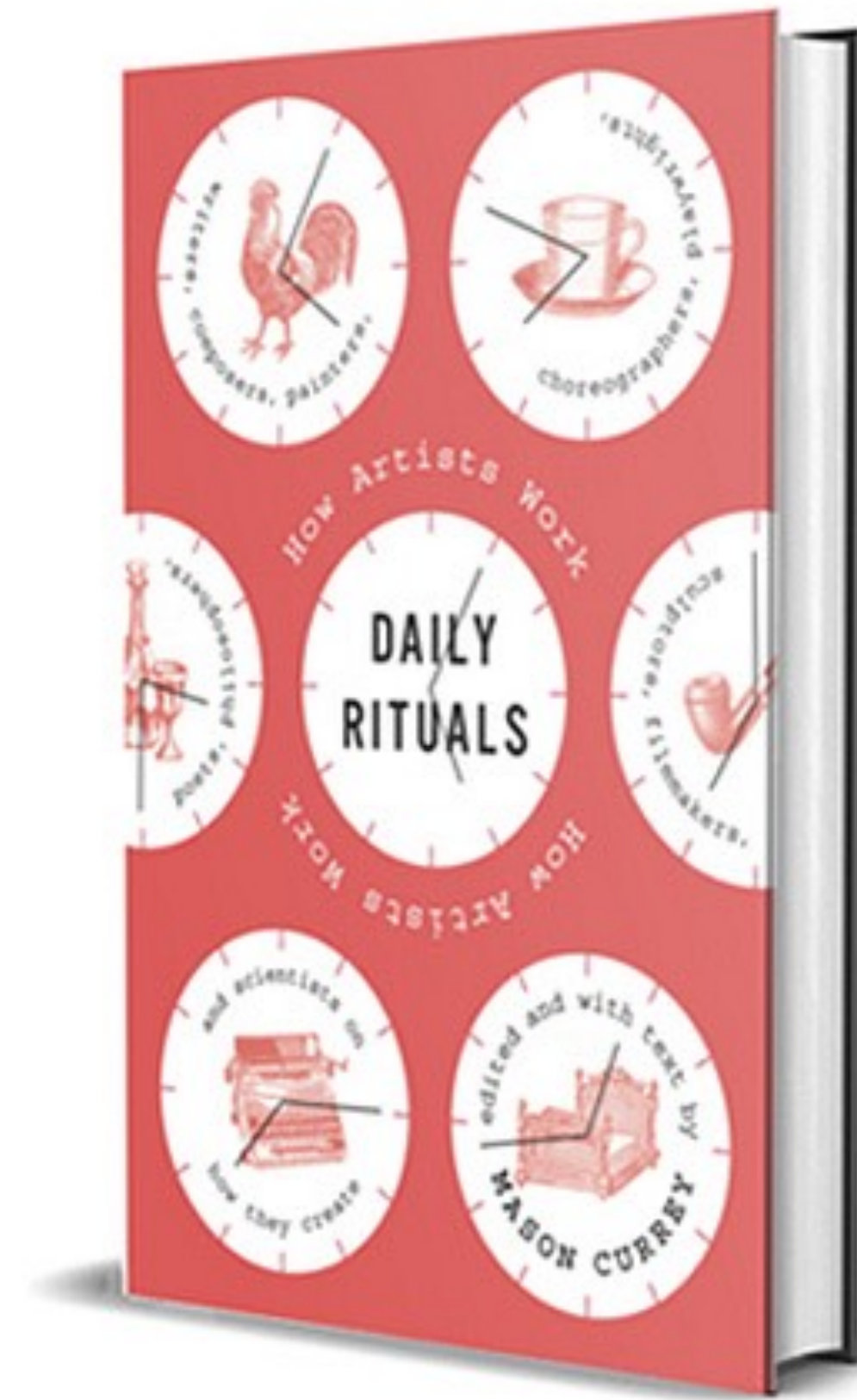
"IN THE BEGINNERS MIND THERE ARE MANY
POSSIBILITIES BUT IN THE EXPERT'S THERE ARE FEW."

SHUNRYU SUZUKI

BENEFITS A BEGINNER'S MIND

- **Deeper Gratitude:** The job has been a lonely place for some time, and it is super easy to lose sight of the many good things you have in your life and in your job. By seeing your life from a fresh perspective, you can appreciate what you might otherwise take for granted.
- **More Creativity:** If you have been in education for some time, regardless of the role, you can appreciate the cyclical nature of school work. This contributes to muscle memory and repetitive thinking. These ways of thinking become ingrained. When you deliberately experience a problem with the mind of a beginner can provide a fresh perspective on existing challenges. You'll explore opportunities that you didn't previously consider.
- **Greater Intention:** When you're familiar with something, it's easy to go into "cruise control". Beginner's mind helps you slow you down to see what you're doing in greater clarity, and avoid the drawbacks of mindlessly "going through the motions."
- **More Fun:** Beginner's mind helps you re-acquaint yourself with the interesting aspects of everything you do. Relive the reasons why you started doing those things in the first place!
- **More Playfulness:** Why did life become so serious? Adopting the mindset of a child can help you get playful, curious, and expansive with whatever subject or activity you're focused on.
- **Greater Curiosity:** The world is a beautiful place, full of wonder and possibilities. But if you view life through the lens of "same crap, different day!" you'll never be open to seeing it.

Writers, composers, painters, choreographers, filmmakers, sculptors, and scientists on how they create (and avoid creating) their creations



Gertrude Stein (1874–1946)

After the outbreak of World War II, Stein and her lifelong partner, Alice B. Toklas, fled Paris for a country home in Ain, on the eastern edge of France. Stein had long depended on Toklas to take care of their living arrangements; in Ain, as Janet Malcolm writes in *Two Lives: Gertrude and Alice*, Toklas “managed the practical details of Stein’s life almost to the point of parody.” A 1934 *New Yorker* piece by Janet Flanner, James Thurber, and Harold Ross described their lifestyle:

Miss Stein gets up every morning about ten and drinks some coffee, against her will. She’s always been nervous about becoming nervous and she thought coffee would make her nervous, but her doctor prescribed it. Miss Toklas, her companion, gets up at six and starts dusting and fussing around.... Every morning Miss Toklas bathes and combs their French poodle, Basket, and brushes its teeth. It has its own toothbrush.

Miss Stein has an outside bathtub that was especially made for her. A staircase had to be taken out to install it. After her bath she puts on a huge wool bathrobe and writes for a while, but she prefers to write outdoors, after she gets dressed. Especially in the Ain country, because there are rocks and cows there. Miss Stein likes to look at rocks and cows in the intervals of her writing. The two ladies drive around in their Ford till they come to

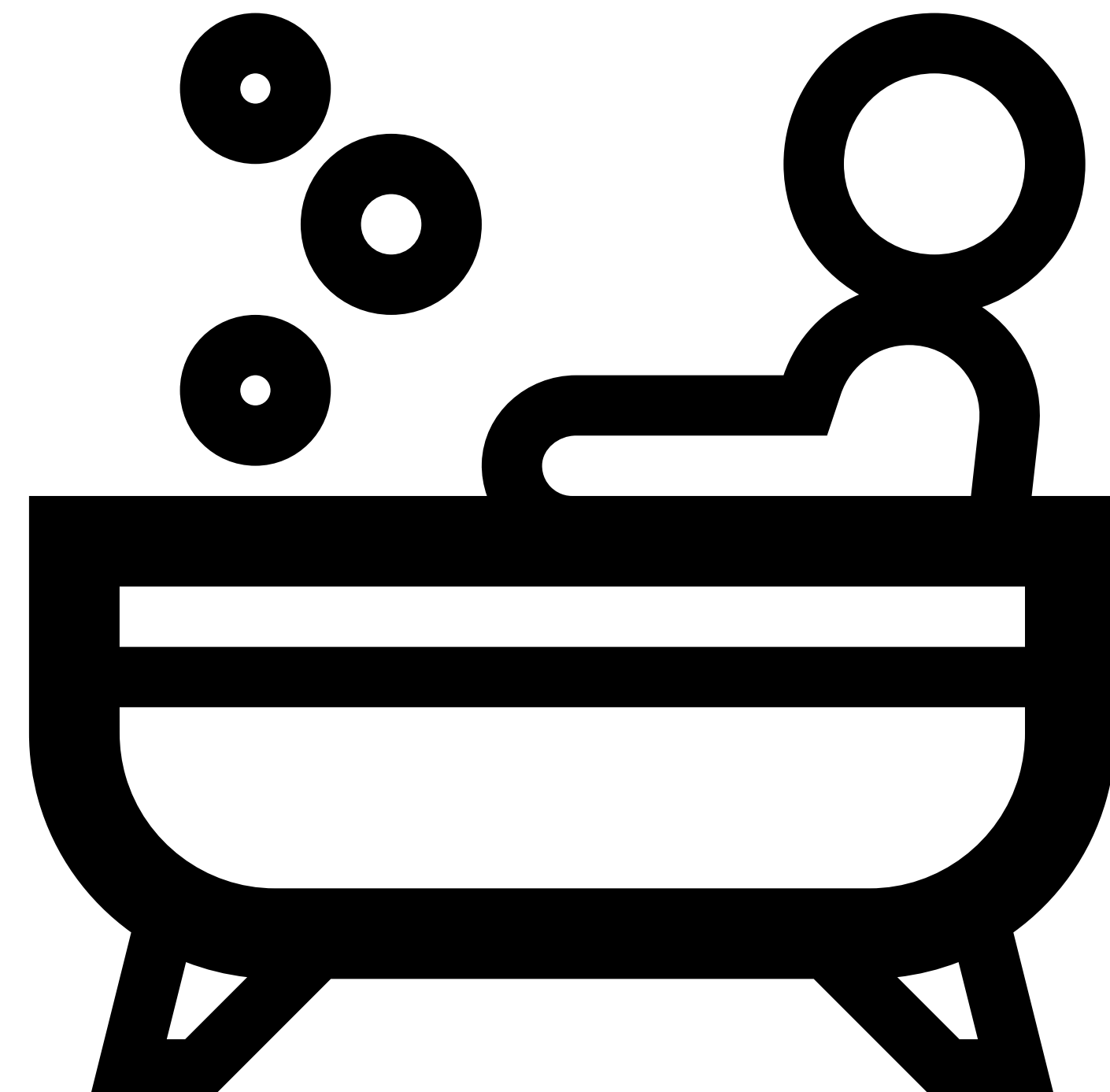
a good spot. Then Miss Stein gets out and sits on a campstool with pencil and pad, and Miss Toklas fearlessly switches a cow into her line of vision. If the cow doesn’t seem to fit in with Miss Stein’s mood, the ladies get into the car and drive on to another cow. When the great lady has an inspiration, she writes quickly, for about fifteen minutes. But often she just sits there, looking at cows and not turning a wheel.



Gertrude Stein, Alice B. Toklas, and their poodle on the doorstep of their house in southern France, 1944 (photo credit 27.1)

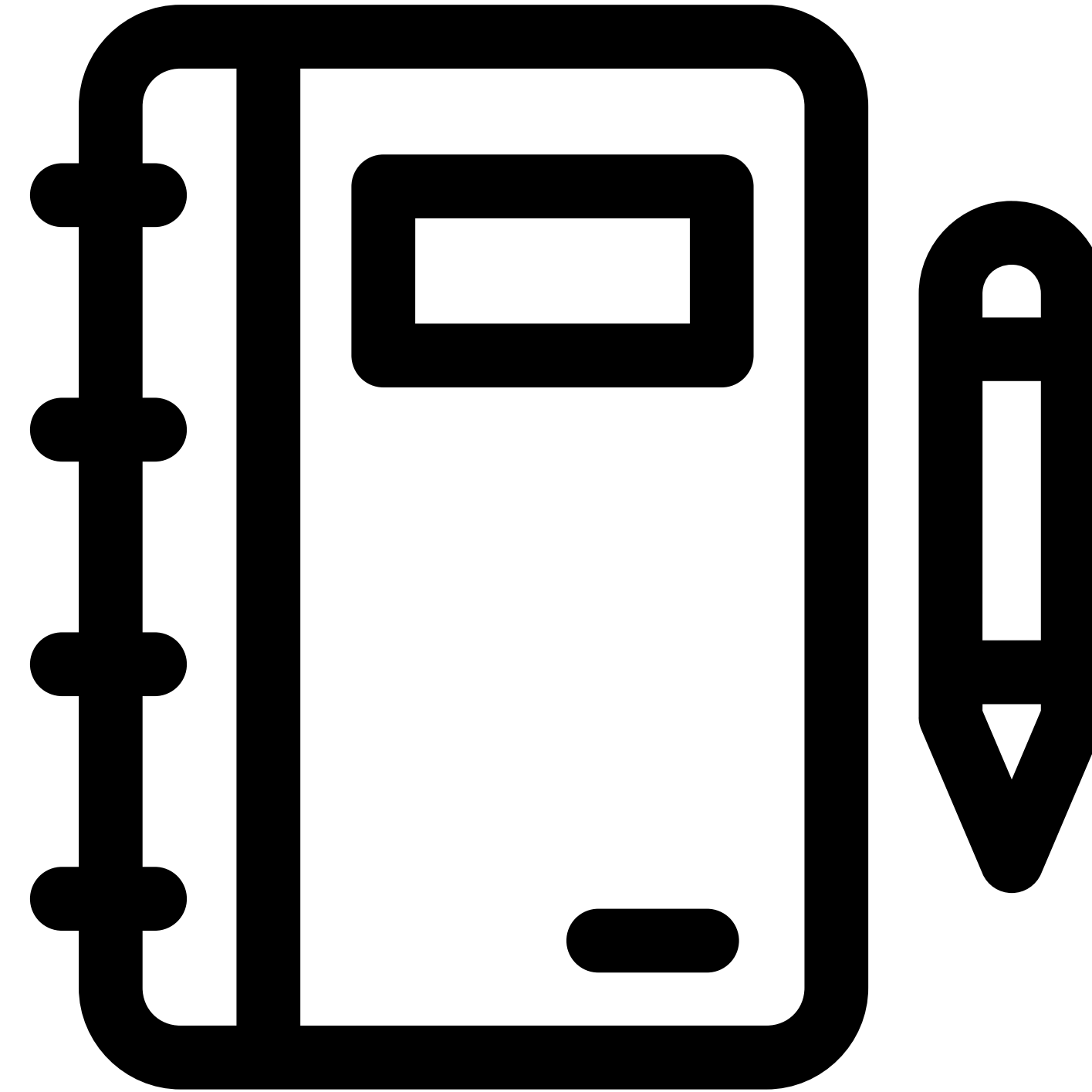
In *Everybody’s Autobiography*, Stein confirmed that she had never been able to write much more than half an hour a day—but added, “If you write a half hour a day it makes a lot of writing year by year. To be sure all day and every day you are waiting around to write that half hour a day.” Stein and Toklas had lunch at about noon and ate an early, light supper. Toklas went to bed early, too, but Stein liked to stay up arguing and gossiping with visiting friends —“I never go to sleep when I go to bed I

Starts with coffee, a bath, and writing. Prefers being outside looking over cows and rocks.



Patti Smith (b. 1946)

“I get up and if I feel out of sorts I’ll do some exercises,” the punk singer, visual artist, and poet said in 2015. “I’ll feed my cat, then I go get my coffee, take a notebook, and write for a couple of hours. Then I just roam around. I try to take long walks and things like that, but I just kill time until something good is on TV.” Smith writes at home, usually in bed—“I have a fine desk but I prefer to work from my bed,” she has written, “as if I’m a convalescent in a Robert Louis Stevenson poem”—or else at a café near her Manhattan apartment. As for television, she is a devoted follower of crime shows, especially the darker varieties, and she sees parallels between their moody, obsessed detectives and the writing life. “Yesterday’s poets are today’s detectives,” Smith wrote in her 2015 memoir *M Train*. “They spend a lifetime sniffing out the hundredth line, wrapping up a case, and limping exhausted into the sunset. They entertain and sustain me.”



Feeds cat, gets coffee, takes a notebook and writes for a few hours. Roams around, takes long walks and kills time until something good is on tv.

Nikki Giovanni (b. 1943)

The Knoxville, Tennessee-born poet grew up in Cincinnati and began writing seriously as a student at Fisk University, in Nashville. After graduating, she borrowed money to publish her first volume of poems, *Black Feeling, Black Talk*, which sold more than ten thousand copies in its first year. Giovanni used the proceeds to publish her second collection, *Black Judgement*, and from then on she made a living as a poet and an activist, relying on book sales, speaking engagements, and teaching gigs to support herself; she didn't have her first "real" job until 1987, when she joined the faculty of Virginia Tech, where she is still a professor. Nowadays, the septuagenarian poet teaches two days a week and writes when she is moved to do so. She has never been a nose-to-the-grindstone, two-hours-a-day kind of writer. "I never had that kind of time," Giovanni said in 2017. "You have to realize, my generation was the Black Power generation. We were always on the go, we always had something to do, someplace we needed to be. So we got used to writing on the go."

Giovanni gets up at 6:00 or 7:00 a.m. "The first thing I do is putter around the house," she said. "And if I've had an idea, or something running through my head, I'll get some coffee and sit down and putter in front of the computer."

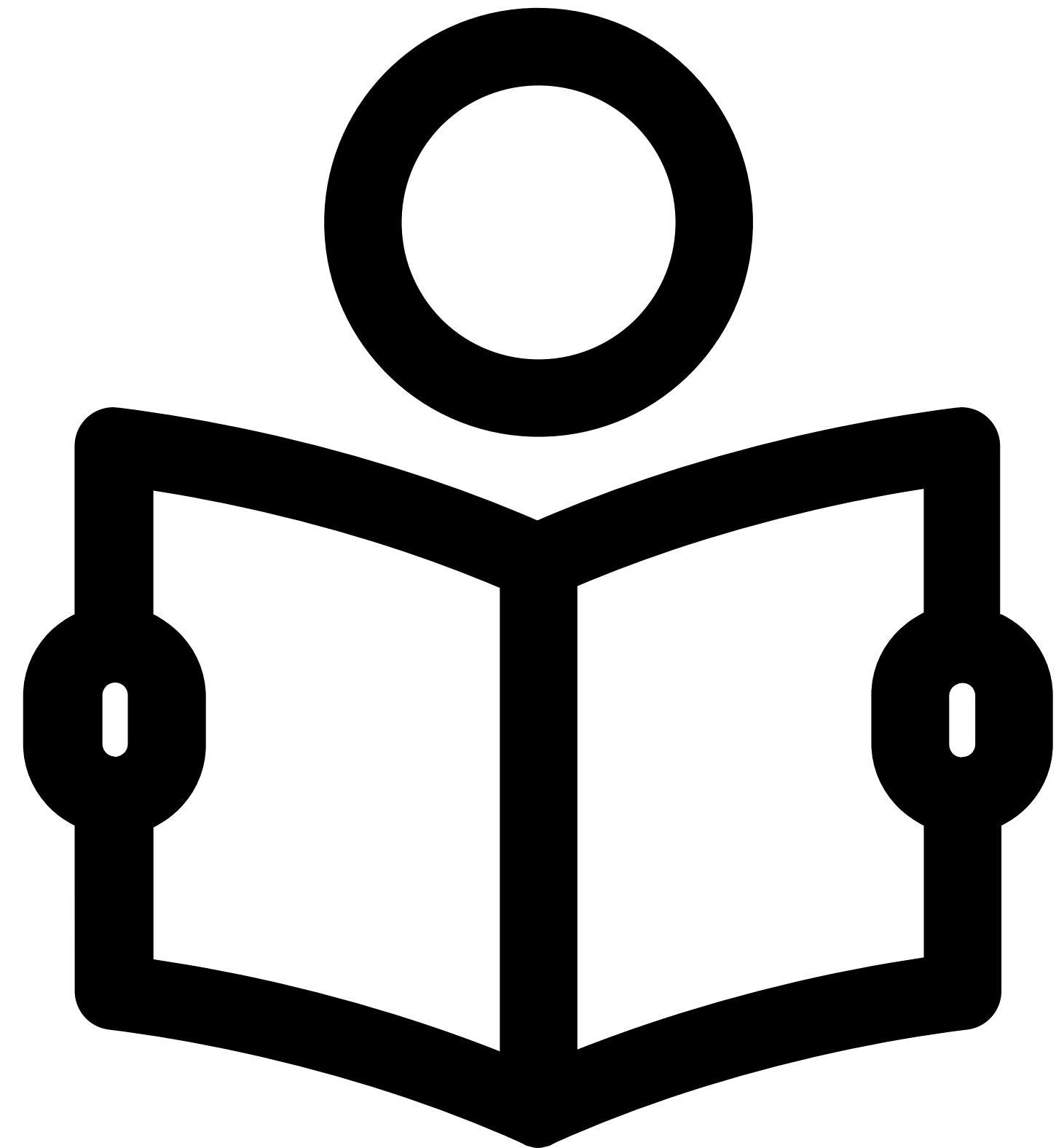
But many days she doesn't write, and she doesn't worry about it either way.

"The only thing that I do every day is I read something," Giovanni said. "Even if it's just the comics pages, I read something. And I say that to my students: I think it's way more important to read something than it is to write."

Giovanni regularly makes notes as she's going about her days, and her writing often grows from those notes. "I don't ever feel pressure to write," Giovanni said. "I get interested." The feeling she has when sitting down at the computer is, she said, along the lines of "Oh, wouldn't it be nice, let's see where this goes." The tricky part is recognizing the difference between what's worth pursuing and what isn't—and not worrying over writing that falls into the latter category. "When it doesn't work, I just let it go," she said.

Giovanni can write at any time of day, but she feels that she's at her best at night. "All things being equal, I'm a late-night person," she said. "Because it's quiet and there's nothing else going on; even the dog goes to sleep. So if I have my way, I'll write from 10:00 or 11:00 until 2:00 in the morning, something like that." Asked if she's ever had writer's block, she laughed. "Never," she said. "If you have writer's block, you're not reading enough. And you're not thinking enough. Because there's no such thing as writer's block. What that really means is you don't have anything to say. And everybody goes through a

Starts the day puttering, gets coffee and putters not the computer. Only constant is that she reads something everyday. Even if it is just the comic pages.



Twyla Tharp (b. 1941)

Tharp is something of an expert on daily routines. The choreographer's 2003 book, *The Creative Habit*, is all about the necessity of forming good, consistent work habits in order to function at a high creative level. Not surprisingly, her own routine is intense:

I begin each day of my life with a ritual: I wake up at 5:30 A.M., put on my workout clothes, my leg warmers, my sweatshirts, and my hat. I walk outside my Manhattan home, hail a taxi, and tell the driver to take me to the Pumping Iron gym at 91st Street and First Avenue, where I work out for two hours. The ritual is not the stretching and weight training I put my body through each morning at the gym; the ritual is the cab. The moment I tell the driver where to go I have completed the ritual.

By automatically getting up and getting into the cab every morning, she avoids the question of whether or not she feels like going to the gym; the

ritual is one less thing for her to think about, as well as “a friendly reminder that I’m doing the right thing.” But the 5:30 cab is only one item in her “arsenal of routines.” As she writes later in the book:

I repeat the wake-up, the workout, the quick shower, the breakfast of three hard-boiled egg whites and a cup of coffee, the hour to make my morning calls and deal with correspondence, the two hours of stretching and working out ideas by myself in the studio, the rehearsals with my dance company, the return home in the late afternoon to handle more business details, the early dinner, and a few quiet hours of reading. That's my day, every day. A dancer's life is all about repetition.

Tharp admits that this schedule does not allow for a particularly sociable life. “It's actively anti-social,” she writes. “On the other hand, it is pro-creative.” And, for her, that daily creativity is sustaining: “When it all comes together, a creative life has the nourishing power we normally associate with food, love, and faith.”



Morning ritual includes putting on workout clothes, hailing a cab and headed to gym.

Carl Jung (1875-1961)

In 1922, Jung bought a parcel of land near the small village of Bollingen, Switzerland, and began construction on a simple two-story stone house along the shore of the upper basin of Lake Zurich. Over the next dozen years he modified and expanded the Bollingen Tower, as it became known, adding a pair of smaller auxiliary towers and a walled-in courtyard with a large outdoor fire pit. Even with these additions, it remained a primitive dwelling. No floorboards or carpets covered the uneven stone floor. There was no electricity and no telephone. Heat came from chopped wood, cooking was done on an oil stove, and the only artificial light came from oil lamps. Water had to be brought up from the lake and boiled (eventually, a hand pump was installed). "If a man of the sixteenth century were to move into the house, only the kerosene lamps and the matches would be new to him," Jung wrote; "otherwise, he would know his way about without difficulty."

spent painting or meditating in his private study, going for long walks in the hills, receiving visitors, and replying to the never-ending stream of letters that arrived each day. At 2:00 or 3:00 he took tea; in the evening he enjoyed preparing a large meal, often preceded by an aperitif, which he called a "sun-downer." Bedtime was at 10:00. "At Bollingen I am in the midst of my true life, I am



Carl Jung, Bollingen Tower, circa 1960 (photo credit 22.1)

Throughout the 1930s, Jung used Bollingen Tower as a retreat from city life, where he led a workaholic's existence, seeing patients for eight or nine hours a day and delivering frequent lectures and seminars. As a result, nearly all Jung's writing was done on holidays. (And although he had many patients who relied on him, Jung was not shy about taking time off; "I've realized that somebody who's tired and needs a rest, and goes on working all the same is a fool," he said.)

At Bollingen, Jung rose at 7:00 A.M.; said good morning to his saucepans, pots, and frying pans; and "spent a long time preparing breakfast, which usually consisted of coffee, salami, fruits, bread and butter," the biographer Ronald Hayman notes. He generally set aside two hours in the morning for concentrated writing. The rest of his day would be

most deeply myself," Jung wrote. "... I have done without electricity, and tend the fireplace and stove myself. Evenings, I light the old lamps. There is no running water, I pump the water from the well. I chop the wood and cook the food. These simple acts make man simple; and how difficult it is to be simple!"

A long time making breakfast, two hours writing, rest of the day included painting, meditating and going for long walks.



CHAPTER 6

COMMUNE COME TOGETHER TO CREATE

TRIBES ARE THE FOUNDATION FOR CREATIVE COMMUNITY

When I was growing up in the northwest section of Philadelphia, in the Mount Airy neighborhood, the kids on my street and one block over formed a tribe. We had roles. We knew where each other stood in the pecking order, and we created our own rituals, artifacts, and space for playing tag and hopscotch, jumping Double Dutch, and knowing whose front stoop we could or could not hang out on.

What made our tribe work was that all of our distinctive personalities were complementary. Our quirky differences were accepted and allowed to sparkle depending on what was at stake and at play. This helped our own unique personalities develop a distinctive edge.

We were also uncannily aware if some kid from a different block—a foreigner—sent over to sniff things out and possibly disturb our flow was *not* a part of our tribe. Sometimes we bumped into these foreigners on the three-block walk to the corner store to buy a nickel bag of “Swedish fish” candy. We had to make a decision as to whether the newer entrant would be friend or foe.

Fast-forward decades later. At 8:30 on Sunday mornings I show up at DanceFit to begin my ritual of a thorough stretch class, followed by a vibrant, sweaty, booty-shaking hip-hop dance class. It is a form of restoration and renewal for me. What most excites me about these classes is that they are my way of getting back into my dance tribe.

I grew up studying dance, but it was difficult to keep up after college. If you’re not trying to audition for a Broadway show, there are few options between advanced-beginner classes for 11-year-old kids and classes for professional dancers in their 20s. Discovering DanceFit has been a lifesaver; it’s a place that reconnects me to a part of myself. Simultaneously, I also started taking social dance lessons in the foxtrot and salsa at the Society Hill Dance Academy, where years ago I also studied tango. I was lucky enough to find two dance tribes.

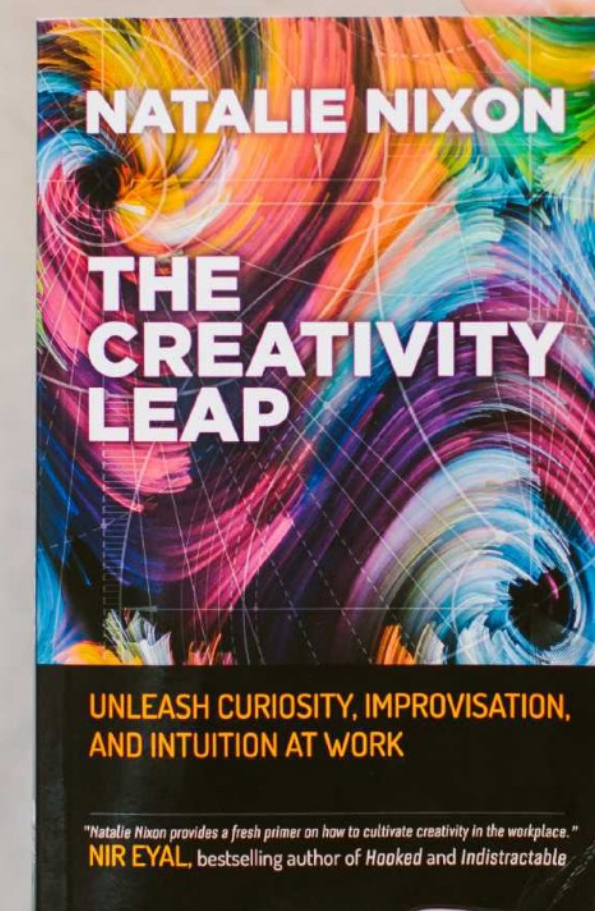
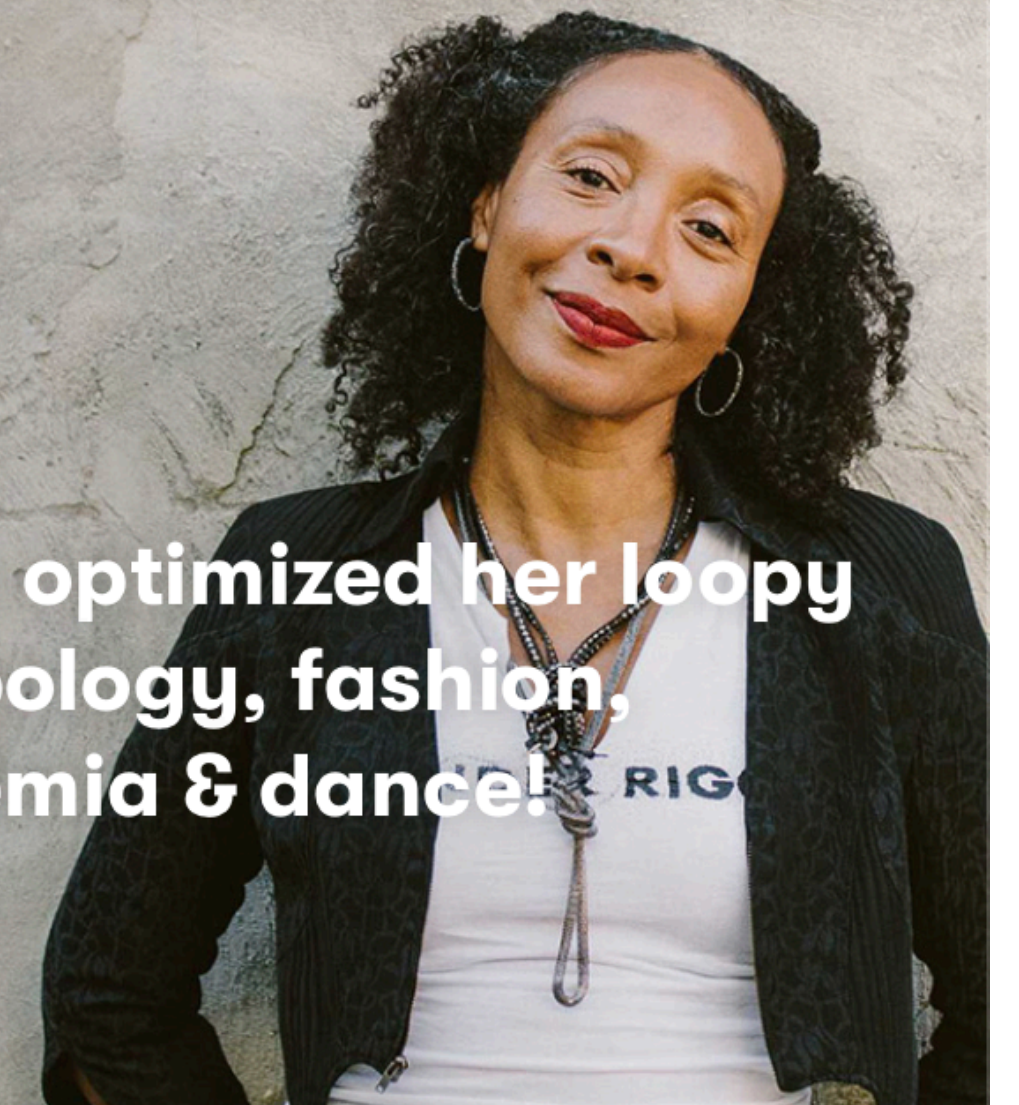


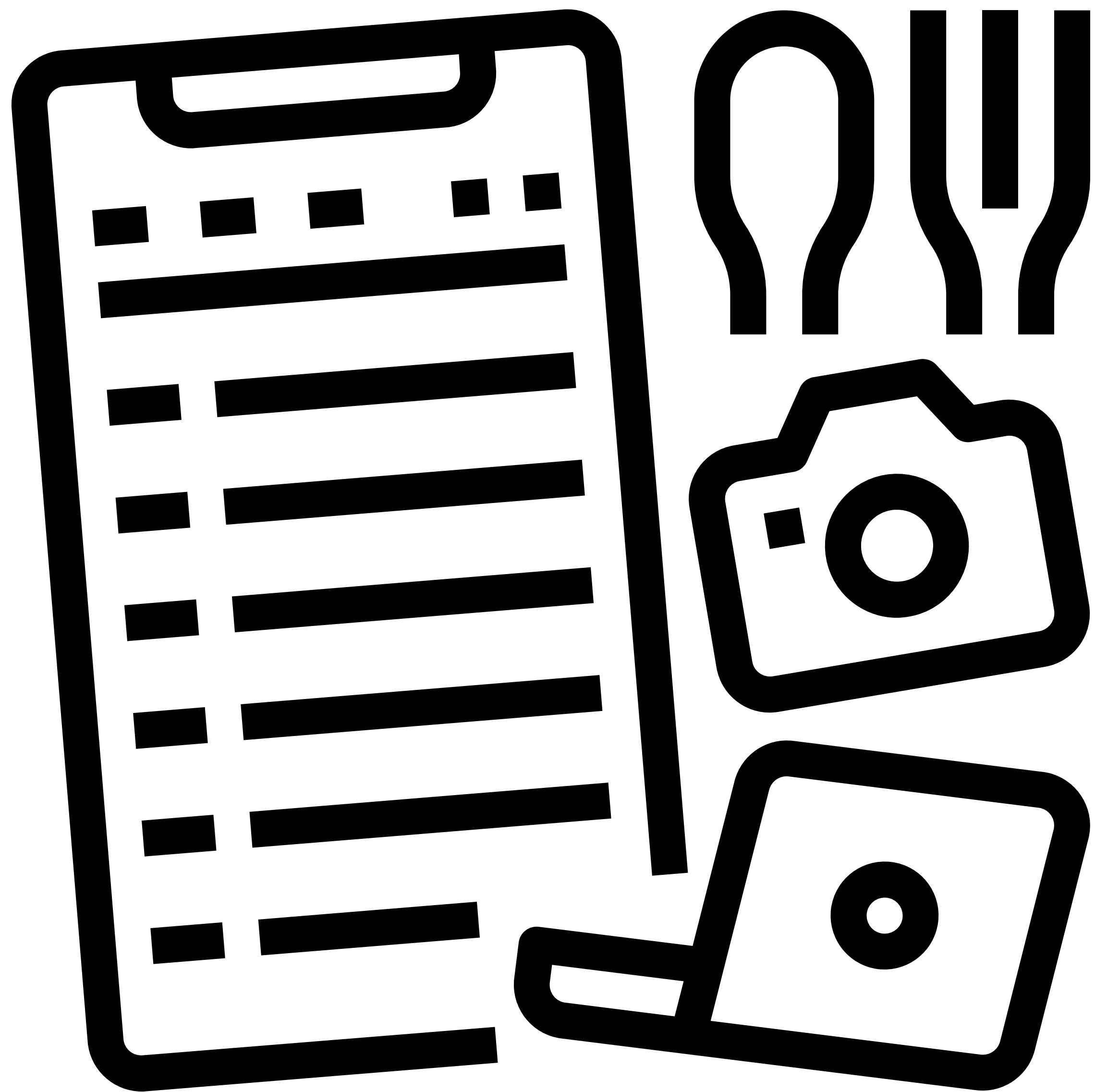
Sunday morning dance class are a way for her to get back to her dance tribe.

“Rituals institute order and rigor into our lives, often with wondrous outcomes. What is a personal ritual you could create for yourself to feel more connected to your work? It could be a salutation you say to yourself upon entering your work space; it could be an object you reference on your desk; or it could be a quick daily walk around the office floor while quietly observing your colleagues and absorbing what they contribute.”

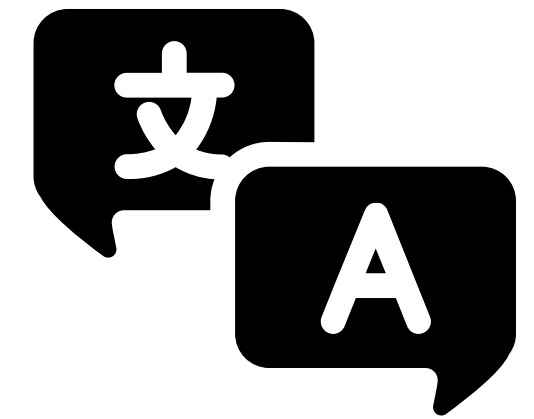
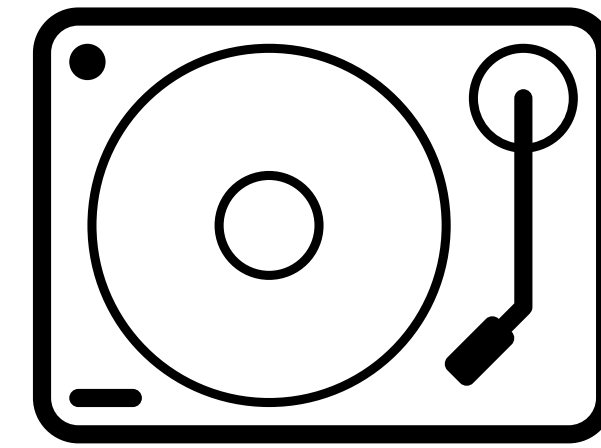
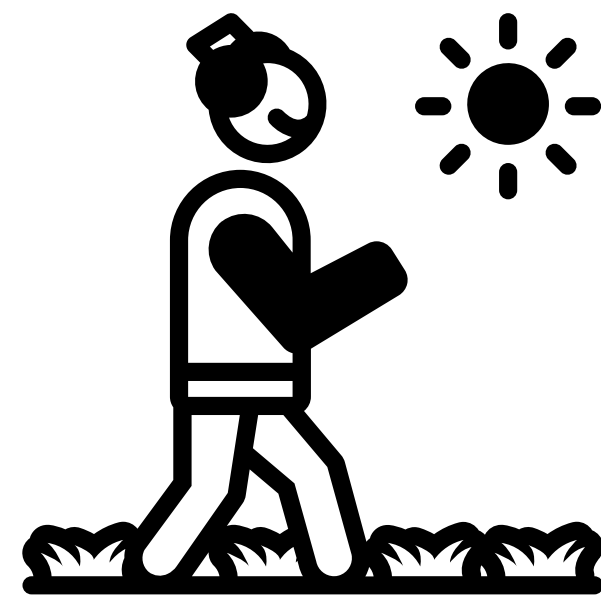
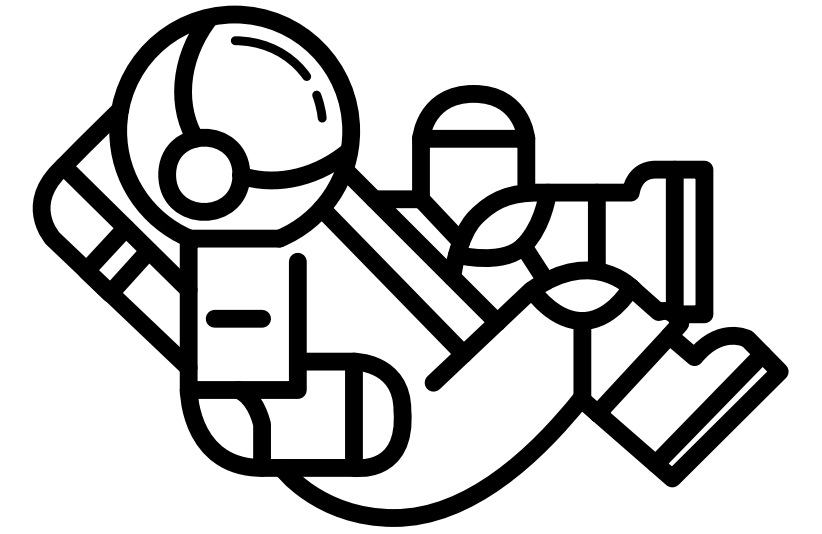
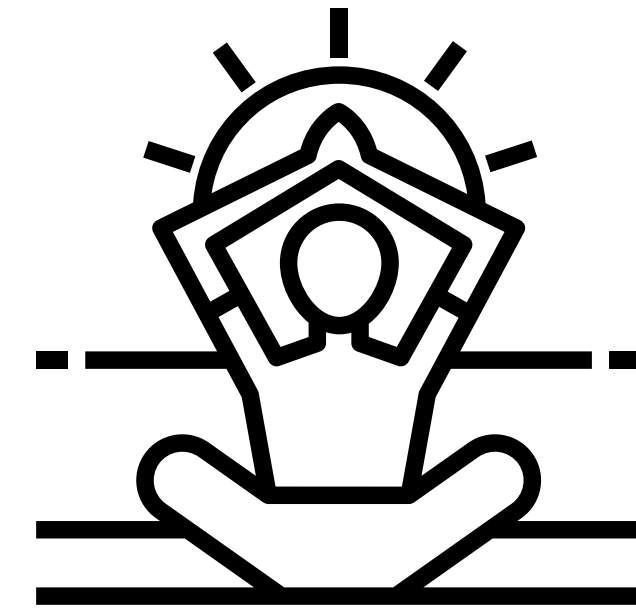
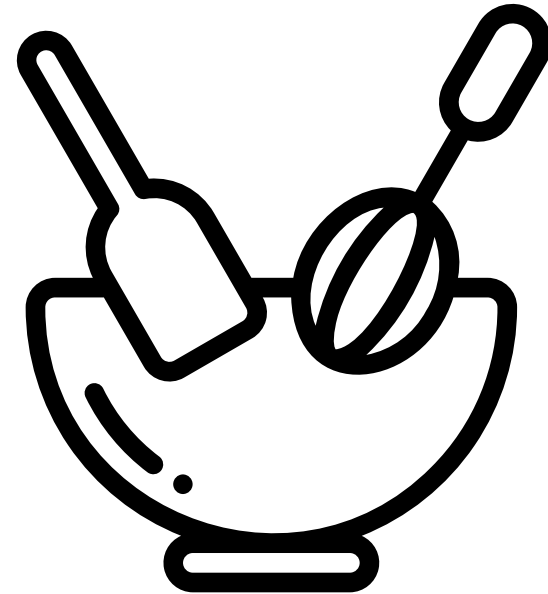
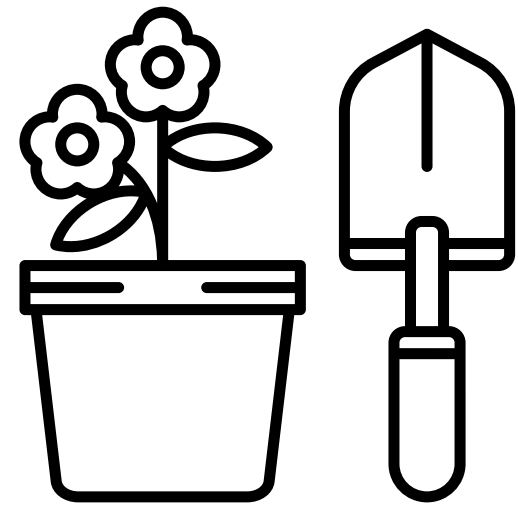
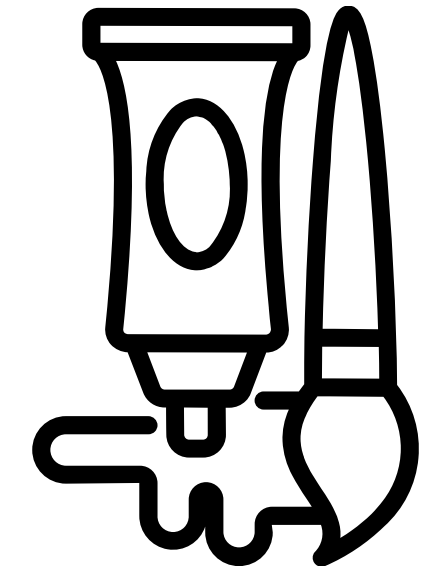
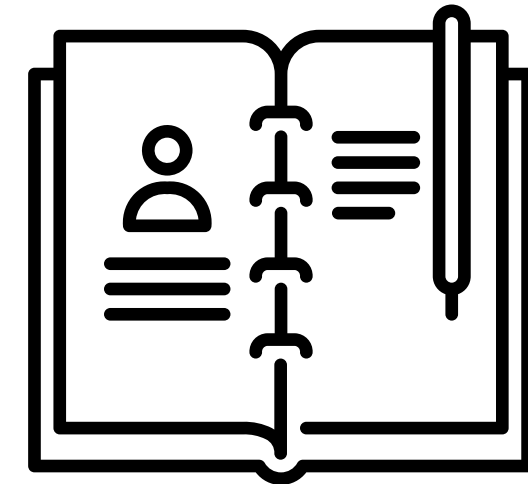
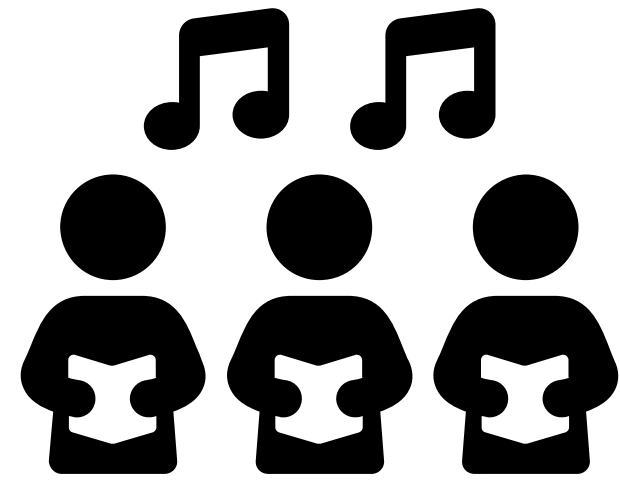
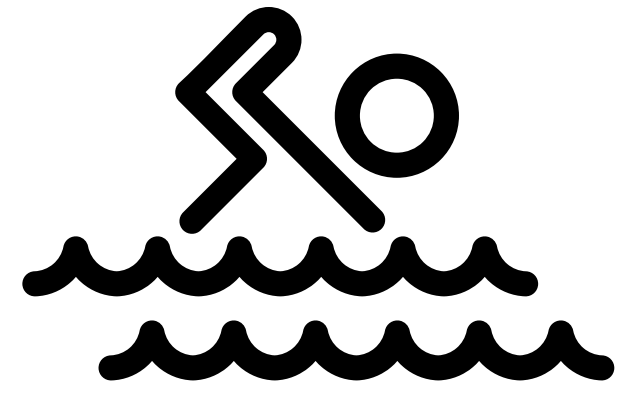
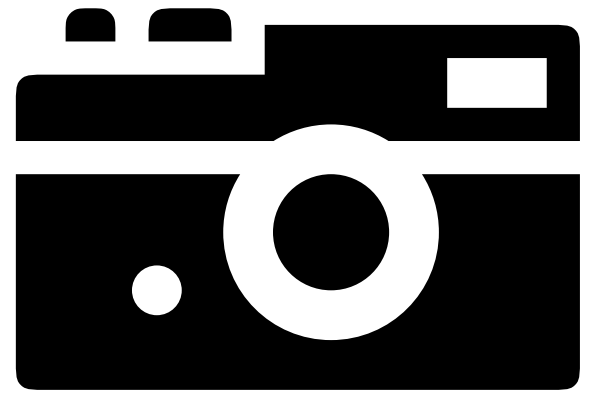
About

A thought leader who's optimized her loopy background in anthropology, fashion, design thinking, academia & dance!





Daily Rituals Summer '23



ELIMINATE

What do you need to remove from your daily routine or schedule?

REDUCE

What do you want to do less of but not eliminate entirely?

RAISE

What do you want to raise or increase time for every day?

CREATE

What do you want to add new time for?

Take 10 minutes to map out and outline your summer ritual, practice and schedule.

Turn to your table and share out what you wrote. Where is the tension? What looks easy to do? What is new?



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Home



Shorts



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ABOUT



No-No Boy - Full Performance (Live on KEXP)

KEXP 40K views · 11 months ago

http://KEXP.ORG presents No-No Boy performing live in the KEXP studio and at Panama Hotel in Seattle. Recorded March 19-20, 2022. Presented as part of KEXP's series Immigrants Songs, with support...

KEXP Full Performance ▶ Play all

Full sessions with interviews



Black Belt Eagle Scout - Full



Rose City Band - Full



Caroline Polachek - Full



Deerhoof - Full Performance



Grace Love - Full



Sleaford Mods - Full

AV DAILY RITUALS

Wake up to cats

Grind, brew, sip

Scroll and Reactivate

Walk and Listen

Prep

Ride

Work Time/Focus Time/Creative Time

Ride

Imbibe

Commune

Unplug

Dream

LET'S PLAY



For me, the Beatles are
proof in the existence of
God

Have you heard of the Mozart Effect from the 90's? This was the first study to link classical music to increased spatial cognition. In 2017, researchers found the effects that different types of music have on creativity. This showed that happy music with high emotions increases creativity. Specifically, it increases the number of ideas. The key is the music needs to have a strong emotional impact and a catchy beat. It is best to listen to your favorite music or songs without lyrics. We all have our happy songs that boost our mood. Scientists now believe that the happy mood accelerates increased creativity.

CAN MUSIC HELP ME AT WORK?

Yes! At The Garage Group, we use music to help you get ideas flowing. We enable non-linear thinking such as *Mind-Wandering* and *Associative Thinking* to move beyond limited thinking by opening our minds and focusing on nothing specific to help us get into the flow. This is great for activating imagination and flexibility. You may even notice that often, as you sit listening to a playlist, your mind ends up far from where you started.

Mind-Wandering helps activate the imagination. This is like putting your car into self-driving mode. It can't be controlled because mind-wandering, and the resulting creativity, happens when we let our mind think freely about nothing specific. These free-form thoughts occur when we stop steering and allow thoughts to flow without conscious control. During this period of auto-pilot driving, the imagination and flexibility networks are activated and working together.

At TGG we provoke *Associative Thinking* to allow the mind to experiment with fitting different ideas together in multiple ways and to connect the dots in

[AN ALL-IN BOOTCAMP](#)

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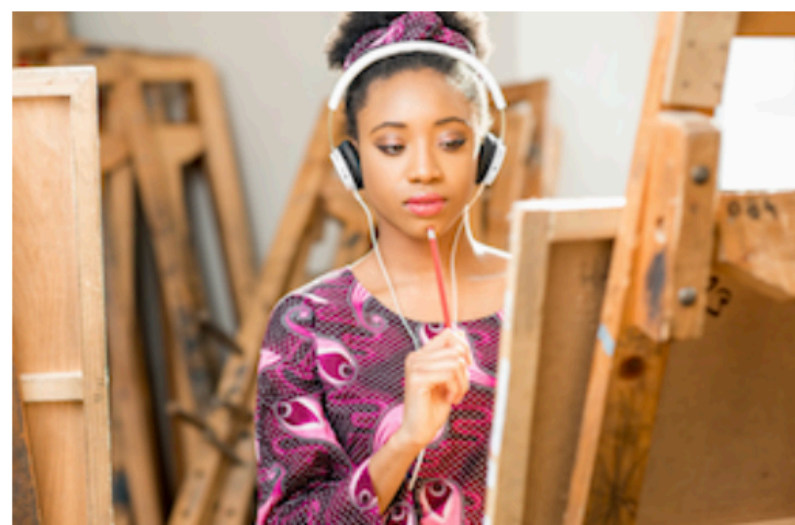
How Music Helps Us Be More Creative

A new study suggests that listening to happy music promotes more divergent thinking—a key element of creativity.

BY JILL SUTTIE | NOVEMBER 17, 2017

In today’s world, creative thinking is needed more than ever. Not only do many businesses seek creative minds to fill their ranks, but the kinds of complex social problems we face could also use a good dose of creativity.

Luckily, creativity is not reserved for artists and geniuses alone. Modern science suggests that we all have the cognitive capacity to come up with original ideas—something researchers call “divergent thinking.” And we can all select from a series of ideas the one most likely to be successful, which researchers call “convergent thinking.”



Though we may not all be equally accomplished at these kinds of thinking, we can all become more skillful in creative problem-solving—whether the problems we face involve figuring out technological challenges at work or the next steps to take in creating a new painting. The question is how.

One new study explores music as a source of creativity. Since music has been shown to improve cognition and enhance learning and memory in other studies, it makes sense that perhaps it has an impact on creative thinking, too.



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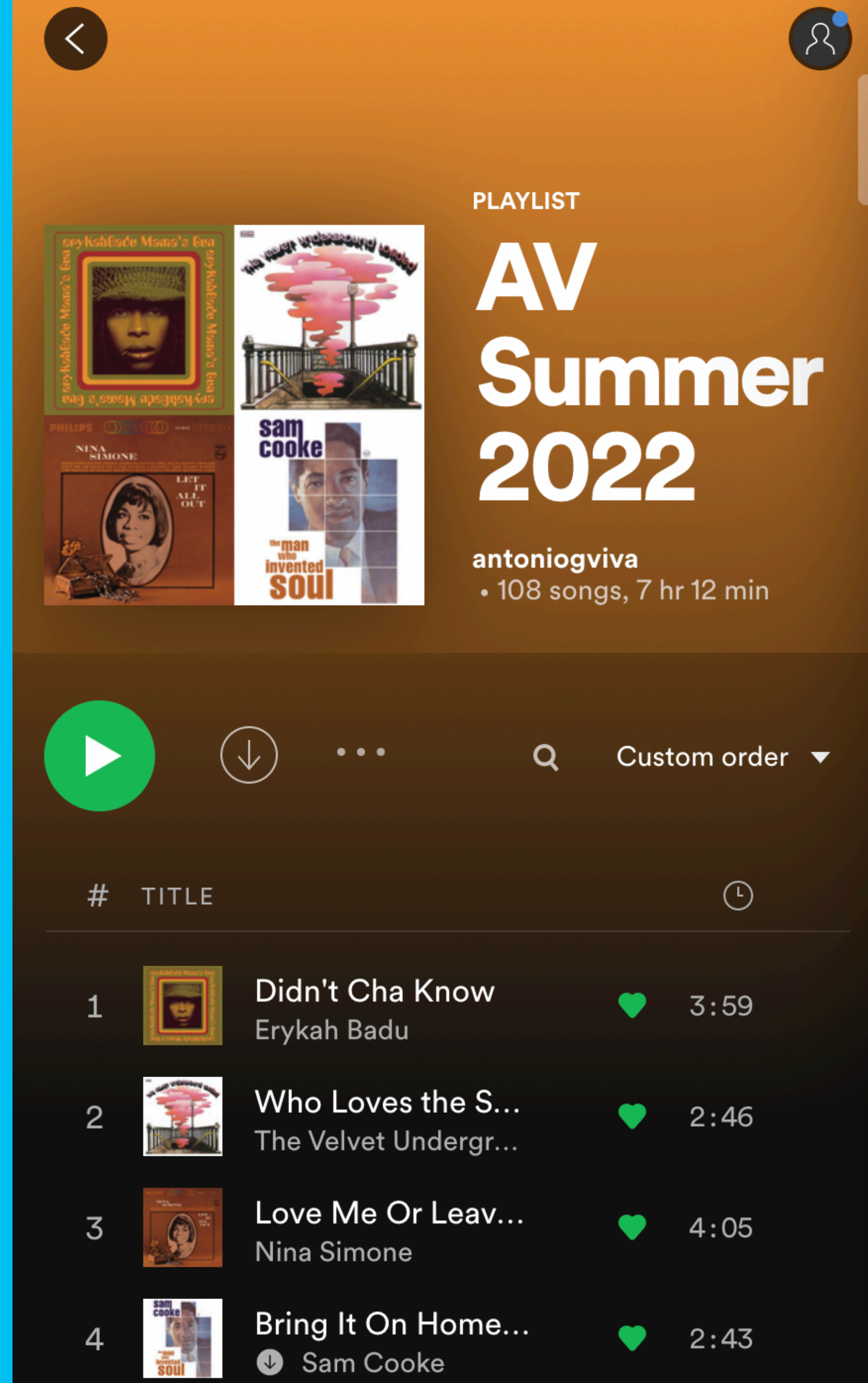


ACTIVITY (15 MINUTES)

CURATE A PLAYLIST FOR SUMMER 2023

- Playlists tell a story
- They capture a moment in time
- A playlist communicates feelings and emotions
- It marks a shift from liminal space into a new beginning
- Choose your platform
- You can write it down if you don't subscribe to Pandora, Apple or Spotify

<https://www.antonioviva.com/playlists>





Emerging from Liminal Space

Emerging from Liminal Space
antonioviva

PREVIEW

- 1 Didn't Cha Know - Erykah Badu (3:58)
- 2 Who Loves the Sun - 2015 Remaster - The Velvet Underground (2:46)
- 3 Love Me Or Leave Me - Nina Simone (4:04)

Top 100 | 2020

Your Top Songs 2020
Spotify

PREVIEW

- 1 Beyond - Leon Bridges (4:00)
- 2 Bad Bad News - Leon Bridges (3:27)
- 3 River - Leon Bridges (3:58)

AV Summer 2020

Summer 2020
antonioviva

PREVIEW

- 1 Green Sugar - Kikagaku Moyo (7:54)
- 2 Dripping Sun - Kikagaku Moyo (7:50)
- 3 Smoke and Mirrors - Kikagaku Moyo (7:16)

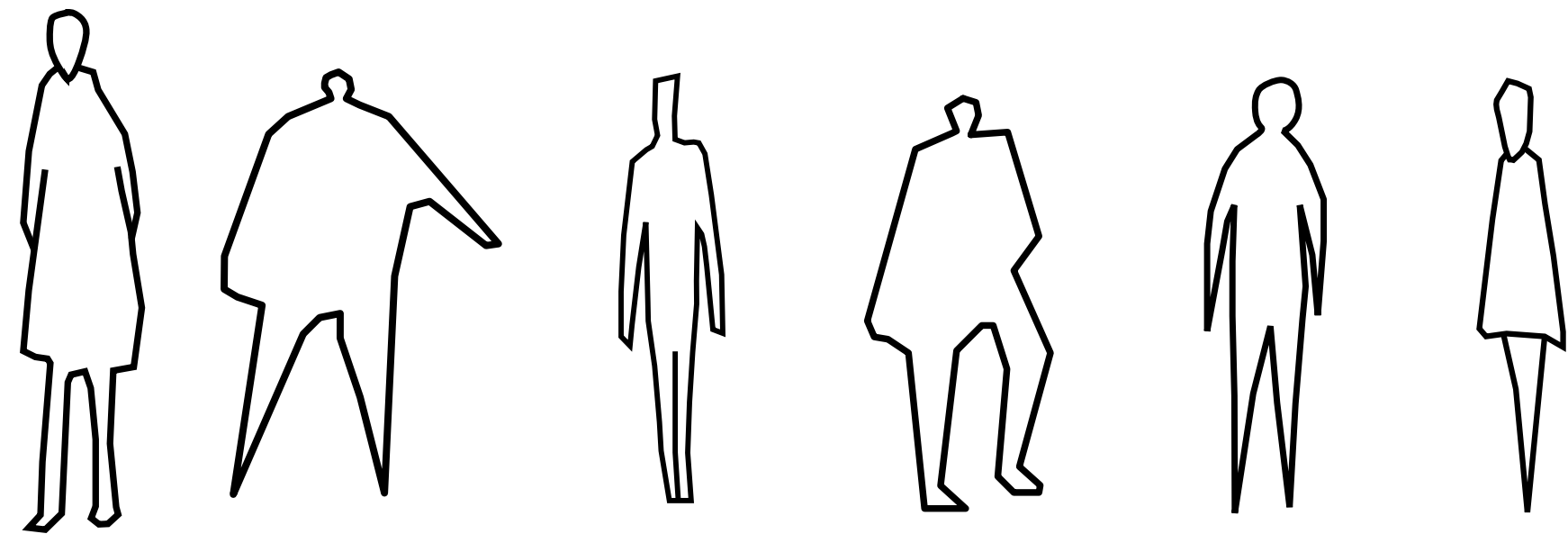
Top 100 | 2019

Your Top Songs 2019
Spotify

PREVIEW

DEBRIEF

- **Why did you choose your title?**
- **What was the first song on the playlist? Why?**
- **Does the list have a theme or is it a genre of music?**
- **As you think about music that can inspire and foster your practice as a creative human being, where will you draw inspiration?**
- **What new music are you not listening too?**
- **Did you pull from a different playlist?**
- **Does a particular song offer a vivid memory? Does it bring joy?**



“Don’t try to be something that you are not.”

“Just start. You will not only learn something about your environment you will learn something about yourself.”





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