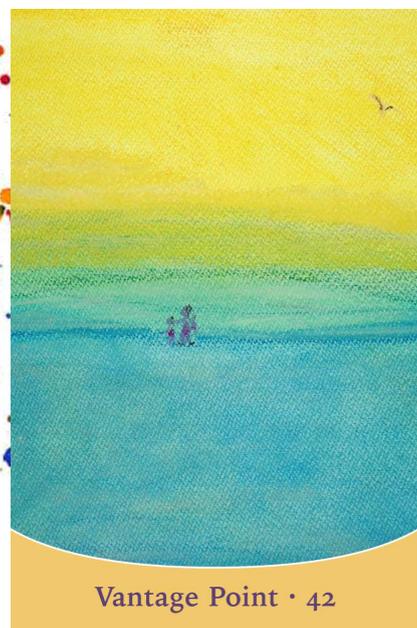


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Kyoto Journal: Well, what exactly happens at Genesis Art Workshops?

Liane Wakabayashi: At Genesis Art Workshops you learn drawing, painting and collage techniques to access intuitive wisdom. You revisit the familiar everyday world and draw subjects that you may have thought you could never draw, like realistic flowers, lifelike trees, children running around in play, even a self-portrait with clear resemblance to yourself. Drawings become a springboard for heart-to-heart sharing. Your intuition knows exactly what you need to draw in order to open up communication from the heart. This is where the deck of 44 Genesis Cards comes in: to help you dig deeper into the message that gave rise to the drawing and share it.

What if you have no interest in or aptitude for drawing?

Whether you believe you have talent or not becomes completely irrelevant in Genesis Art. The aim is to take you out of an imaginary courthouse where you think your art is judged, where you believe there is a right and wrong way of drawing, and enter a state of mind which is free-flowing, joyful, and inspires self-confidence. Genesis Art by its very nature is sociable, and invites meaningful conversation. Talking about aspects of your own art mirrored in elements on a Genesis Card strengthens self-esteem. I believe this

is why so many well into their adult years are drawn to this approach. A drawing created with positive intentions can lead us toward rebalancing and self-transformation, especially when life feels incredibly hard or out of control.

Where did you find the inspiration for this?

In 1995, my husband, Akihiko Wakabayashi, a therapist and teacher of Eastern Medicine, used drawing as a tool in a “Consciousness Training” workshop he was conducting at Akahigedo Clinic. He began by explaining that art could be a powerful tool for visualizing exactly what it is you want to manifest in your life. I drew a self-portrait of a radiant and very pregnant me. I was so intrigued by the power of one drawing to shift my thinking from “Will I ever become pregnant?” to “Look! I have conceived!” Instinctively I could feel that this drawing wasn’t an illustration but more of a blueprint. This became the primary rule of Genesis Art. When you draw, you are literally drawing things toward you with intention, drawing aspirations, dreams and hope into tangible form.

I studied art history at the University of Massachusetts in Amherst and received an MFA in arts administration from Columbia University. I worked more as a commentator on art when I was a feature writer specializing in the arts for *The Japan Times*, in the late 1980s. I never in-