

# Mystic Mountain, Creative Storm

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Film: <https://vimeo.com/249257367>

## Introduction

“Mystic Mountain, Creative Storm” is based on a series of sketches, photographs and stenciled prints developed into a film exploring the beauty of visual form, the eloquence of poetry and narration, and the harmony of ideas born out of a unified storm of creativity (Leski, 2015). This involved a team of individuals who contributed their expertise as print specialists, language translators, voice producers, animators and sound and music specialists. Their efforts were important in showing how the traditions of printmaking could be combined with digital artwork and developed into an art and technology collaboration.

## What Makes Mountains Mystical

I once associated the word ‘mystical’ with a description of Shangri-la, a hidden city on the edge of the Kunlun mountains in China. Shangri-la was described by Hilton (2004) in his novel *Lost horizon* as an earthly paradise isolated from the outside world. It was the description of mountains lost in the mists of time that captured my imagination. My notion of the word ‘mystical’ evolved as I encountered the artwork of Chinese and Japanese masters (Van Briessen, 1962) who painted mountains swirling in a dreamlike atmosphere of clouds and mist. Surely, I thought, this must be the epitome of what is mystical. Elusive, wistful, dreamlike? That satisfied my curiosity at the time.

However, the drawings and paintings of Lawren Harris (Christiansen, 2000) and Reid (1985) brought me closer to things I knew and experienced hiking in the Canadian Rockies. Harris’s ideas greatly added to my understanding and appreciation of mystical qualities. He believed that everything was inextricably linked in a cosmic movement of harmony and that mountains were sacred places with a celestial energy, a life force (Zuk in Sinner and Lowther, 2012). When I think of Mt. Tolmie, an urban neighbourhood mountain where I hike each day, the stories of its origins are filled with tales of upheaval, ice age activity, and Indigenous presence. On one occasion when I experienced the tremors of an earthquake with bedrock shaking under my feet, I knew there were geological explanations for such events but perhaps there are other explanations about energies and forces best left to mystery and the realm of the mystical.

## Protect and Conserve

There are many reasons for stirring my passions when it comes to the protection and conservation of special places in the natural environment, especially when the balance of ecosystems are at stake. My desire to protect mountain ecosystems began in my artistic practice when the United Nations General Assembly (2002) declared the International Year of Mountains in 2002 (Zuk, 2003). This declaration emphasized the promotion and conservation of mountains worldwide. I was fortunate in becoming art-in-residence several years later at Numti-jah located on Bow Lake in the Canadian Rockies (Zuk, 2010). Here I was, surrounded by mountains and

glaciers whose run-off fed into headwaters supplying precious water to the province of Alberta and the city of Calgary. My appreciation of mountains expanded as I began to understand their importance and relationship to rivers, ranch lands, and urban populations.

While I was photographing or sketching mountains, glaciers, and lakes or constructing sculptural tributes, I felt a responsibility to share my thoughts about caring for Nature with hikers, tourists, and employees at the park where I was artist-in-residence. This included conversations about key elements of the United Nations Earth Charter which says that we have entered a critical moment in the history of the Earth and that we must join together to declare our responsibility to one another, to the greater community, and to future generations when matters of protecting the environment arise. Recent events of climate change indicate a 'shake-up' of earth environments with unprecedented storms, wildfires, and rising temperatures. To offset some of these events, I believe we need to change the way we conduct our lives and the way we treat Nature. Boyd (2017) discusses the rights of Nature and indicates that the land was here first and should be accorded the same rights as humanity. There are several nations in the world who have recently adopted policies that push Nature to the forefront regarding decisions about sustainable development. Many changes are necessary for the protection of mountain areas and their ecosystems. Their care and protection are vital to our health and the wellbeing of the planet.

### The Film

I began organizing a selection of my poetry, a wistful and dreamlike story about my relationship with mountains. This included sketches, photographs, and digital painting that formed the basis for a film. I also printed images using 23K gold stencil techniques to see how illuminated elements of the screen could be reintroduced into key areas of the prints. These explorations provided a strategy for exhibiting printed images, poetry, and film together. The latest explorations of film (Zuk, 2017) include a comprehensive set of image development strategies: layering and serializing images, dissolving sequences, and animating scenes.

### Storyboard

The storyboard is essential to the planning and organization process. It provides a master plan for matching the script with images, creating an orderly sequence for animation, and a blueprint for bringing poetic narrations and soundtrack together. It also provides a quick review for checking the horizontal format of images, a 16:9 ratio or 1920x1080 format size required for screened purposes. High resolution images are essential for optimal screening.



*Figure 1. Storyboard.*

### Prologue

The prologue captures the mystery of mountains, their majesty and ancient past. Using English narration and a subtitled French translation, it invites viewers to gaze, reflect and imagine, and become immersed in the meditative and spiritual role mountains play in our lives.

### Mystic Mountain

Mountains, those mystical wonders of the world with ancient stories told in sediment and stone, whose distant past reaches deep into the swirls of mist and time; mountains that connect us with the stars and the far reaches of the universe; holding us spellbound with their majesty and lofty heights; mountains where we can gaze and reflect and imagine, and lose ourselves in reverie. Let every child - let everyone have mountains in their midst.

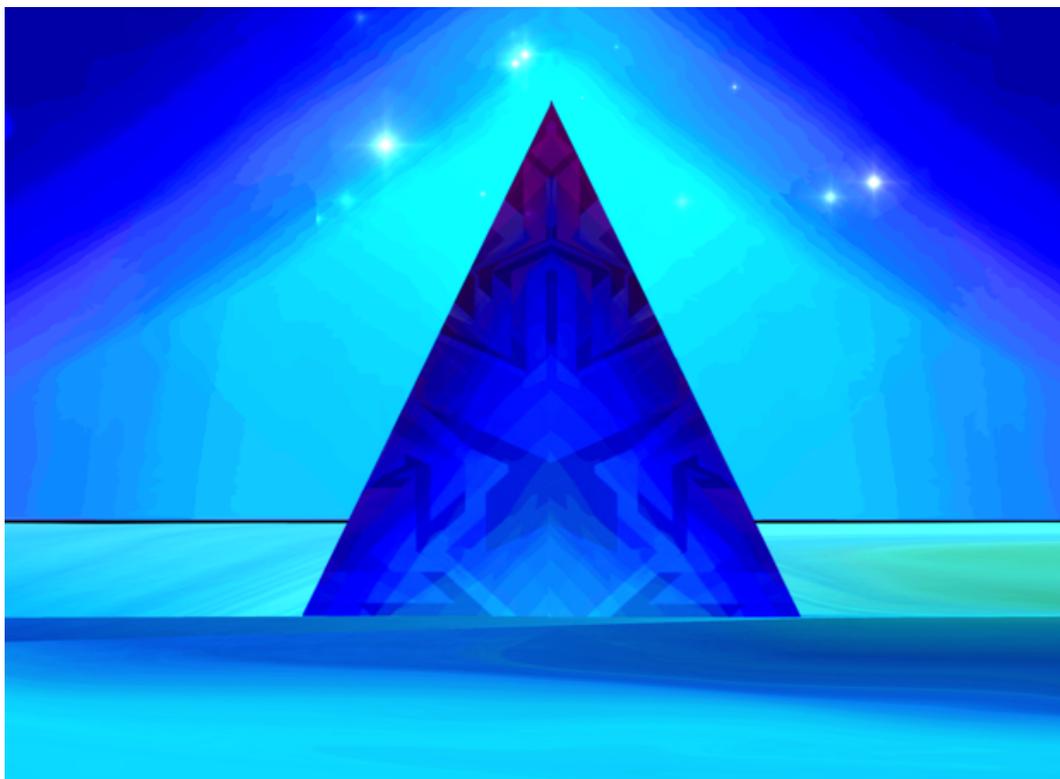
### La Montagne Mystique

A French translation of the prologue honours bilingualism, an important part of Canada's Constitution. The translation also appears in subtitles of the film :

Montagnes, ces merveilles mystiques du monde qui nous offrent leurs histoires anciennes visibles en sédiment et en pierre dont le passé lointain perce profondément le tourbillon de la brume et du temps; montagnes qui nous relient aux étoiles et aux extrémités de l'univers; Qui nous enchantent de leur majesté et leurs plus hauts sommets ; En montagne on peut admirer, réfléchir et exercer son imagination, en plus on peut se perdre en rêverie. Permettez à tout enfant - à tout le monde de profiter des montagnes en leur sein.

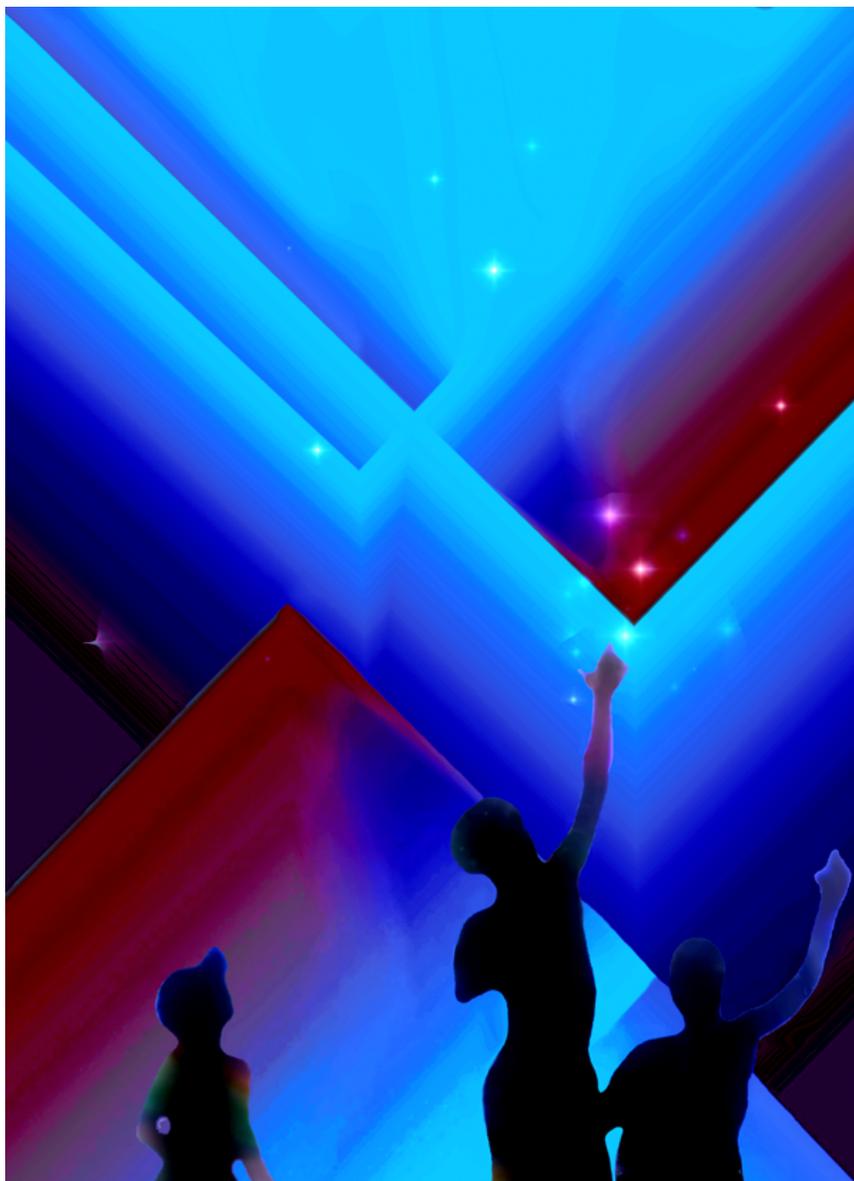
### **Sequence Descriptions**

The triangle is one of the oldest and most widely used symbols and in the symbolization of mountains, it embodies life and vital power. Appearing in an open space of subtle graduated blues with a bilateral, internal geometric structure of bluish purples, a mountain rises to the stars, an epitome of ascension and ethereal connection.



*Figure 2. Spirit.*

Silhouetted children in graduated colours turn their heads towards the skies and reach for rays of light in a scene of glowing stars and red-blue triangles (Zuk, 2013, 2014). This dreamlike cosmic setting with a human presence inspires us to think of stars and cosmic events beyond our reach; a passionate narration invites everyone to have mountains in their midst.



I was eager to create a sequence of artistic sensations, elusive dreamlike creations, inspired by stars and comets and midnight skies. Gliding birds that soared effortlessly in the wide-open spaces of mountains also became an integral part of my poetry. As these scenes became translated into film, a white silhouetted flute player was added as a metaphor for calling everyone to the mountain. Hair blowing in the wind, the flute player invokes the mountain spirits with a haunting lyrical melody that floats through the air.

'Dream' stanzas were reprinted from *Wild grass mountain: The art of gazing and imagining* (Zuk, 2013).

**I dream  
Of towering mountains  
With peaks  
That touch  
The sky.**

**I dream  
Of stars and comets  
And eagles  
Flying high.**

*Figure 03. Cosmic.*



*Figure 04. Awe.*

The mountain landscape shifts from vertical to horizontal in an animated scene that corresponds to the phrasing of the narration “stretch out to the sea”. The music of the white silhouetted flautist calls to the moon and stars. Male and female narrators take turns in voicing ideas. Snow begins to fall. Large and small flakes descend; flurries fill the landscape.

**I dream  
Of  
snowcapped  
mountains  
That stretch  
Out to the sea.**

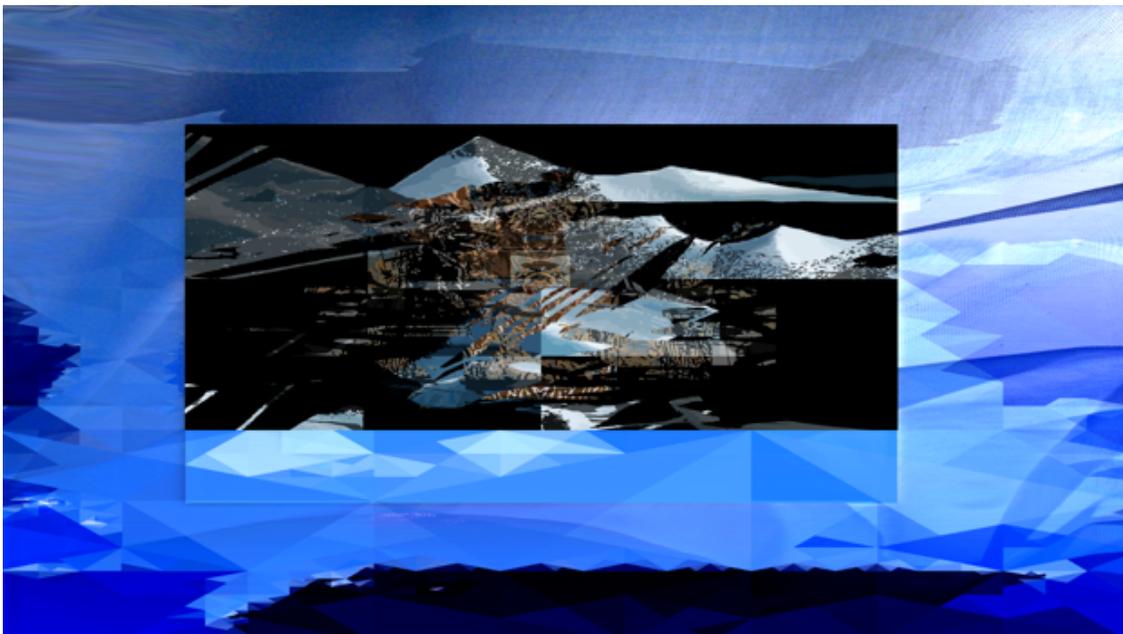
**I dream  
Of all the  
places  
That set my  
thoughts  
Afree.**



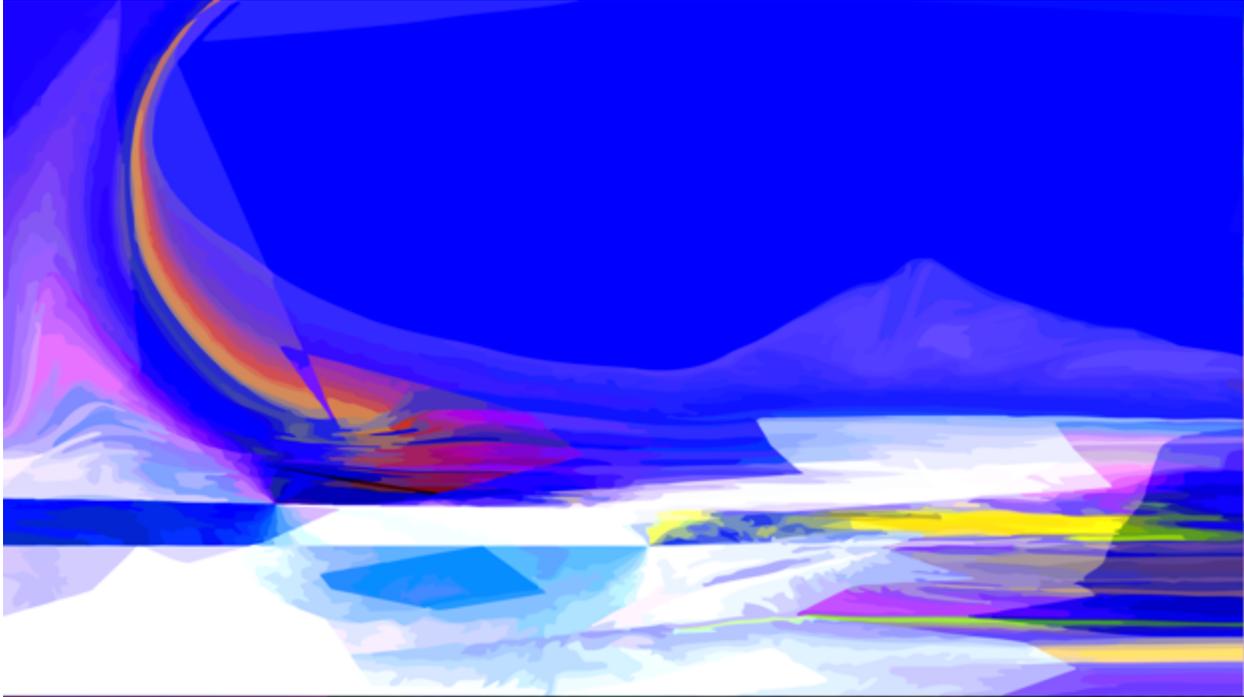
*Figure 05. Calling Moon.*

The voice of the mountain implores us to listen, a narrated whispered voice, hypnotic and endearing. Misty rectangular layers permeate the scene. The ice age, ancient cold and turbulent, dominates the landscape. Snow falls lazily in a blanket of white.

Mosaic images of rock and snow appear in a series of diagonal sloping scenes that correspond to the words of the narration. Slopes transform into an ice filled scene; a red-orange arch with a misty blue mountain is embedded in the snowy landscape. The beauty of the scene slows our thoughts, opens our senses, and sets the stage for becoming ‘one with Nature.’



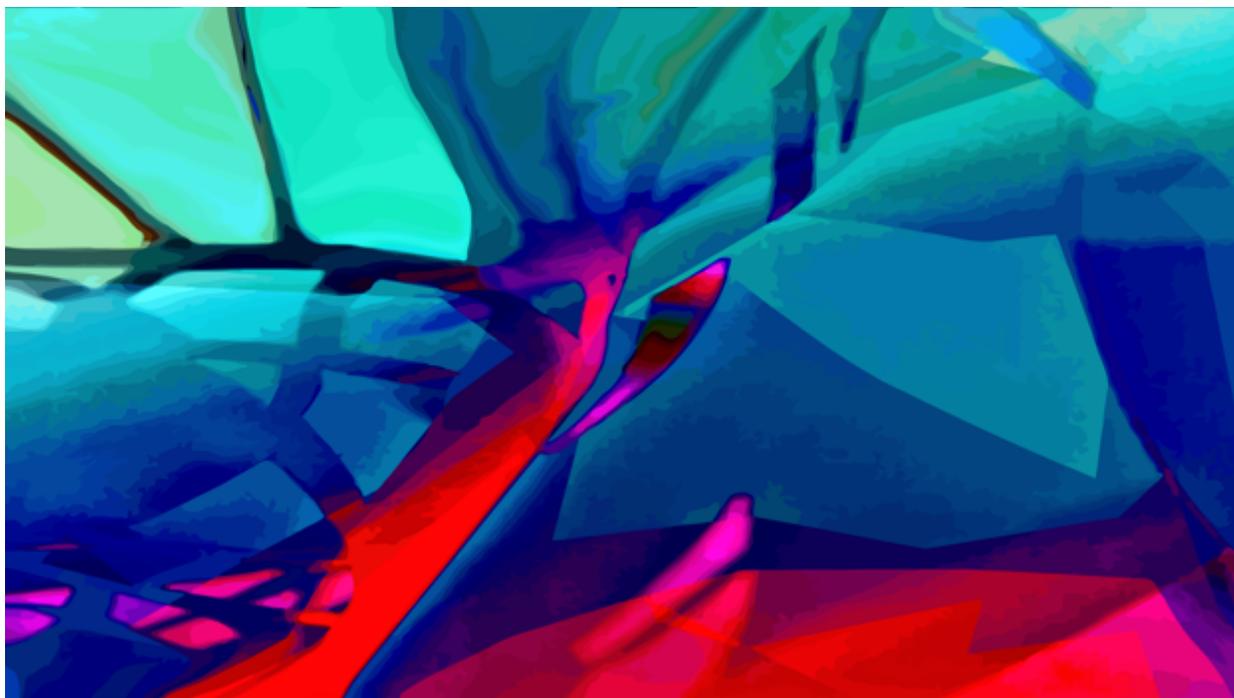
*Figure 06. Mountain Mosaic.*



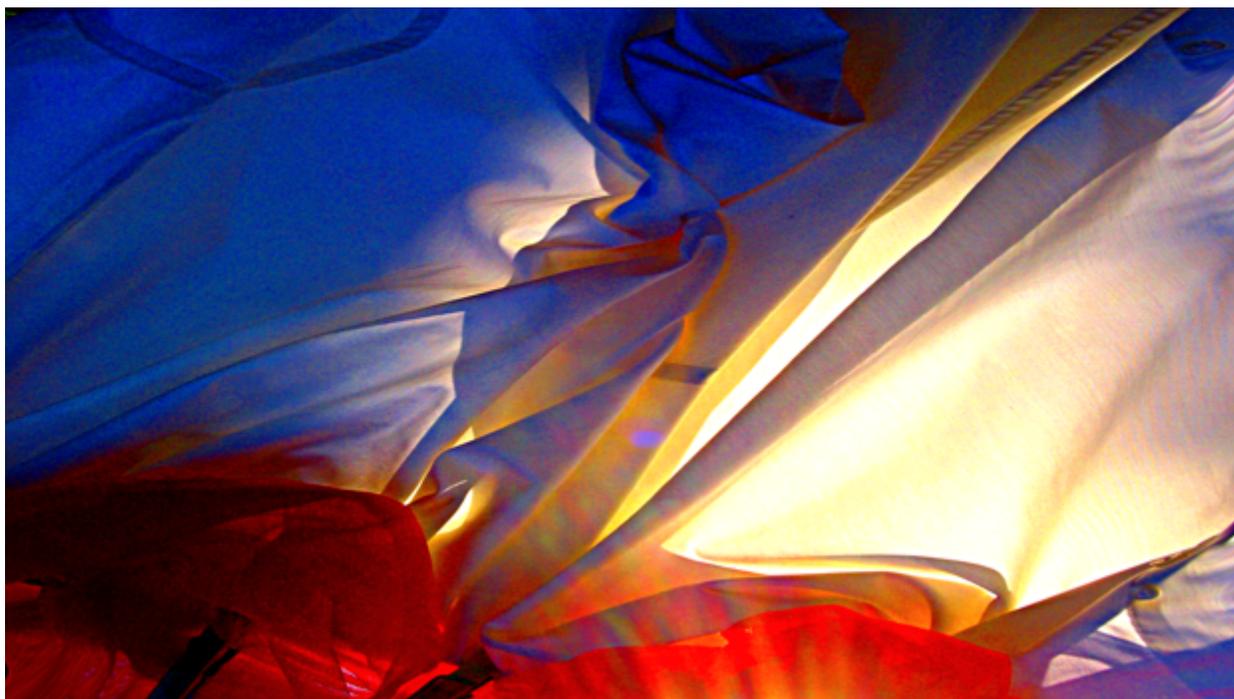
*Figure 07. Mountain Ice.*

**The mountain  
Calls  
With slopes  
Of rock and snow  
My mind  
Lingers  
In its beauty  
My thoughts  
Begin to slow**

Waves of animated lines flow across the landscape, the wind incarnate. This movement is enhanced with the appearance of a red impressionistic tree whose leaves and branches scatter on a background of blues and greens. The scene changes as a backlit tree trunk pushes up into a red-blue landscape. Long, curving branches stretch to the periphery. The scene changes to another backlit scene with a slanted, impressionistic figure in deep red; creamy white flowing canvas textured garments stretch and twist in the wind. The sway of tree boughs is rhythmic and timed to the beat of the heart. Slow paced, relaxed, steady.



*Figure 08. Wind Tree.*



*Figure 09. Stretch Wind.*

**I listen  
To the wind  
In trees**

**Their boughs  
Swing to and fro  
The rhythms  
Of my heartbeat  
Grow so ever slow**



*Figure 10.* Big Tree

A dream-sleep fog scene also slows our thoughts as we reflect on the swirls of mist and rolling fog billowing across the landscape. Barely visible abstract forms fly and scatter in the skies. A distant mountain captures our gaze and invites us to dream while we sleep.

**I see  
The streams  
Of morning mist  
Rising from the deep  
I dream  
Of billowing  
Rolls of fog  
Gathering  
In my sleep**

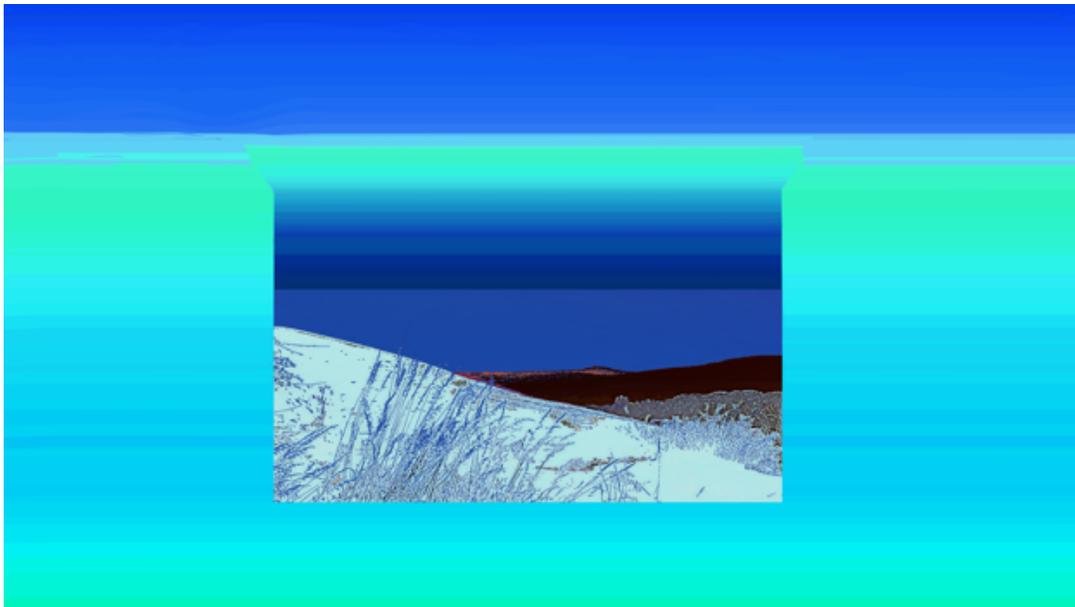


*Figure 11. Fog Dream.*

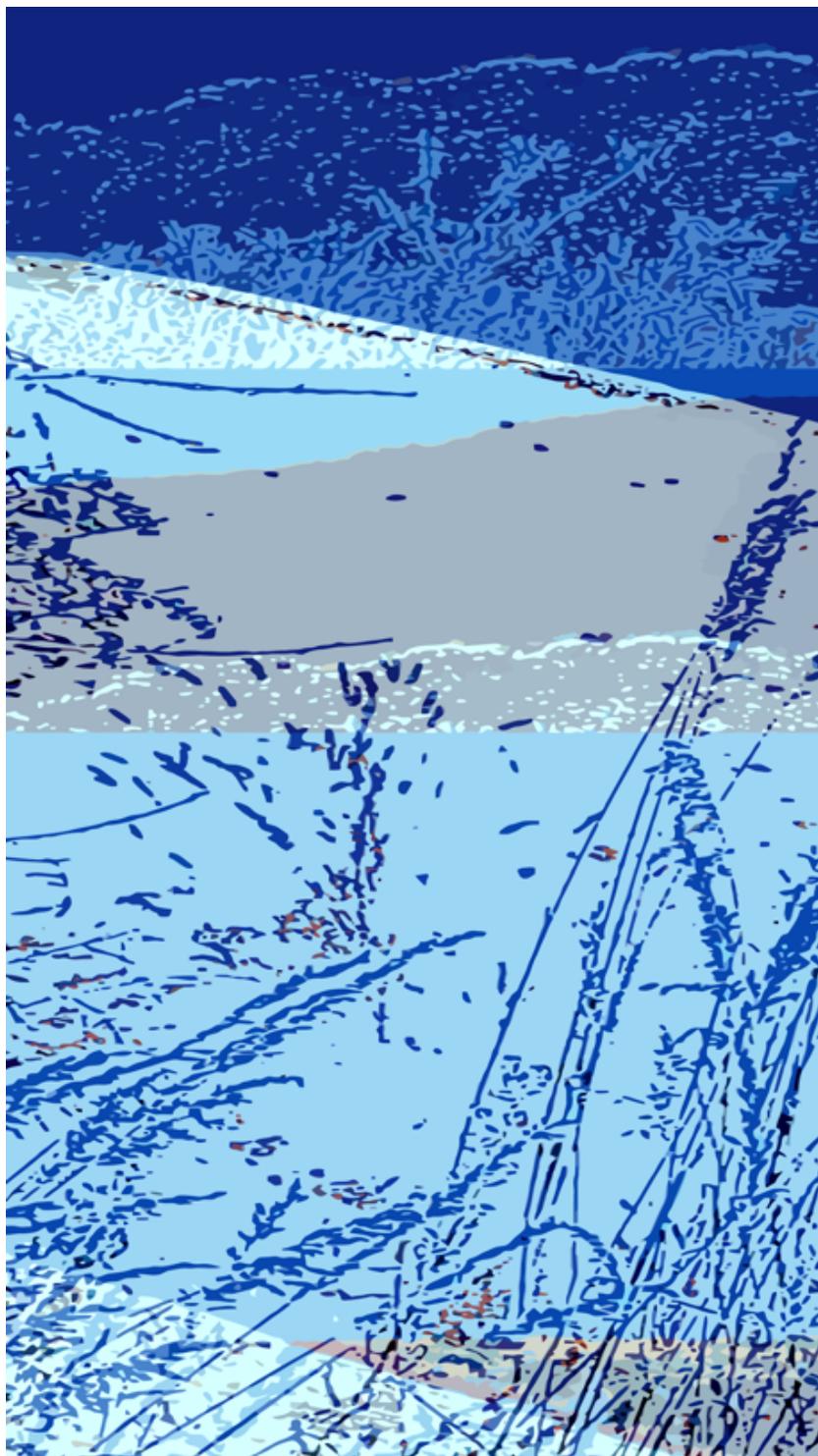
The wind is ephemeral, here one moment, gone the next. It moves and shapes the environment; shifts our gaze, and even chills our bones. It bends tall grasses into submissions of humility; breaks seeds from stems and flings them freely in the air.

A window scene with mountain grass invites us to peer at the sky and into the distance. Our attention shifts to another scene of microchips of rock and earth and bits of grass scattering in the air.

A spider clings to its web, laden with dew. The web strains and stretches with each breath of wind.



*Figure 12. Mountain Grass Window.*



**I hear  
The swish  
Of swaying grass  
Bending with  
Such ease  
I see  
A spider  
Spinning threads  
Weaving spirals  
In the breeze**

*Figure 13. Slice.*



*Figure 14. Spider Web.*

The earth rattles in a chorus of drum beats rolling and rumbling in a thundering sky. Heavy rains pound the thirsty mountain landscape and droplets run down the screen. As quickly as the rain begins, it comes to a halt. A collage of rainbow shards sprinkle the skies in a welcoming show of brightness.

**I hear  
The rattle roll  
Of thunder  
Rumbling  
In a cloud  
And the patter  
Of the raindrops  
Growing  
Ever loud**



*Figure 15. Rain Light.*



*Figure 16. Rainbow.*

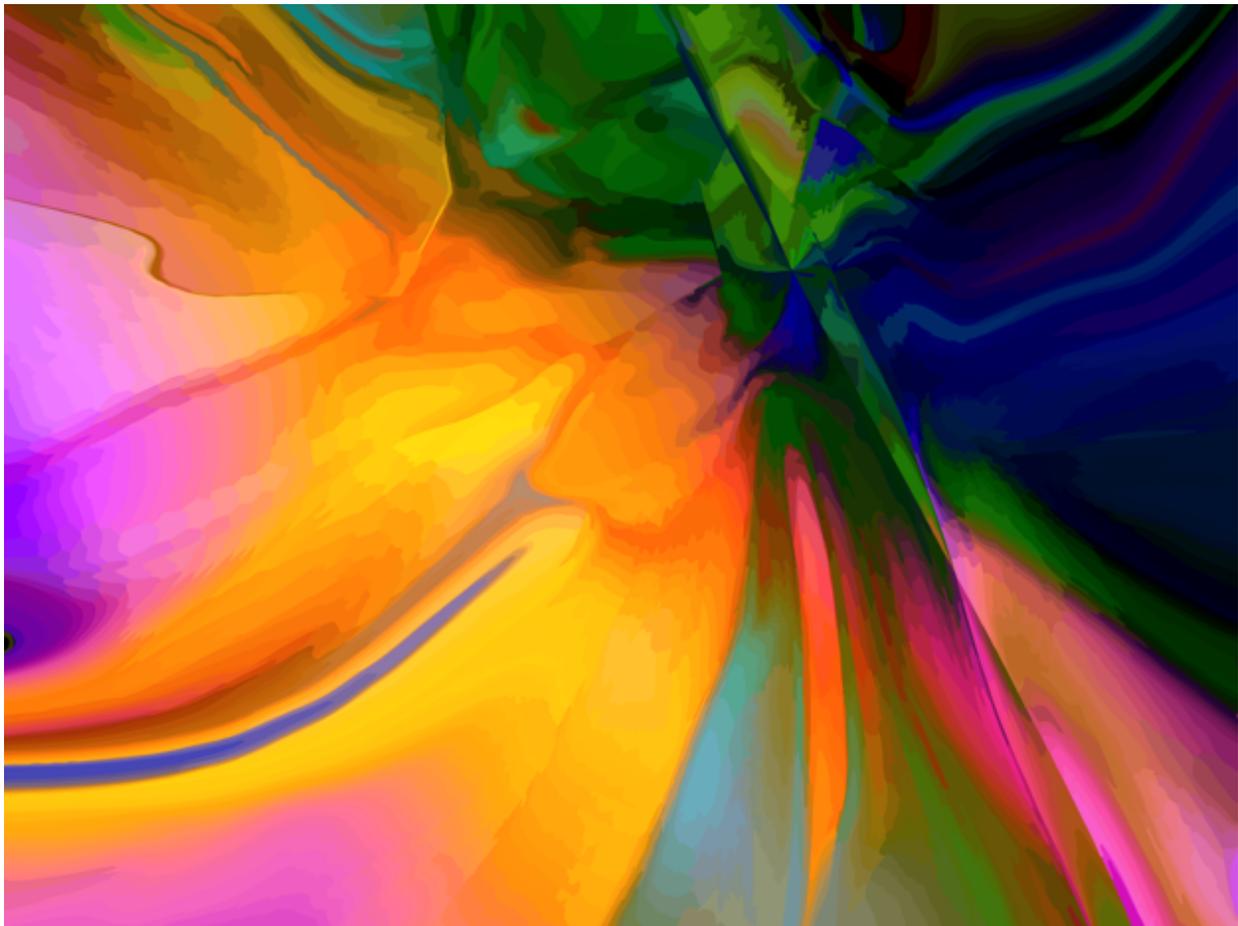
The mountain landscape glows in a scene of enchanted warmth and radiance; meadows embrace the lush growth of flowers. Our eyes focus on rich impressionistic colours and deep pollen interiors, accessible to the darting tongues of hummingbirds. The flowers are reminders of

Georgia O'Keefe paintings (1977) with their magnified flowers inviting us to feast on the colours of Nature.

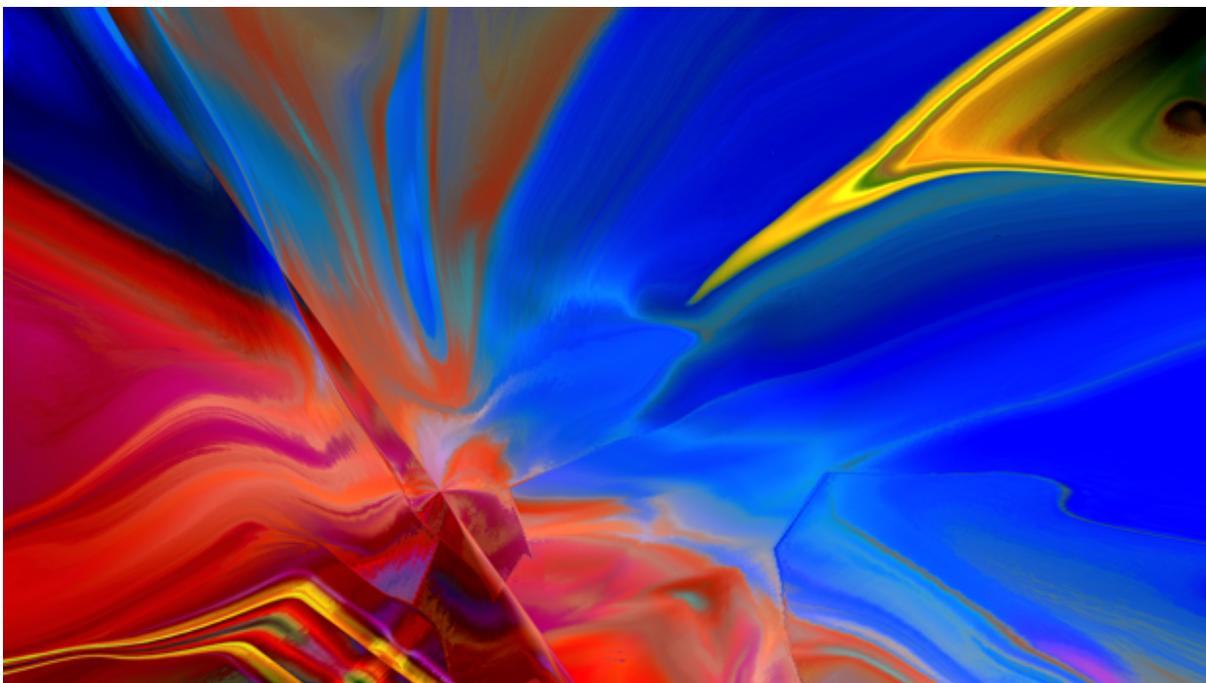
Purple camas flowers sway and flow in a summer breeze waiting for elders to signal the harvest of 'maana'.

*Editor's note:* The First Nations Lekwungen people have farmed camas tubers on the slopes of Mt. Tolmie for centuries. The tubers of this plant were a staple trade item in the lives of the Salish people on Vancouver Island and on British Columbia's Northwest Coast.

**I feel  
The warming rays  
Of sunshine  
With flowers  
Yellow, blue and red  
Strengthening  
Fond memories  
Flowing  
Through my head**



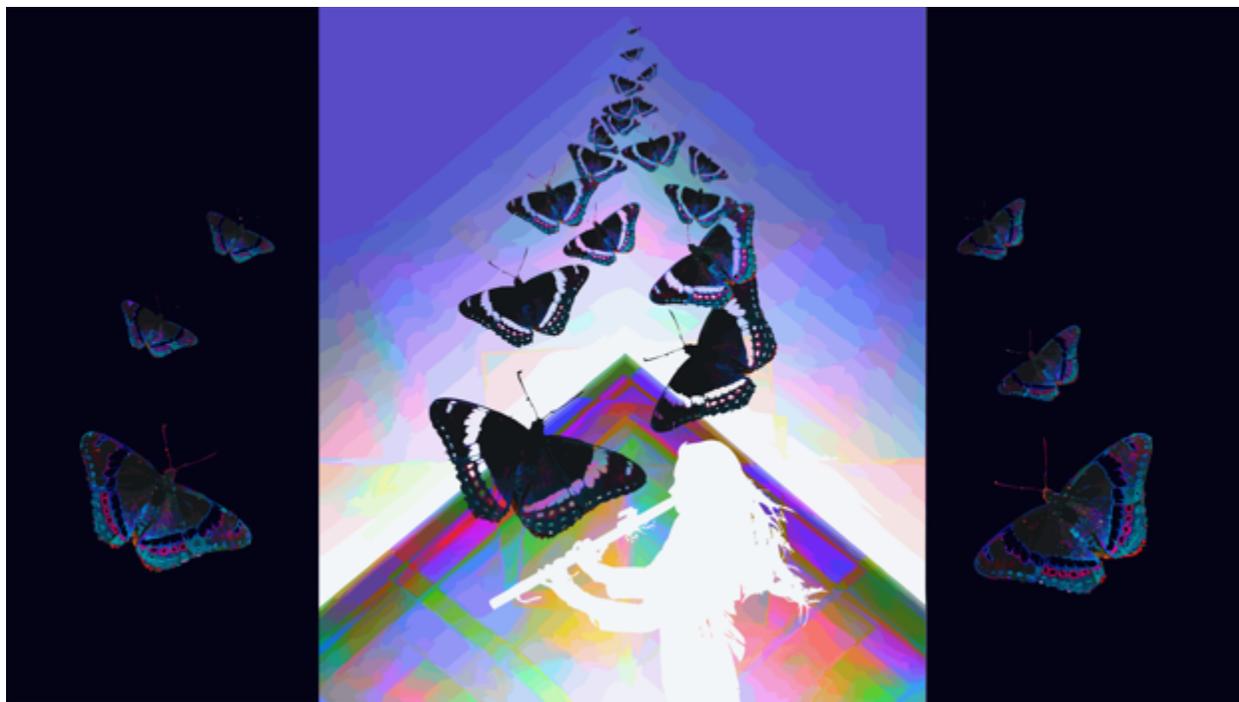
*Figure 17. Blush of Orange.*



*Figure 18. Hummingbird.*

A sharp peaked triangle rises in a sky of graduated colours while a mysterious flute player calls a thousand Admiral butterflies to the 'dance of flight'. Why are they gathering? Where will they go? What will their destiny be? We are left to admire the iridescence of wings and the 'flickering flow of flight' that creates a moment of mountain magic.

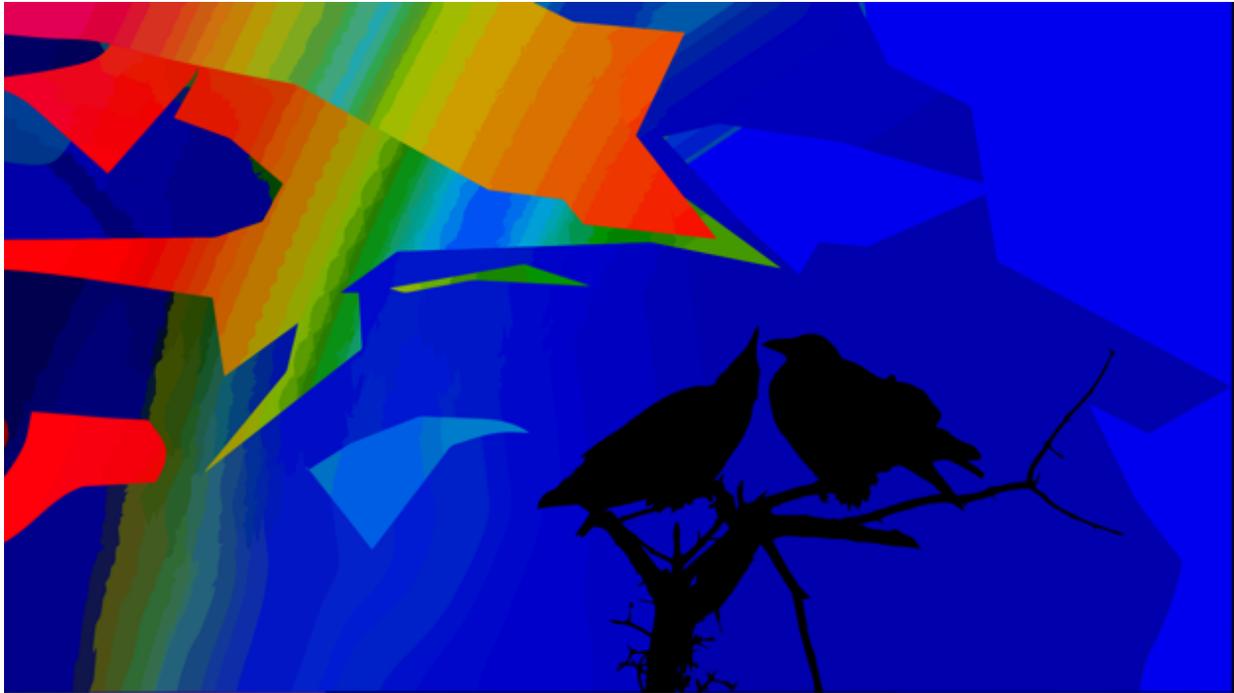
**I see  
The flight  
Of a thousand  
Butterflies  
Dancing  
At the peak  
Soaring  
To the misty blue  
I wonder  
What they seek**



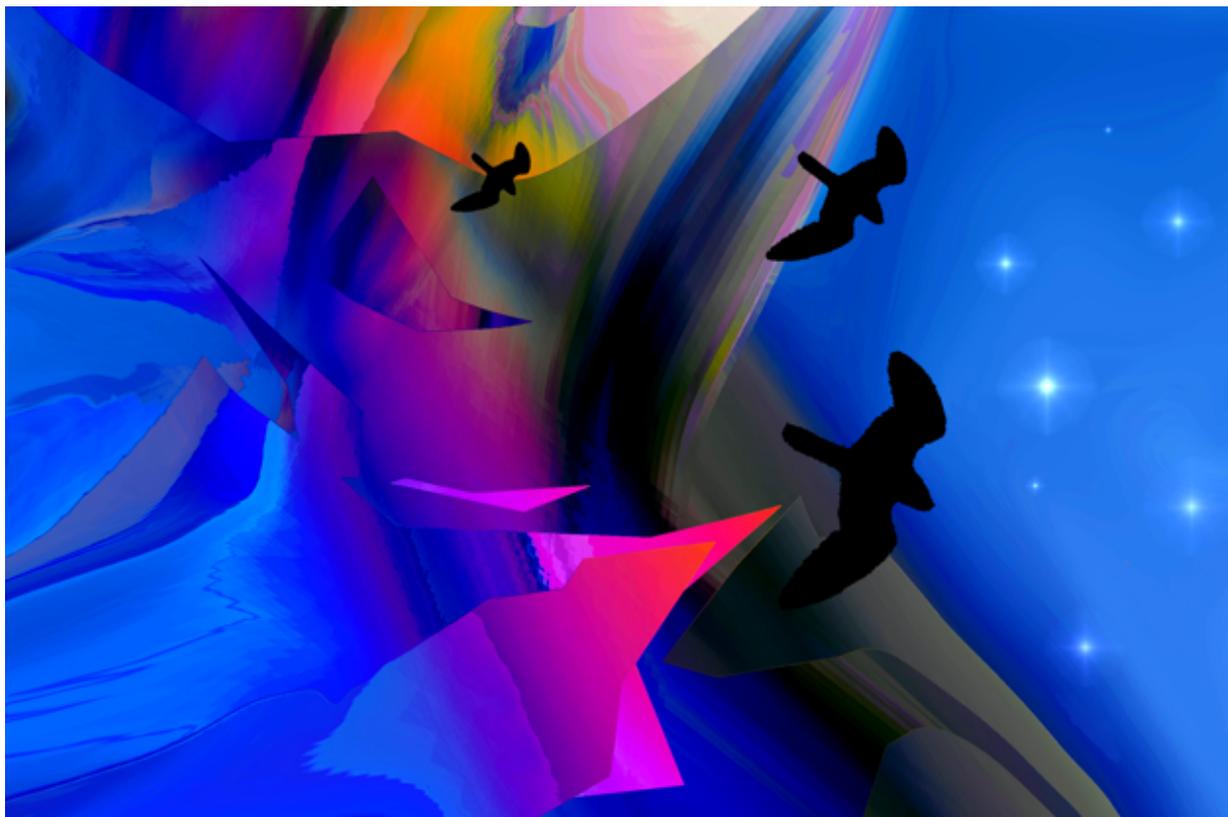
*Figure 19. Butterfly Flute.*

Crickets call in the hushed evening; their voices fade as the light dims. Black as the night is bold, a pair of ravens nestle lovingly on a thin branch while nighthawks break the silence with whirring wings and whispered calls. We are invited to 'hear the night' and feel its stillness as daytime comes to a close.

**I hear  
 The calming call  
 Of night birds  
 Bringing daytime  
 To a close  
 The whirring wings  
 Of nighthawks  
 Their air  
 Whispers  
 As it flows**



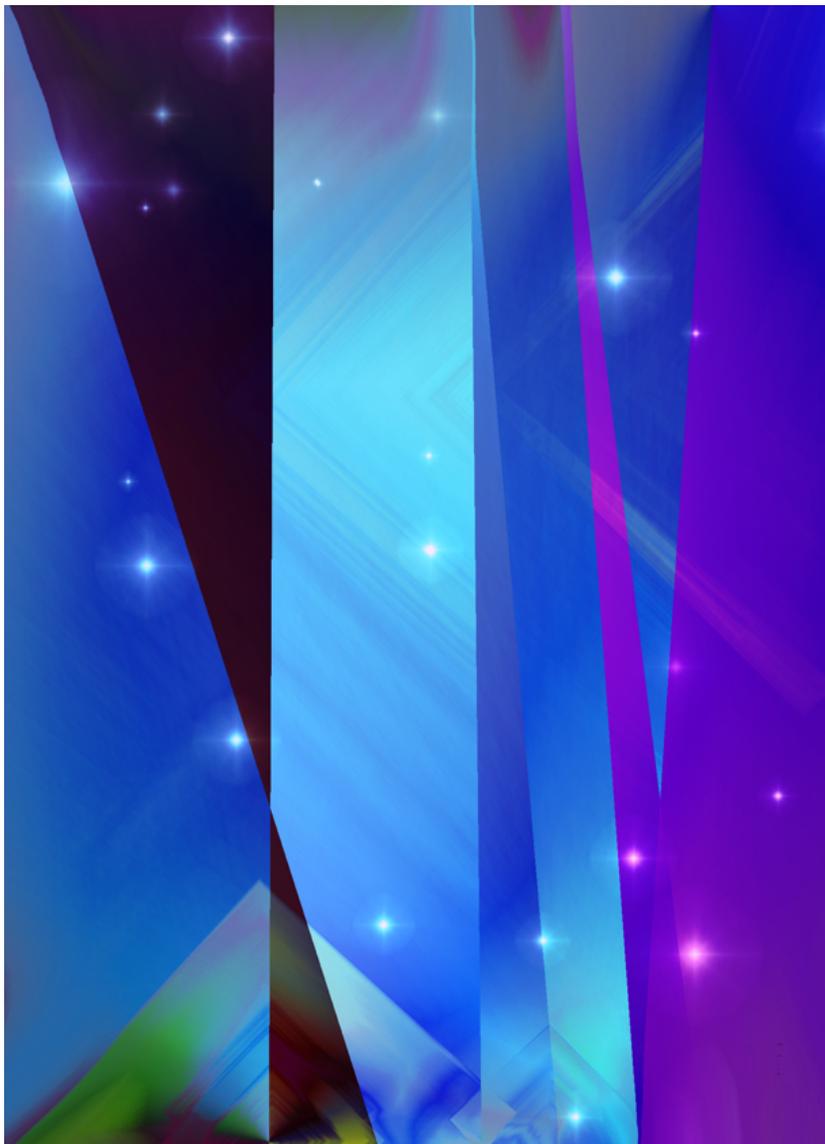
*Figure 20. Night Ravens.*



*Figure 21. Nighthawks.*

Long rays of moonlight filter through the landscape; the mountain is caught in a colourful display of angled lights. A pinpoint glow of distant stars catches our gaze. One star fixes our attention, the keeper of all light.

**I gaze  
At beams  
Of silver moonlight  
Shining from afar  
And rays  
Of glowing starlight  
From a very  
Distant star**



What can be more amazing than the dance of the Aurora Borealis over the mountain? Bathing the slopes with red, anointing the peaks with blues, northern lights fill the sky. And in the richness of angled colours, a collection of constellations twinkle and fade.

**I see  
The dance  
Of the Aurora  
And the glow  
Of rippled light  
And dots of fading  
Twinkling  
In the silence  
Of the night**

*Figure 22. Silver Rays.*

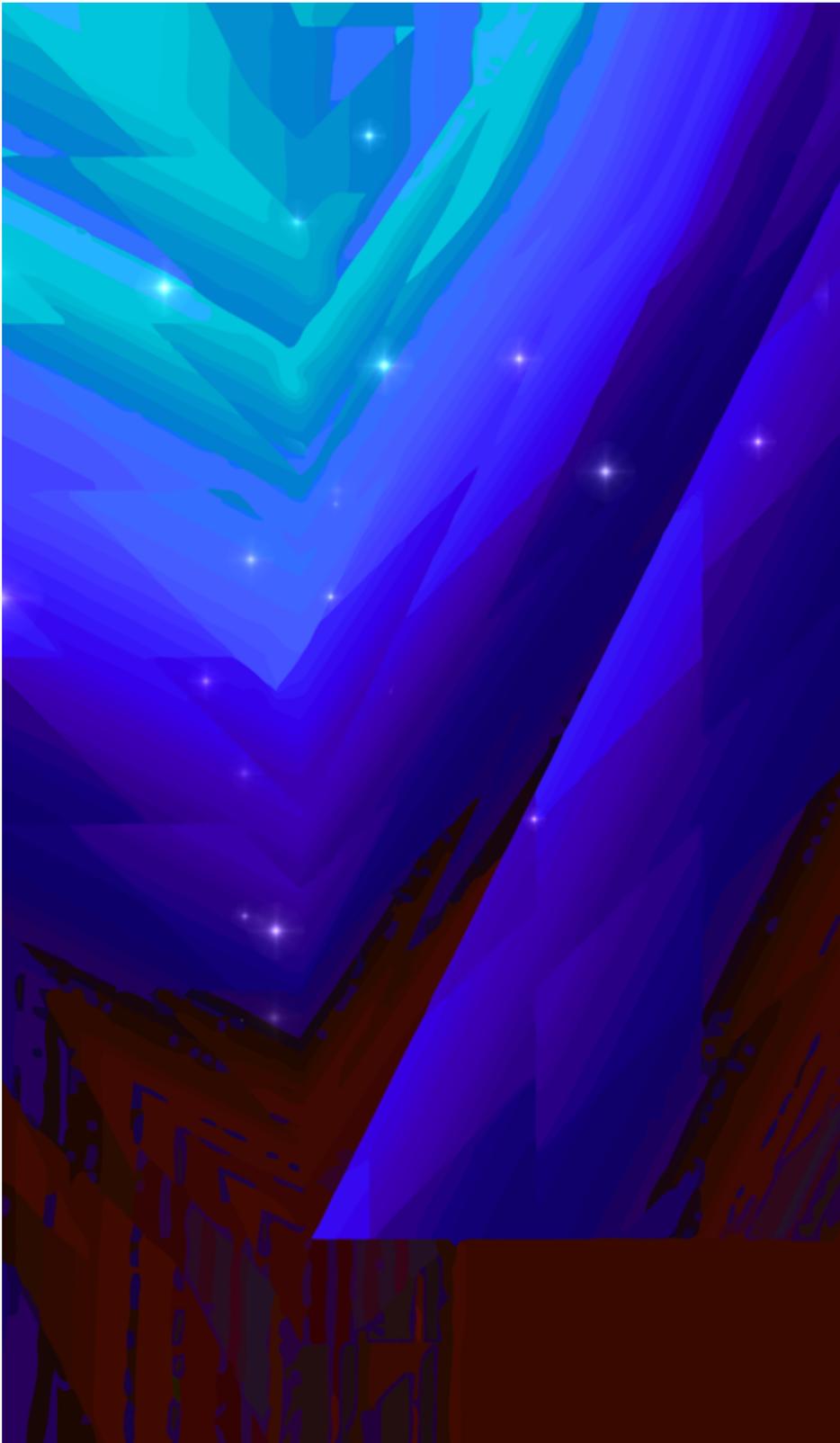


Figure 23. Shine Aurora.

Stillness, a time to be revered. The sound track goes silent in this scene to emphasize a quiet moment. Feelings of awe flow in the quiet moments; the magnificence of the mountain is strong and majestic. Elusive raven shapes appear in a wash of illusionistic white and cream tones above twin red peaks. This dissolves into a snow sloped peak of creamy white with a giant fissure running from peak to base. Through rumbling upheavals and earthquakes, the mountain remains solid and endearing. The soundtrack continues to be silent in order preserve the still moment.

**And in this  
Time of stillness  
My mind  
Is swept away  
To enjoy  
The quiet  
Of the moment  
Let the mountain  
Have her way**



*Figure 24. Hidden.*



*Figure 25. Fissure.*

Atop the mountain, we sense the roundness of the Earth as it bends to the horizon and stretches to infinity. Human voices reverberate and echo from one soft blend of colours to

another. Fluttering peace doves, wings outstretched offer protection. Moiré lines running through the entire scene electrify the world with an invisible energy. Where there are doves, appearing as iconic peace symbols, (Tanaka 1985), there is hope. Where there is strong hope and determination, there is a chance for peace to prevail. While this notion is idealistic, I feel it is a pursuit worth cultivating.

**May peace  
And calm  
And stillness  
Be found  
In every place  
May it stir  
Our hearts  
With fullness  
And fill  
The world  
With peace and grace**



*Figure 26. Peace.*

### Epilogue

**Come  
Come on  
Come on celebrate  
Come on celebrate the mountain  
Come on celebrate all mountains  
Come on celebrate**

**Their glory  
And their  
Greatness**



*Figure 27. Mountain in a Glass.*

Mountains are one of the greatest spectacles on Earth and their presence deserves celebration. In a series of exhortations, we are urged to celebrate the glory and greatness of mountains. In one scene after another, a variety of bright, cherry topped mountains appear in fancy dessert glasses- reminders of the soda fountain era of yesteryear and vibrant pop culture in the mid twentieth century.

### Eutierra

The term eutierra means good earth. I subscribe to aspects of this notion because it suggests an interdependence and symbiotic relationship with Nature. I talk about life forces in this article and becoming immersed in Nature. Others talk about the Earth having life or coming alive; a breathing force. How does we become ‘one with Nature?’ It means experiencing the offerings of the outdoors on a regular basis and becoming immersed in the sights, sounds, and aromas (Worthy, 2017; Zuk, 2013). This mingling of sights and sensations creates connection and a feeling of oneness that is uplifting and spiritually desirable.

### **Summary**

While this article focuses on printmaking, poetry and collaborative film making, it should raise questions about the range and scope of art experiences garnered by students as they complete programs in the lower and higher grades. Will they have a broad range of in-depth art experiences by the time they graduate? Will there be opportunities for them to work individually and on teams? The following questions are worthwhile considering as art programs are planned and organized:

- 1) Are there opportunities for students to experience the collective experience of collaboration and the benefit of working on teams?
- 2) How can art programs be structured to include interdisciplinary explorations? Such as art and literature (poetry), art and music (sound production), art and drama (film narration).
- 3) What opportunities are available to balance art programs with outdoor experiences that include immersive explorations in Nature?
- 4) To what extent will art programs include age-old art traditions and newer media explorations, including experiences with the digital arts?
- 5) Will opportunities be available for multimedia explorations and in-depth experiences that range from drawing, photography and graphic design to sculpture, film and installation?

### **Appreciation**

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