



Elemental Shield Work

G26110506

with Elizabeth Warson

November 29–December 4, 2026

Dear Participant,

Welcome. I'm glad you are here.

Thank you for choosing to join Elemental Shield Work at Ghost Ranch. This workshop is an invitation to slow down, to listen closely, and to engage with both the land and your own experience in a thoughtful, creative way.

Ghost Ranch is a protected and storied landscape. As we gather here, we do so with respect—for the land itself, for its history, and for all who have come before us. We will approach our time with care, mindfulness, and an awareness that we are visitors in a living environment that asks for reciprocity and responsibility.

Over the course of our time together, we will explore the idea of the “shield” not as something that hardens or protects through separation, but as a living, responsive structure. Through mixed media assemblage, reflection, and dialogue, you will create a personal form that gives shape to what you are



holding—what needs protection, what can be released, and what remains in motion.

No prior art experience is necessary. This is not about making something “good” or finished. It is about paying attention. You will be invited to gather materials with intention, work with your hands, pause within the process, and engage with the element of earth as a grounding presence alongside your work—always in ways that are respectful of the land and its boundaries.

Our time together will include moments of making, quiet reflection, and shared conversation. You are encouraged to move at your own pace and to participate in ways that feel right for you. This is a space that values respect, curiosity, and care—for yourself, for others, and for the land that holds us.

If possible, bring a few small materials or objects that feel meaningful to you, as well as clothing suitable for working both indoors and outdoors.

I look forward to working alongside you.

Warmly,

Elizabeth Warson



Materials & Supplies (Fiber Focus)

Participants are invited to bring materials that feel meaningful, tactile, and responsive. These do not need to be expensive or traditionally “artistic”—found, worn, and natural materials are especially welcome.

Fiber & Textile Materials

- Fabric scraps (cotton, linen, silk, wool, burlap, muslin)
- Yarn, thread, string, twine, or embroidery floss
- Roving or raw/unspun wool (optional)
- Old clothing, garments, or personal textiles
- Ribbon, lace, netting, or woven fragments

Structural & Base Materials

- A base for your shield (sturdy fabric, canvas, felt, or lightweight backing such as cardboard)
- Small found objects that can be stitched or attached (wood pieces, paper fragments, lightweight items)

Hand Tools

- Scissors (fabric and paper if possible)
- Needles (variety of sizes)
- Pins or safety pins
- Optional: small hand loom, crochet hook, or felting needle



Mark-Making & Surface (Optional)

- Fabric markers, charcoal, or pencils
- Natural dyes or pigments (optional)

Earth Element (Provided)

Earth materials (dirt, sand, clay, small stones) will be provided by the instructor.

In respect of Ghost Ranch as a protected landscape, we will not gather or remove materials from the land. Our work will engage the surrounding environment through observation, presence, and relationship without extraction.

Personal / Found Items

- Small objects, fragments, or materials that hold personal meaning
- Items that represent protection, boundary, or vulnerability

Optional but Helpful

- A small bag or container for organizing materials
- Comfortable clothing for indoor and outdoor work
- A journal or notebook

You do not need everything on this list. Bring what you have and what calls to you. Simplicity is welcome. The process values attention, intention, and respect—for materials, for self, and for the land.



SCHEDULE:

<p>November 29th, 2026 - Arrival & Ghost Ranch Orientation</p> <ul style="list-style-type: none"> • 3:00 pm Check in begins • 5:30 - 6:30 pm Dinner in the Dining Hall • 6:30 pm Ghost Ranch Orientation 	<p>November 30th – Workshop Orientation, and Grounding</p> <p>Morning 9:00 AM - Noon</p> <ul style="list-style-type: none"> • Welcome and group orientation • Introduction to Elemental Shield Work • Establishing agreements: care, pacing, and respect for land • Introduction to optional Circle Journal practice • Brief journaling: arrival, place, and body awareness <p>Evening 6:30 - 8:30 PM</p> <ul style="list-style-type: none"> • Introduction to fiber materials and assemblage process • Exploratory making: texture, layering, and form • Optional journaling: noticing materials and internal responses • Quiet reflection / optional outdoor observation
<p>December 1st – Construction and Inquiry</p> <p>Morning 9:00 AM - Noon</p> <ul style="list-style-type: none"> • Check-in with brief journaling option • Guided prompt: What is mine to hold? What is mine to release? • Begin shield construction <p>Evening 6:30 - 8:30 PM</p> <ul style="list-style-type: none"> • Deepening the assemblage process • Individual support and one-on-one guidance • Optional journaling: shifts, tensions, and discoveries • Pause practice: stopping before completion • Breath and embodied awareness 	<p>December 2nd – Earth, Relationship, and Dialogue</p> <p>Morning 9:00 AM - Noon</p> <ul style="list-style-type: none"> • Optional journaling: grounding and reflection • Introduction of earth element (provided materials) • Exploring placement: shield and earth in relationship <p>Evening 6:30 - 8:30 PM</p> <ul style="list-style-type: none"> • Dialogical process: Self, Shield, and Earth • Optional journaling from multiple perspectives • Optional small group sharing • Quiet integration time

GHOST RANCH



December 3rd – Integration and Closure

Morning 9:00 AM - Noon

- Optional journaling: What remains unfinished? What endures?
- Final adjustments (without pressure to complete)

Evening 6:30 - 8:30 PM

- Group reflection and witnessing
- Optional sharing of shields and process
- Closing circle
- Suggestions for continuing reflective practice

December 4th - Breakfast & Departure