

Art Therapy and Energy



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Art can be used as a very effective way:

- To detect conflicted energies in the human system,
- To make it possible for mental and emotional changes to happen
- And to bring in the energy of happiness, health and joy to replace those conflicted energies, permanently.

Since body illnesses come from mental and emotional sources, resolving emotional and mental issues brings about improvements in health conditions. Once the energy flows without blockages throughout the body, as with Qigong and Yoga, the body heals.

The approach I am presenting here is mine. It is not the official approach of art therapy. I will compare the two approaches and after I present my approach, the difference will be easily seen.

When people come to me to be helped with emotional issues, the first thing I show them is how to make art intuitively so that the knowledge, the deep seeing and love of the non physical realm will come through their artwork. The way to do this is very simple. Most people who come to me do not have any spiritual practice but have learned how to do it in five to ten minutes. You must follow only your individual sense of beauty in the creation of the artwork without knowing what it will make you paint and where it will take you. Your personal sense of beauty also tells you when to stop. You know that if you add anything,

it will spoil the beauty. The more we work in this way, the more refined our perception of our individual experience of beauty becomes, and the deeper we go in understanding ourselves.

In order to experience that something is beautiful for you or not, you need, as you work, to see all the parts of the art at the same time so that you can see the relationships among them. It is actually using the peripheral view, instead of focusing on one spot at a time, which is what we are more used to do. Seeing everything at once is something that cannot be done by thought processes, as thinking can only focus on one thing at a time. Thinking has no idea what beauty is. This is how it becomes impossible for the thinking processes to help when we make the art in this way. Thoughts are still there, but they are not dominant. They are just part of the bigger picture. At the same time, tuning in to your sense of beauty connects you to the deeper, happier and wiser part of you, and this part is the one that makes the art. You begin to take directions from a deeper energy than the energy of thinking. This is what makes it possible to be temporarily free from the influence of thoughts and, therefore, able to change thought patterns.

As soon as people start following their sense of beauty, they start feeling good. This good feeling is very fundamental to the method. They feel good because they tune in to the energy of whom they really are, and they stream this good energy through their system in order to produce the artwork. This is a



higher energy than the one they usually activate, and because of it, they feel clearly better than before they started. Even people who had been depressed for a long time come out of their depression during the time they make the first artwork. Our experiences always conform to our dominant energy, and when our energy is high, lower energies of sadness, despair and boredom cannot stay in its presence. Therefore, the depression disappears. Later it comes back because

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of its habit to be formed. But it has been weakened. In future sessions, it gets weaker and weaker until a better feeling becomes dominant. Moreover, this is true about everything else that stands in the way of the flow of intuition.

Every mark that we make in the painting is connected to either memories from the physical life or to experiences of deeper energies that we all have, even if we are not aware of this. When a memory is unpleasant, the thinking process associated with this feeling jumps into action to protect us, and suddenly thinking participates in the artmaking. In the places in the art that were done by thinking, the grand view of the whole is lost, since thinking cannot grasp it all together, and the flow in the artwork is blocked. So when you look at the artwork in the end, you see very clearly (when you learn how to see) where the flow is hindered. These spots in the art represent what blocks us from being happy and free. It may not be all that hinders us, but it will be what is available now for release. The inner wisdom that comes through knows what to release first.

The next step is the reading of the art, which leads to a very clear and close-up experience of the hindering thought patterns. There are many ways to do this. I will describe the most fundamental one here. By simply describing the composition in words we

get many clues to what this artwork is about. It can also be done with more artwork and with words that come to us intuitively as we look at different parts. I won't write about this in detail, but I'll mention what is important in this step.

First, it has to be done intuitively as the artwork was done, so that we maintain the higher energy, which is what heals.

Second, the witnessing has to be done by the client. It is not enough that I witness it. In this way, the power to change is placed in the client's hands.

Third, it has to be clear that the reading is not done in order to define or judge, but simply to witness thoroughly.

Many of these processes are described in my book, *Opening Intuitive Flow Through Artwork*. The book also gives examples of how these steps were used in sessions.

While witnessing thought patterns and their associated emotions from a deeper state, the thought patterns and the emotions that are associated with them change. They always change into something that feels better and is freer. This is how we heal. This is also how we surrender to our deepest part to allow it to heal us and guide us to a happier and freer life.

When we do another artwork in the same way, we can witness what changes took place. This is a very important step too. We want to know experientially that we have changed. Knowing that we have changed makes the change stay and gives us the knowledge that we have the ability to change the subconscious thought patterns that cause us to suffer. Working in this way, there is not even one session in which change does not happen.



Once we know how to do intuitive artwork and how to read it, we have established a connection to our inner guidance, and we can ask any question we want. We ask it before we make the art and get the answer through the artwork and the reading. A point to remember is to try not to answer the question that we asked but to simply follow our sense of beauty as we make art, so that intuition will speak through it. The answers are not always direct, but they will always show us what we have to pay attention to in order to be happier now.

In conclusion, I would like to say a few words about the comparison between my method and the prevailing method in art therapy.

The theoretical basis for art therapy as it is being taught in universities is psychoanalysis. What is usually missing in psychoanalytic practice is the experiential witnessing from a deeper state. This witnessing can happen by chance but not out of knowledge and choice. In most cases, this witnessing does not happen, and therefore change does not happen either. It is impossible to resolve thinking issues through thinking, because thinking is done with the thinking patterns that constitute the problems. Activating these patterns strengthens them. The only way to change patterns of thought is to witness them from a deeper state. We do not have to look for a better thought pattern to replace the old one. The good state of happiness, love, curiosity, playfulness and more is who we are underneath all the issues that we dissolve. The good state will show itself on its own when we lessen the impact of the inner conflicts.

Another beautiful thing about this method is that we do not have to deal with what happens in the outside

world of the client. Everything that happens in his world is an expression of an inner understanding that he has, which expresses itself many times in many ways throughout life. If we resolve one issue in the outside world, we do not resolve the core structure of understanding, and there will inevitably be other appearances of problems in the outside world. But if we resolve the core inner structure of understanding, there will be no more expressions of it in life. This can be done dealing solely with the art. The structures in the art that do not flow are core issues. When we experience them closely from a deeper state they change into flow. €

Below is an intuitive artwork. I asked: *Show me what is going on with me now.* And I did the process of making art intuitively so that intuition will come through it. You can read the reading of this piece in my blog, entry 184. www.IntuitiveFlow.org

