

## Miriam Subirana Vilanova Inspiration and Creativity

*“Miriam Subirana’s brushstrokes, so full of spontaneous vitality and colour, show an aesthetic confidence in a new culture that affirms the possibilities of harmony between being, earth and cosmos. These canvases open us up to a spirituality that flows and gives you encouragement. In Miriam Subirana’s landscapes there exists a thread of hope that delights and makes us brave.”*  
José Ribas. Writer.

**Painter, writer, coach and teacher of personal development.**

### Background Academic

- Doctor in Fine Arts University of Barcelona, Spain, 1991.
- Degree in Fine Arts University of Barcelona, Spain, 1979-1984. 2nd Year at California College of Arts & Crafts, Oakland, California, USA, 1980-1981.

### Complementary artistic education

- Piano courses Teacher: Eulàlia Solé, Spain, 1968-1981.
- Course in drawing and painting Laguna Beach Art School, California, USA, 1979-1980.
- Course in natural life drawing Boston University, Massachusetts, USA, 1979.
- Painting and drawing Escuela de Artes y Oficios de Barcelona, Spain, 1977-1979.
- Chinese painting Berkeley Summer School, Berkeley, California, USA, 1975.
- Five Rythms, Gabrielle Roth. 2009.

### Experience

Themes of my lectures and seminars connected to art

#### 2011-2007

- The arti of thinking. The art of living. Pyramid Sanat. Taksim. Istanbul, Turkey.
- Imagination, Intention and intuition.

- Creativity, Silence and Wholeness.
- Art of imagination, power of clear intention.
- Art to know yourself. Emotional Education.
- True freedom of being.
- Art of thinking positive.
- Getting Back Your Inner Power: Remaining stable, positive and free of influences.
- Coordinator of Twice-yearly encounters with artists dealing with themes such as: "The Awareness of the Artist. The Power of Pure Intention" "From Silence to Dialogue for Action. Intention, Concentration and Determination", "Re-finding the Power of Silence in Artistic Expression".

## 2006

- Co-ordinator and lecturer at the Encounter of Mediterranean Artists "Dimensions of Creativity" in Sant Martí de Sesgueioles, Barcelona.
- Co-ordinator of the Pavilion of International Art, International Peace Festival, Nehru Stadium, Delhi (India). The Artist and the Message: workshop for artists in Lisbon, Portugal. Dimensions of Creativity: workshops for artists in Manila, The Philippines.
- Director of the international seminar "Art and Spirituality" in Athens, Greece.

## 2005

- Bringing Out the Source of Creativity: seminar on the island Aghia Triada, Eretria, Greece. Who Rules in Your Life?: lecture at the Círculo XII de Enero, Santa Cruz, Tenerife.
- When We Change the World Changes: lecture at the IV Jornada Tècnica de les Arts de Carrer organised by FUSIC, SUDOE and FEDER, Barcelona. Lecturer at the "Roda per la Terra" in the framework of the Fira per la Terra, Barcelona. Fear or Trust: lecture at the Saló de Actos del Gabinet Literario, Las Palmas, Gran Canaria.
- Finding Creative Solutions: lecture at the Global Co-operation House, London.

## 2004

- Co-ordinator of the third National Forum of Creativity and the Arts, Barcelona.
- Co-ordinator and lecturer on the programme of "Images and Voices of Hope", Barcelona.

- Live, Flow and Shine. Dissolve Barriers and Blockages: seminar for artists, New York.
- Who Rules in Your Life?" Sydney and Melbourne (Australia), New York, Miami and Orlando, USA.
- Heartistic Expression – Creativity and Expression Without Blockages: seminar for artists at the University of Tampa, Florida, USA. Co-ordination of an international encounter of artists, in Gubbio, Italy. With participants from 13 countries.
- The Power of Pure Intention: seminar in Fischer Island, Miami. Art from the Heart: creative retreat for artists, Wilton, Australia.

### 2003

- Initiation of the programme "Images and Voices of Hope" in Barcelona, at the School for Journalists, with the themes: "Images and Voices that Create Worlds".

### 2002/03

- Co-ordinator of the creation of the Spiritual Love and Wisdom Art Gallery in Agra, next to the Taj Mahal, India. Opened in December 2003.
- Co-operation in the Art and Experience in the Creation of a Spiritual Museum in Agra, Near to the Taj Mahal: ACEA - Association of Artists (Barcelona).

### 2001

- Director and main lecturer at the encounter for artists "The Infancy of Art", Briandes, France. Put the Heart into Art: workshop for artists, San Paulo, Brazil.
- Co-ordinator of the encounter for artists on "Creativity, Communication and Spirituality", in Serra Negra, Brazil. Wings of the Soul: lecture in Belo Horizonte, Brazil. Overcoming Fear: lecture in Santiago de Chile.
- How to Live Without Fear: lecture in Viña del Mar, Chile. Self-esteem and Creative Thinking: lecture at APDE, Barcelona.

### 2000

- The Inner Artist: encounter for artists in Briandes, France. Artist For Peace, Are You this?: Toulouse, France.

### 1999

- Collaboration in the international launch of the programme "Images and Voices of Hope", New York.

### 1998

- Seminar on Art and Creativity for Artists, at the Art and Meditation Gallery, Manhattan, New York.

### 1995/97

- Co-ordinator of the creation of the Spiritual Art Gallery. International Art Gallery at the Academy for a Better World, in Gyan Sarovar, Mount Abu, India. Co-ordinator of the first and second National Forum of the Creativity of the Arts, Barcelona.

### 1993/03

- Member of the organising committee of the International Forum of the Arts in Olbia, Italia. Four were held. Life as an Art: seminar for artists organised by the United Nations Library in Geneva.

## 1992

- Personal Assistant of the Director of the Escuela Massana, Barcelona.

## 1985/88

- Employee of Cultural Institutions, in the Service of Exhibitions of the Department of Culture of Barcelona Town Hall, Palacio de la Virreina, organising different exhibitions and related activities (press conferences, catalogues, etc.).
- Organisation of the "Barcelona Art Triangle", international encounter of artists who worked with sculpture and painting for two weeks.

## 1985/86

- Co-ordinator of a weekly radio programme about present day artistic reality, on Radio Clot.

## Exhibitions

### Solo exhibitions

## 2009/2010

- Recent paintings, exhibition at Sala YesOuiSi. Barcelona

## 2008

- To embrace life: Centro Cultural Olimpo, Merida, Mexico, April.

## 2006

- Beauty and Light: XinHua, Hong Kong.

## 2005

- Resonances: Spyros Vassiliou Museum, Eretria, Greece.
- Sala Plantaciones, Las Palmas, Gran Canaria. Centre Cívic Besòs, Barcelona.

## 2004

- Transfusion of Light: Meditation Center and Gallery, Manhattan, New York.

## 2003

- Harmony: Galería Iris, Barcelona.
- Life, Courage and Happiness: Galería Tulio Gatti, Las Palmas, Gran Canaria.

## 2001/02

- Espaço cultural Yázigi Internexus, Sao Paulo, Brasil. (December 2001–January 2002).

## 2001

- Centre de Recursos Pedagògics de Sant Marti, Barcelona.

## 2000

- Sala Triunfo, Fundación Caja Granada.

- Sala Col·legi Ramon Llull, University of Barcelona. Dedicated to the International Year of the Culture of Peace.

### 1999

- New Paths: Sala Reflexions, Barcelona.

### 1998

- Meditation Center and Gallery, Manhattan, New York.

### 1997

- Fragances: Art Style Gallery, Barcelona. Hospital Germans Trias i Pujol, Badalona.

### 1996

- Galerías del Este, Valencia.

### 1995

- Casa Grogga, Barcelona.

### 1994

- The Excursionist and the Flower: Sala Ateneo, Albacete.

### 1993

- Galería Bennassar, Madrid.

### 1991

- Galería Soler-Casamada, Terrassa (Barcelona).

### 1988

- Sala Sant Jordi, Caixa de Catalunya, Barcelona.

### 1986

- Kultur Forum. Müller-Nielsen GMBH, Bremen, Alemania.

### 1985

- Sala Teatro Trindade, Lisboa, Portugal. Die Weisse Galerie, Colonia, Alemania.

### 1984

- London Hall, London University, Londres.

### 1982

- Sala de Exposiciones Bellas Artes, Barcelona.

## Group exhibitions

### 2007

- Spring. Exhibition of five Spanish artists in Sofía Gaspar Spanish Contemporary Art, Hong Kong.
- Nou Coleccionisme 2007, FAD, Barcelona.
- Nomads of the Twenty-First Century, exhibition about the tree as a symbol of inter-culturalism. Centro Cívico La Barceloneta, Barcelona.

### 2004

- Zona MAC and Horizons of Colours, at the Centro Cívico La Barceloneta, Barcelona.

### 2003

- Gallerie Okologi, Copenhague, Dinamarca.

### 2000

- Artisti in Fiera, 3 Mostra di arte contemporanea, Bologne, Italy.
- Art for the Culture of Peace: Meditation Art Gallery, New York.
- Donart, Casa Elizalde, Barcelona.

## 1996

- Donart, Casa Elizalde, Barcelona.

## 1995

- Donart, Casa Elizalde, Barcelona.

## 1993/94

- Museum City Mörfelden Walldorf. Judisches Museum, Viena, Austria.

## 1993

- United Nations Library in Geneva, Switzerland.

## 1989

- International Fair of Marseilles, France.

## 1986

- Exhibition hall "Om Shanti Bhavan", Mount Abu, India.

## 1980

- CCAC Art Gallery, Oakland, EE.UU.

## Publications

### Books

- Creativity to reinvent your life. O'Books. 2010
- Who rules in your life? O'Books. 2009
- Live in Freedom. O'Books. 2008
- Dare to Live. O'Books. 2008

## 2011

- *Cómplices*. In portuguese language. Editorial Sinais do Fogo, Portugal.

## 2010

- *Cómplices, Más allá de las relaciones de dependencia*. RBA Integral.

## 2009

- *Creatividad para Reinventar tu Vida. Reflexiones sobre el cambio, la intuición y la alquimia espiritual*. RBA Integral.

## 2008

- Libro y CD: *Vivir en libertad. Reflexiones sobre los límites, los sueños y lo esencial*. Editorial RBA Integral.

## 2007

- Book and CD: "Dare To Live. Reflections on Fear, Courage and Wholeness". Editorial RBA Integral.
- *First edition of the book April 2007, with a CD (10.500 copies). Second edition of the book in paperback, December 2007 (70.000 copies). Sixth edition in 2011. First edition in English, August 2008, O-Books, United Kingdom and New York.*

## 2003

- Book and CD: "Who Rules in Your Life. Reflections on Personal Power". Editorial RBA Integral.

- 2004: 2nd edition of the book. 2005: 3rd edition. 2006: 4th edition, in paperback (100.000 copies). 2009 – 6<sup>th</sup> edition First edition in English, August 2008, O-Books, United Kingdom and New York.

## 1998

- Textbook for Teachers II, Values for Living. Edited by AEMBK and UNICEF.

## 1996

- Textbook for Teachers I, Values for Living. Edited by AEMBK and UNICEF.

## 1990

- Responsible for and co-ordinator of the selection of more than 7000 drawings, paintings and photographs, from more than 65 countries, for the book "Visions of a Better World".

## Articles

### 2011-2009

- Articles at the Sunday Magazine of El País, at magazines Donna, Psicología Positiva and others. Columnist at the Magazine The Inquirer of the Pondicherry University, India.
- Some articles: Liberarse de las dependencias, DONNA; Tomar Distancia, Mente Sana núm. 46, Febrero; Creatividad para reinventar tu vida, psicología práctica.

### 2008

- Clarifying the mind: Mente Sana, no. 38, June. Getting Back the vitality: Mente Sana, no. 37, May. Finding the inner power and To embrace the doubt: Mente Sana, no. 34, February.

### 2007

- Getting Back the energy, Mente Sana: no. 31, November. Speak with the Most Spiritual Self: Mente Sana, no. 29, September. Overcome Your Limits: Mente Sana, no. 28, August.

### 2006

- The Happiness of Giving and The Way of Meditation: Mente Sana, no. 20, December. Live with Gratitude: Mente Sana, no. 18, October. Cultivate Hope: Mente Sana, no. 17, September. Find the Inner Mentor: Mente Sana, no. 16, August.
- The Path from Hate to Love: Mente Sana, no. 14, June. Achieving Wholeness: Mente Sana, no. 13, May. Observe, Accept and Meditate: Mente Sana, no. 12, April.

### 2005

- Meditation, the Control of the Mind: Mente Sana, no. 7, November. Yoga to Achieve Balance: Mente Sana, no. 6, October. Positive Thinking: Mente Sana, no. 1, May.

### 1993/94

- Articles in the journal "Espiral de las Artes". "J.M. William Turner and the Sea. Space, the Sublime and the Infinite" (I, II, and III). "The Sea through Painting (I)".

### 1992

- Article "Turner and the Sea", published in the journal "Impressions Paral.leles". Barcelona.