

What They're Saying

"Your presentation was fantastic. The seniors were so, so happy. You can quote me."

— *Angela King, Program Director,
Rego Park Senior Center, NY*

"All had positive experiences and lasting effects. Participants stated they felt more confident and aware. Thank you."

— *Helen Drakoulis, CSW, Program
Manager, Senior Center, Bayside, NY*

"I wish to express my highest appreciation for the presentations in Aesthetic Realism at RAICES senior centers. Directors of the centers told me these were tremendously useful, lively events. Seniors loved them."

— *Jose Ortiz, MSW, CSW, Executive
Director, RAICES Senior Centers, NY*

"Seniors hear a fresh understanding of themselves, the world, other people!"

— *The Queens Tribune
Queens, NY*

"It was very enlightening! We were learning how to lead more complete, fulfilling lives. We look forward to your return."

— *Senior woman who attended
a workshop in Long Island, NY*

"Insightful and thought-provoking! The seniors stated they felt they gained a better understanding of themselves. Your organization has given so much to them!"

— *Sherry Roldan, Director, Clinic
Nueva Esperanza, Queens, NY*



Anne Fielding teaches with the consultation trio *There Are Wives*, who conduct a monthly class for women at the Aesthetic Realism Foundation in New York City. An award-winning actress, she teaches acting and music, and is director of the Aesthetic Realism Theatre Company.

Jeffrey Carduner, along with teaching senior men and women, is an authority on young men. A consultant of Aesthetic Realism, his important article "The Answer to Youth Violence" has been published in newspapers across America.

Ms. Fielding and Mr. Carduner had the honor to study with Eli Siegel, and study now in professional classes taught by Ellen Reiss, the Class Chairman of Aesthetic Realism.

For bookings contact:

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The Aesthetic Realism Foundation is a not-for-profit educational foundation.

www.AestheticRealism.org

Presentations & Workshops For Senior Men & Women

Given by
Anne Fielding & Jeffrey Carduner
Aesthetic Realism Consultants



- Using Love, the Family & Age to Like the World
- Every Person Can Tell You Something about Yourself
- Love Is for Liking the World
- Memory Shows That We're Connected to the Whole World

Seniors Get New Life!

Since 1994, thousands of senior citizens have attended these workshops—at centers and senior residences in the New York metropolitan area, Connecticut, Pennsylvania, Washington, D.C., North Carolina, and Florida. Through them, men and women get new hope, new perception, as they learn—with magnificent practical immediacy—what Aesthetic Realism explains: the most urgent need of every person is *to like the world on an honest basis*. And these lively and kind talks—with audience participation—show seniors how they can authentically like the world, and what interferes!

Ms. Fielding and Mr. Carduner speak deeply about what they themselves have learned from Aesthetic Realism: there is a fight every moment in every person between the desire to care more for things, see new possibilities in the world, and the desire to have contempt, to get an *“addition to self through the lessening of something else.”*

Seniors are invigorated as they learn how to see the whole world, people, the family, everyday objects, the past, and the opposite sex in a way that is fair, fresh, and really kind—based on the Aesthetic Realism principle stated by Eli Siegel, *“The world, art, and self explain each other: each is the aesthetic oneness of opposites.”* An oak tree, for example, with its graceful, wide-spreading branches and sturdy trunk, puts opposites together—like grace and strength, flexibility and firmness, modesty and pride—opposites we are longing to make sense of in our lives.

And through instances of drama, poetry, and paintings by such great artists as Rembrandt, Van Gogh, Picasso, Renoir—and Grandma Moses—participants are thrilled to see what Aesthetic Realism explains: the questions of life are answered in outline in the art of the world.

These one-hour presentations are:

- *Interactive*, engaging seniors in exciting discussions
- *Flexible*, able to accommodate the needs of different senior centers and living communities

As many people have gratefully said, the workshops are both the *deepest understanding of self*—and a grand, good time!



Anne Fielding & seniors discuss Van Gogh's Portrait of M. Roulin



Jeffrey Carduner & Rembrandt's Portrait of Isaac and Rebecca

The Basis

These principles of Aesthetic Realism, the education founded in 1941 by the American philosopher and poet Eli Siegel, are the basis of the workshops:

- ➔ The deepest desire of every person is to like the world on an honest or accurate basis.
- ➔ The greatest danger for a person is to have contempt for the world and what is in it. Contempt can be defined as “the lessening of what is different from oneself as a means of self-increase as one sees it.”
- ➔ All beauty is a making one of opposites, and the making one of opposites is what we are going after in ourselves.

En Español

The presentations can be translated simultaneously into Spanish by Dr. Jaime Torres (standing second from right below), who is an Aesthetic Realism Associate and an Advisory Board member of the National Hispanic Medical Association.

