

Clearing, Healing, Transforming Through Expressions Of Art!

Story by: Frank Frontis

Clearing Through Art!

For many of us it may feel that we're living in the "last days" of our—and everyone else's for that matter—lives, rift with stress, tension, uncertainty and a whole lot more.

As a result we've become accustomed to inner discord, where our thoughts often seem to be pulling in one direction while our feelings drift in the opposite one. Emotional cacophony besets us at other times with varying conflicting emotions competing, each, to make itself felt loud and clear. Our positive thoughts, feelings, dreams and visions, fall into disarray, then become clouded and eventually obscured by it all.

Stressed, burned-out and over-taxed, with thoughts racing around an Indy 500 track inside our brains, notice what happens when we immerse our minds into poetry that speaks to us, blow a flute with music of delight or dab little brushes in small cups of water paint and begin to stroke colors galore.

Presto! Very often, with a good dose of art, the stress, conflict and tension diminishes, dissipates and eventually clear up to allow our positive feelings, thoughts and visions to resurface and shine once more.

Talented songstress and poetess Brenda Bey (www.facebook.com/brenda.bey.5), who until very recently resided in the area, has been quite mindful of this quality of art or its expression to effect clearing and bring clarity to one's feelings and thoughts.

Speaking of what happens when she's crafting works of poetry, she says, "it helps me to work through a lot—work through the feelings I might be having at the time."

As Bey spoke, I could easily envision how we as humans can at times feel as though we're buried in piles of emotions—the ones we don't want! It's great, then, when we, as artists, can call on our muses at such times to dig us out.



Remember a time that you or someone you observed were stressed, upset or worried and you or they turned to humming, singing, knitting, crocheting, fluting, sketching, painting, writing, photo-shooting, et al. to reset the day?

Or reflect on an event when you or someone you observed felt or appeared saddened, depressed, black-shadowed with hopelessness and you or that person tuned your ears to an endearing song by a favorite recording artist only to have your faces flooded with smiles.

Or, yet, relive a moment when you or another, having been discombobulated and perturbed, scooped frantic hands into cold, moist globs of clay then worked so purposely with it that feelings of anguish released as beautiful pottery soon took shape..

Such moments as these and many memorable more in our personal lives and in the lives of others all point to rich, melodious, shapely, colorful experiences of Clearing, Healing, Transforming Through Expressions Of Art!



From her poetry helping her “work through the feelings,” Bey is also able to recognize and understand it—like art in general—as functioning as a clarifying agent for her.

“It helps me identify precisely what’s going on within myself—my feelings inside,” she says. Such a reward through her works of wonder, explains Bey, profoundly deepens her insight and understanding of herself.

Semir Zeki, Professor of Neurobiology at University College, London, England, is renowned for studies on how artistic creativity affects our brains and minds. Like Bey, he also has spoken of artistic creativity as empowering us with a type of clarity that’s beneficial to our personal awareness. Artistic expression, according to him, is the key to us understanding ourselves.

While Bey speaks of how art or expressions thereof helps with clearing and bringing clarity to feelings and, both, Bey and Zeki point to its value in promoting self-awareness, writer Grant Eckert, in his article “Art and How it Benefits the Brain” from the online “Self-Help Healing Arts Journal,” discusses the process by which art helps to free us from worn, perhaps, unworkable views and ideas and enrich us with fresher, perhaps, more workable perspectives.

“Art, in thought and through the creative process, activates the imaginative and creative side, the spatial and intuitive side of our of our brains,” he says. “Art jumps over the process of linear and logical thinking. It trains the brain to shift into thinking differently, of broaching old problems in new ways.”

In entering my own “world of artistic creativity” through the door of fiction writing I am able to find common ground with the views of all three of the above—with Bey on it clearing the feelings we don’t want, with Zeki concerning how artistic expression relates to us understanding ourselves and with Eckert about how the process of art helps us discover new perspectives.

Example: As I began to write my mind may be cluttered with wasteful thoughts about an un-resolved issue of the day. The more productive views and thoughts that I “know I have” seem to be dormant and clouded by feelings. Into the writing at some point—and especially when I’m on a “creative roll”—suddenly, the clutter of wasteful thoughts ceases, the cloud of feelings lifts and the more productive views and thoughts I “knew were there” all along reemerge, allowing me to see what seemed to be an unresolved issue in a new, often resolvable light.

At moments when we’re cluttered, clouded and obscured from the stressed activity of our linear, logical, analytical left brains it’s nice to know that we can call and count on the power of art to get us back right and Clear our way.

Once cleared and infused with clarity, we can see better how art can Heal. In the next issue of SimplyElevate Magazine I’ll discuss

“Healing Through Expressions Of Art!”