

**Movement Based Expressive Arts**  
**A transformative approach to health, wellbeing and creative living**

**The Level 1 *Ale Moraš* Scholarship Fund**

The Ale Moraš Scholarship is available to a woman from a Black, Asian or Minority Ethnic background who has been accepted on to the Tamalpa UK Level 1 Personal Embodiment training for 2022/2023.

**Value**

£1000

Plus, additional 1:1 mentorship hour's to provide additional support for the award recipient.

**Year of Entry**

2022/2023

**Eligibility Criteria**

- Hold an offer of acceptance on to the Level 1 Personal Embodiment training for 2022/2023 from Tamalpa UK
- A woman who identifies as Black, Asian or from a Minority Ethnic Background and has limited financial resources
- Prior experience in the Tamalpa Life Art Process®. A minimum of a weekend workshop with Tamalpa UK
- Committed to completing all three Levels of Tamalpa training towards becoming a Tamalpa practitioner
- Residents of the U.K. or Republic of Ireland, who are able to attend the programme in the U.K are eligible to apply

**Application Deadline**

14<sup>th</sup> December 2021

**About**

*Ale Moraš* (pronounced 'ala' -'mor' as in 'more' –'ash') is an old saying of the shamans of the Sámi, a nomadic, indigenous people from northern arctic parts of Norway, Sweden, Finland and Russia. It means, "Leave your anxiety behind – do not worry".

More than just a phrase, it is an ancient way of life that is at once spiritual and practical, similar to attitudes held by many indigenous cultures.

Introduced to the benefactor of the Ale Moraš scholarship by a Norwegian Sámi elder, Esther Utsi from Finnmark in Arctic Norway, the fuller meaning of *Ale Moraš* can be understood, in Esther's words, as follows:

**“If you dare to do what is right for you, what you really *want* to do, then you'll have everything you need. And if you believe in this, then you'll see what is right for you. To worry is to close your eyes so you can't see what is right for you.”**

#### **Further details Sámi neo-shamanistic movement:**

For further information about the Sámi neo-shamanistic movement in general and Esther Utsi's life and work in particular, please see, '*Contemporary Shamanisms in Norway: Religion, Entrepreneurship, and Politics*' by Trude Fonneland, published by Oxford University Press.

The Ale Moraš Scholarship also supports the ethos of the Tamalpa Work. Since its early beginnings the Tamalpa Life Art Process® has fostered an inclusive approach to support cultural diversity, social justice and bringing the transformative power of the arts to many communities around the globe.

#### **Further details of Tamalpa Institute's work with social justice:**

<https://www.tamalpa.org/tamalpa-artcorps>

<https://youtu.be/MktP5xtzNSM> ArtCorps film

<https://www.annahalprin.org/biography>

#### **Application Criteria**

The *Ale Moraš Scholarship* was originally created to support Women from underprivileged back grounds to have the opportunity to '**dare to do what is right**' for them by pursuing training in the Tamalpa Life/Art Process®.

For 2022/2023 the fund has been made available to advance equality and inclusion in the international Tamalpa community and will be awarded to a student who identifies as Black, Asian, or from a Minority Ethnic group. Tamalpa UK is mindful that there are a number of complexities around diversity and inclusion within the UK. In referring to Black, Asian and Minority Ethnic groups we aim to highlight racial identities that are critically under represented within Higher Education, a focus this scholarship intends to address.

Applicants for the Level 1 *Ale Moraš Scholarship* must demonstrate in their application that they are aware of the possibilities and benefits of the Level 1 Personal Embodiment training to themselves in terms of self-development, and of the potential beneficial impact of that on their family/community. They know it is the '**right thing**' for them to pursue the training but are prevented from doing so because of financial limitations.

### How to apply

1. Submit your Level 1 application online (see link) <https://tamalpa-uk.org/level-1-application-form/>
2. Complete and fill in the Ale Moraš scholarship form and proof of financial hardship form online here: <https://tamalpa-uk.org/scholarship-and-workstudy-form/>
3. Email a current CV and a personal statement to [info@tamalpa-uk.org](mailto:info@tamalpa-uk.org) in support of your scholarship application, that includes the following points (up to 2 pages single spaced):
  - Why you wish to apply
  - How the scholarship will support you
  - Professional/personal experience in the areas of social engagement or social justice
  - Populations that you are working with and/or would like to work with
  - How and where do you envision applying the Tamalpa work?
  - Do you intend to pursue all 3 Levels of the Tamalpa training
  - Include any professional/personal experience that you feel is relevant
  - Extenuating financial circumstances that you feel should be considered

### Selection Process

Successful applicants will be selected based on the strength of their application, financial need and commitment to all three levels of the training, towards becoming a Tamalpa Practitioner.

Initial shortlisting by eligibility criteria is completed by the Programme Director, all applicants who meet the eligibility criteria are then forwarded to the next stage.

All applicants who meet the basic criteria for the Ale Moraš Scholarship will have their application considered by an awarding panel. All applicants will be notified via email by January 14<sup>th</sup> 2022 if their application has been successful or not.

### Scholarship recipient requirements

- The successful scholarship recipient will be required to submit selected images and poems from their Level 1 Personal Embodiment training to Tamalpa UK for use in public marketing, research papers, presentations or filmed interviews, which illustrate the Tamalpa Life Art Process® and the Level 1 training
- Create an article documenting the Self Portrait Ritual Performance process, including images and poetry

- Write a short article – outlining how the scholarship funds, the Ale Moraš ethos of ‘daring to do what is right’ and the Tamalpa Life Art Process® has informed your life during the Level 1 Personal Embodiment training, documenting any challenges and breakthroughs
- Create a short 5min film documenting how the impact of the Level 1 Personal Embodiment training has informed your life and growth within your family, community or professional life as a Black, Asian or Ethnic Minority Woman.\*
- Record a short 5min Q & A film or podcast, documenting how the Tamalpa Life Art Process® tools have been supportive both in life and during the training\*

The scholarship recipient will not be asked to share material that they wish to maintain private and may remain anonymous.

What and how the work is documented and shared will be discussed and agreed with the individual.

\*Mentorship hours will be allocated to support with documentation requirements.

#### **Post-Qualification requirements:**

- Develop their role as an Ambassador of the Tamalpa Life Art Process®
- On completion of all three Levels of the Tamalpa trainings, the applicant shall commit to ensuring that a financially viable percentage of their professional activity provides Tamalpa work to women from an underserved, under-resourced population from Black, Asian or Ethnic Minority backgrounds with whom they are inspired to work
- Provide Tamalpa UK with media links, images or articles in relation to their Tamalpa work, in order for Tamalpa UK to spotlight their development and the outreach work they are involved with
- Credit Tamalpa UK and the Tamalpa Institute where appropriate across digital and printed media

### Further Scholarship Information:

The Level 1 *Ale Moraš Scholarship* offered by Tamalpa UK is in addition to the Tamalpa ArtCorps offered at the Tamalpa Institute, which for nearly 4 decades has enabled the students, faculty and graduates of the Tamalpa Institute to bring the healing power of creative expression to underserved communities throughout the world.

### To learn more about the Tamalpa ArtCorps visit:

<https://www.tamalpa.org/tamalpa-artcorps>

### To learn more about the Tamalpa Institute scholarships visit:

<https://www.tamalpa.org/professional-training/scholarships>

### Check List

Use this list to help ensure you have completed every part of the Ale Moraš scholarship application process.

Have you	Yes
Filled in the Level 1 online training programme application form & including supporting documents? <a href="https://tamalpa-uk.org/level-1-application-form/">https://tamalpa-uk.org/level-1-application-form/</a>	
Filled in the Ale Moraš Scholarship online form <a href="https://tamalpa-uk.org/scholarship-and-workstudy-form/">https://tamalpa-uk.org/scholarship-and-workstudy-form/</a>	
Filled in the evidence of your household income form online? <a href="https://tamalpa-uk.org/scholarship-and-workstudy-form/">https://tamalpa-uk.org/scholarship-and-workstudy-form/</a>	
Emailed your Curriculum Vitae & Scholarship Personal statement to <a href="mailto:info@tamalpa-uk.org">info@tamalpa-uk.org</a>	
Emailed a letter of reference supporting your scholarship application to <a href="mailto:info@tamalpa-uk.org">info@tamalpa-uk.org</a> ?	