

Art, Humor, & Anger — How Can We See People in a Beautiful Way?

Thursday ◆ **Sept. 20** ◆ **10:30 AM**

ANGER is a huge matter in the life of senior men and women, as it is with everyone. We've all felt, "I'm furious and I'm right!" But also, "I get too mad—why am I so angry all the time?" And today there are things seniors are up against which can make for anger. Still, is it possible to be proud of how and why we're angry?

In this lively and deep workshop, Aesthetic Realism consultants Anne Fielding & Jeffrey Carduner bring new comprehension to the subject as they present what they've learned from Aesthetic Realism, the philosophy founded by Eli Siegel, the great American poet and critic. For example, in an Aesthetic Realism lesson early in his study, Jeffrey Carduner was asked by Mr. Siegel, "Do you believe that your chief personal worry is that you can get into a kind of rage where you don't consider the other person?" "Yes," he answered, "that is my chief worry."

The speakers show this crucial fact which distinguishes how Aesthetic Realism sees this subject:

there are two kinds of anger: one right and one wrong, one beautiful, which makes us proud, and one ugly, which makes us ashamed. To distin-



guish between these two is urgent! A passionate instance of anger in behalf of kindness and justice will be read and discussed—Elizabeth Barrett Browning's famous poem "The Cry of the Children." What can we learn from it for our own lives?

Anne Fielding and Jeffrey Carduner are popular speakers in the New York metropolitan area, in Florida and North Carolina. Everyone attending this workshop will understand themselves and others more deeply, get fresh energy and new life!