

# Self realization is the objective

By LORAIN McCLISH

A young husband and wife team who believe that your attitude is the key to controlling your life have been leading classes geared to provoke self-realization in one's attitudes for about a year now.

They will bring their course, "Adventures in Attitudes," to the Farmington Community Center for the first time when the winter term gets under way at the end of this month.

Larry and Taminie Levitt are adamant about not being called teachers or instructors.

"Self realization is the objective," Levitt said, "so whatever fruits are borne for the participants must come from the individual, they can't come from us."

HIS WIFE ADDED, "If I pointed out an attitude you had that was negative to you, your normal position would be to defend yourself."

"So our projects are designed so you will see yourself in a life situation, and you will discover for yourself what effect your attitude has on your life."

Mrs. Levitt talked about the 74 projects programmed into three-hour sessions over 10 weeks, covering the whole gamut of human relations.

It's a fast paced, mentally stimulating program with leaders taking a passive role, monitoring the time frames, passing out materials and setting up the projects geared to bring self realization to the participants.



TAMINIE LEVITT

Levitt said he and his wife were "ready" for the program originated by "Human Dynamics" (the Michigan offices are in Birmingham) which is dedicated to unlocking human potential.

"We've always been interested in people and people-related things, and we'd both read authors such as Maxwell Maltz, Napoleon Hill and U. S. Anderson before we came upon this."

WHEN LEVITT was asked what he gained most from the classes he attended, he was hard pressed to come up with only one benefit, but settled on "empathy."

"I guess that was the main one," he said. "Seeing people as people and not as things."

"I talk to the newsboy these

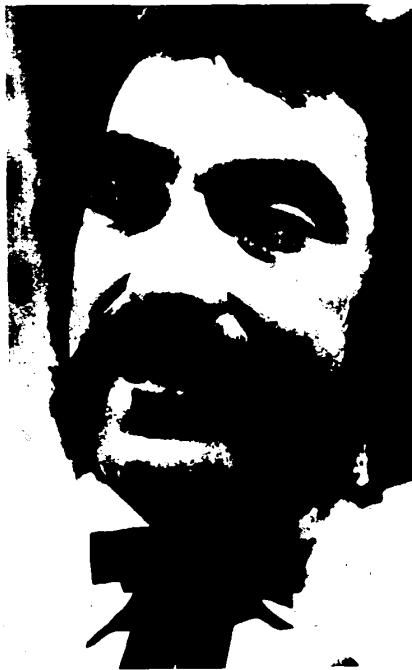
days. I realize he's alone out there having to contend with the weather and not a vending machine to drop coins in."

"This helps you climb out of yourself because you can't understand others until you understand yourself."

Mrs. Levitt answered the question by telling how she straightened out a frustration the couple had in communicating with one another. "But the big thing was how we went away from the classes laughing. It was a great thing to take home and talk about."

"It's a little like hearing yourself on a tape recorder for the first time. It might be disturbing, but it is our discovery and that makes it pleasing."

Her husband added, "Yes, you



LARRY LEVITT

can learn to laugh at yourself. I can't go to take yourself so seriously."

THE FARMINGTON COUPLE are two of six persons in Michigan qualified to lead the program, and possess both letters of testimony and a string of phone numbers former participants have offered to be phoned for recommendations.

One woman told the couple that the program had saved her marriage.

"That is not the purpose of the course," Mrs. Levitt emphasized, "but it did happen."

Then she told of a young man "who was hiding behind his long hair. By the eighth session he had had it cut. He was facing the world

now and speaking out."

The classes are made up of "different ages, different backgrounds, different colors, a true cross section of life," Mrs. Levitt said.

"You can make friends there with someone you may have otherwise considered strange, and this is a very nice experience."

"But the whole thing boils down," Levitt said, "to discovering what attitudes you have and what they are doing to you, and what you can be doing for yourself you aren't doing now."

"Adventures in Attitudes" will start Monday, Jan. 20, and run every Monday 7:30-10:30 p.m. through Mar. 21.

Registrations are being taken now at the community center.

## Japanese Brush painting: a spontaneous art

By SANDY TESSLER

Among the many new adult education classes which will be offered by Farmington Schools in January will be Japanese-Style Brush Painting.

The course, which begins the week of Jan. 13, will be taught by Mary Bowman of Farmington.

Mrs. Bowman, a former art major, studied the technique during three trips to Japan. Twice she went specifically to extend her studies.

She pursued the Zen technique because, in her own words, it is "brief and concentrated" and "simple and tranquil."

The pictures, in shades of grey and black on backgrounds of white rice paper, are mood paintings.

DON HOWELL, director of Extended Studies for Farmington, described the process as the ability "to capture the essence of the subject with just a few brush strokes."

Mrs. Bowman said that five minutes are all she needs to create a framable picture.

Unlike oil painting or drawing, almost anyone can have success with Japanese brush painting.

Certain patterns of "brush training" are taught initially. After this is mastered, according to Mrs. Bowman, "it's like riding a bicycle: once you get the mechanics going, you can do it."

Creating the pictures can become a self-evaluating experience. Because they are done so spontaneously, one's individuality and one's moods are reflected in the work, she said.

"You can do the same subject a thousand times," said Mrs. Bowman, "and it will come out different each time."

"You can paint leaves, for example, but if you are depressed, the leaves will droop. On the other hand, if you are happy, the leaves will appear to be perky."

Mrs. Bowman believes she is the only teacher of this art form in the area. She also teaches graduate art students at the University of Michigan.

### OTHER NEW COURSES



MARY BOWMAN

being offered in January include: Interior Design, Crewel Embroidery, Advanced Photography, Weight Control for Health Protection and Driver Education for Adults.

Two free classes will be offered: Library Research Methods and The Home Library.

Howell recommended early registration and said non-residents are free to enroll.

