

Oct–Nov 2021

EXPAND YOUR CONSCIOUSNESS AS ARTISTS Part I

Online webinars via Zoom

Fri 29 Oct 17.30-19.00 CEST

Charlie Morley

Lucid dreaming: tapping into creative genius

Fri 5 Nov 17.30-19.00 CET

AumRak Sapper

The sacred space of creativity

Wed 24 Nov 17.30-19.00 CET

Simon Tandree

Obstacles to flight: why understanding trauma is the key to creative freedom

O/Modernt is the hub not only of a core group of very special musicians but also artists and thinkers from many disciplines. O/Modernt Academy is an educational platform where young musicians are mentored not only by world-class professionals in their respective instruments but also by the leading thinkers and voices of our time: historians, philosophers, ecologists, theologians, monks and poets to name just a few.

With its aesthetic ideals echoing those of the ancient Greek academies, the O/Modernt Academy aims to nurture the artists of tomorrow to become what the citizens of Ancient Greece called ‘musicians’ – honest, well-rounded, cultured, intellectually open and creative members of society. The academy’s broad range of subjects, teachers and speakers reflects O/Modernt’s philosophy that music, which has its roots in an interconnected web of diverse activities, should be regarded as an arena for ‘Interconnected Musicking’.



Illustration: Didier Mazuru

“Everything is alive, everything is interconnected” —Cicero

omodernnt.com/academy

This autumn, in a series of three webinars, O/Modernt Academy invites you to follow the advice of the eccentric composer Eric Satie and ‘open your head’ to some diverse perspectives on consciousness. Our three distinguished guest speakers will introduce you to a rich array of mindfulness topics and will offer practical advice on how we, as artists, can embark on exploratory journeys of creative self-discovery.



Charlie Morley

Charlie Morley is a bestselling author and teacher of lucid dreaming, shadow integration and the mindfulness of dreams and sleep. He has been lucid dreaming for over twenty years, and in 2008 he was approved as a teacher in the Kagyu school of Tibetan Buddhism by Lama Yeshe Rinpoche. He has since written four books that have been translated into fifteen languages, and he has run workshops and retreats in more than twenty countries. He has spoken at Oxford and Cambridge Universities, the UK Ministry of Defence and Houses of Parliament. In 2018 he was awarded a Winston Churchill Fellowship grant to research the treatment of PTSD in military veterans. He has been the lead consultant on scientific studies into lucid dreaming at both Swansea University and the Institute of Noetic Science. Having formally become a Buddhist at the age of nineteen, Charlie lived at the Kagyu Samye Dzong Buddhist Centre for seven years. In his past life he trained and worked as an actor and scriptwriter before running a hip-hop collective with whom he toured Europe.

charliemorley.com



AumRak Sapper

AumRak, who was born in Guatemala, studied pedagogics, psychology and transpersonal psychotherapy in Graz, Austria. She has studied with and received initiations from indigenous elders from diverse cultures. As a seeker and healer, she works with natural and ceremonial medicine, yoga, the Maya calendars, Reiki, crystals, aromatherapy and music (and she has even toured with shamanic rock bands!). With her great love of nature, AumRak ceaselessly seeks out special places in which she can learn from flora and fauna, and also perform ceremonies as a shaman, blessing mother earth and its inhabitants. As a time-keeper of the sacred Mayan calendar, her vocation is to honour the planet and humanity, and to make herself into an instrument in the service of the divine, harmonising the energies emanating from the four directions and activating the power of ancient sites. In the past 20 years AumRak has led ceremonies and offered workshops in numerous places in Central and North America, Europe and India.

aumrak.com



Simon Tandree

After years of exploring different healing modalities and body works, Simon teaches Qigong as a way of resetting the body, along with Theta and vortex energy healing as a path to emotional and psychological well-being. He also trains budding craniosacral therapists at the London College of Craniosacral Therapy. Simon is fascinated with inner process and how they play out in our lives. His background in classical music, which involved years of touring and performing, has honed his innate knowledge of the mental, emotional and physical stresses and strains associated with demanding lifestyles. Over the years, Simon’s work has taken him around the world and given him insights into different peoples and cultures – experiences that have fuelled his desire to help people who are in search of healing, wholeness and a feeling of security in their own bodies. He trusts deeply in the innate capacity of all of us to heal ourselves, and he is dedicated to creating the safety and trust that are needed in order for this to arise effortlessly in each and every one of us.

embodiedstillness.com

“Open your head” —Erik Satie



Illustration: Didier Mazuru

Applications To apply for one, two or all three webinars, please email Elisa at academy@omodernt.com with a question the webinars may help shed light on.

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