

‘Wisdoms Within Art’

Human beings are compelled to make art. This need is a basic urge and a characteristic as natural as sex and social interaction. Stone Age humans were the first image-makers. Being preoccupied with survival and protecting themselves from the environment, animals and unknown forces, they not only created shelters and tools, but also images.

At one time or another we all have experienced the creative and personally enriching potential of art. As children most of us found enjoyment in drawing, making colourful paintings or building castles in the sand. Depending on your personal definition of art, you may think of it as something used as decoration, entertainment, an item of prestige, a commodity or a novelty, and while it is sometimes difficult to define, you would agree that art enriches your existence. Often, however, we are not fully aware of all of the ways that art can improve our lives.

Art offers us opportunities to be inspired, become more educated and aware, as well as to observe the thoughts and feelings of our fellow man. Balinese traditional Wayang paintings, for example depict narratives from the sacred Hindu texts, as well as localized fables. They contain a universal philosophy and emphasize cosmic balance. It encourages harmonious conduct within Balinese society and is underpinned by high moral standards.

Nowadays, the most relevant contemporary art has something to say about the times we live in. Artists are addressing topics like the sustainability of the food supply, the criminal justice system, and obesity. It raises questions, involves high levels of skill, innovation and media exploration. Beyond this, art can also offer unique therapeutic benefits.

Many of us have hobbies like cooking, gardening, painting, or keeping diaries. Often during the day while at work we scribble lines or draw symbols on the corner of our note pad enjoying the process while realising that this creative activity helps us to feel good. These are all methods of self-expression that change our state of being and tap into an intuitive source.

Society has always celebrated great works of art, its masters, both past and present. Artists are people who imagine other worlds and share them with the human race, not only seeking to create beauty, yet also to change hearts and minds, influence decisions, and make the world a better place.

We love to adorn the walls of our dwellings, offices and public buildings with works of art. Yet how and why does art make such an impact on our lives? When we engage in art our attention focuses inward. The outside world and its requirements temporarily fade away and have to wait. While we are in the process of investigation the works’ energies reach out to us and capture our imagination with a distinctive life of their own.

Colors and symbols within art contain coded frequencies that converse directly with the subconscious mind. The unique language of visual art, its forms, imagery and colors communicate to us in a way that words cannot.

Art has always been used to chronicle and represent human emotions and experiences at the most genuine level. It conveys a wide array of sensations, from joy to the deepest sorrow and from triumph to trauma. It has served as a way of understanding, making sense and clarifying inner experiences.

Color plays a vital role within the visual and unseen worlds that we live. It can sway thinking, change actions and cause reactions. When we observe Van Gogh's paintings of sunflowers, yellows leap out from the composition ceasing our visual sensitivities; momentarily we are mesmerised. Color conveys meanings in many ways; there are personal, natural and cultural associations, and psychological symbolism. We feel comfortable when colors remind us of things we know. A soft shade of green triggers associations with nature and a psychological sense of calm.

The pressures of modern culture are increasingly encouraging people to search for alternative lifestyles that are nurturing and sustainable, while being driven by unity consciousness. Many of these nurturing activities involve a personal process of learning and transformation, while being realigned with our creative core. There is a return to time honoured traditions and philosophies that enhance our well being, and that ultimately can impact upon our homes, work places, and the natural environment too. People are rediscovering art and the vitality it offers, and its importance within this process of change.

Art fosters dialogue, builds relationships and shares themes that are common to all individuals. It speaks of life and love and is the foundation for a more peaceful and loving global community. Art is playing a key role in the on going shift of human consciousness.

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