



# WORKSHOPS

*Weaving*  
is the art  
of integration.

Take the journey  
of the weaver, the ancient  
path that harmonizes and  
integrates body, mind and spirit,  
through the weaving of *keyforms*,  
movement, song and story.



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Speaking the symbolic language  
of a thousand generations of women



# WEAVING

THE FABRIC  
OF THE  
SELF

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# Seven workshops explore the Weaving a Life Journey



**T**HE ART OF WEAVING A LIFE is a journey to the source of your choices. It is the apprenticeship to living a conscious and intentional life, and can be part of the preparation for living a spiritual life. It is the process of recognizing, receiving, and living in harmony with our own deepest truths.

The seven patterns are called *keyforms*, because each one is both universal form and ancient symbol. Each represents a choice, a stage in the journey of life, or a rite of passage. These seven *keyforms* map out a fundamental process we follow at any level, with every choice we make, whose structure is rooted in the natural relationship of awareness and action and in our deepest patterns of behavior.

Contact

*Weaving a Life*

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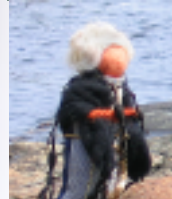
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**1 Amulet: Invocation**  
A call for change. Where words cannot reach, a mythic pattern speaks with your heart through your hands.



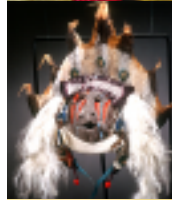
**2 Bowl: Invitation**  
An invitation to receive yourself wholeheartedly.



**3 Doll: Insight**  
The doll carries insight into the meaning and nature of your own soul journey.



**4 Belt of Power: Choice**  
Develop an inner commitment to eliminate what no longer supports your beliefs.



**5 Mask: Identity**  
Weaving a mask initiates you into the possibility of identifying with the enlivening force behind the face you wear every day.



**6 Bundle: Taking Hold**  
The toolkit for the inner journey: learning how to collect the energy of the attention.



**7 Shawl: the Inner Life**  
The practice of living the inner life and balancing it with what you do in the world.

**Susan Barrett Merrill**, fiber sculptor, teacher, and author of *ZATI The Art of Weaving a Life*, holds professional certifications in education, career development and life coaching. She is a pioneer in the field of fiber arts education for people with disabilities, and has represented the United States at symposia on arts and disabilities in Kobe, Japan and Washington, D.C. Susan's Zati masks are widely collected, and have seen performance and exhibition in museums and galleries in the US and abroad, including the Fiber Biennale in Chieri, Italy.



**Weaving a Life Workshops** are based on the seven woven *keyforms* Susan introduced in her book, *ZATI The Art of Weaving a Life*. Each *keyform* explores a stage in the journey of integrating our true values with our daily actions.

The workshops are offered in sequence or individually. **Most participants have never woven before;** experienced weavers will discover unique sculptural tapestry techniques.

- 1-hour seminars
- 1-day workshops
- Weekend workshops
- 1 to 3 week intensives

