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# Creative Power Within Us

Uniting Body, Mind, and Spirit  
Through Art

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In my search for experiencing the body, mind, and spirit as a healing practitioner, I looked first to drawing. It brings the power of the mind and its ability to focus, and then combines the body's movement to create. Mind sees, body feels and responds, and the two become one. Drawing is like meditation because the thinking mind is occupied, but not enough to cause trouble. In drawing and painting, success lies in giving the mind enough to do that it stays busy, but not giving so much that our unconscious mind takes over. Drawing allows me to do something with all my senses; it becomes like meditation.

*To approach my drawing nonjudgmentally, I take three deep breaths and let go of all the tensions in my body, mind, and spirit. Allowing myself the freedom to simply watch, simply receive, and I do not focus on how the drawing should look in a certain way.*

My initial step was to learn to hold a pencil and not rush ahead and allow for play and movement to let the spirit be revealed; to open to more precise, specific, and careful drawing.

Body is all about receiving, feeling, sensing and touching so that you move in a natural, slow, logical way. Mind is looking for clarity, patterns and forms. Spirit is expressing exploring with love; seeing with fresh eyes and *not* judging. The goal is not to draw a house or a flower or a face. This will keep you in your active mind, instead of your senses with spirit guiding you.

As in the Eastern arts of Sumi-e (Japanese for "pictures with ink"), the intention is to *know oneself in the present moment*, and this brings the opposites, left and right, together in a common goal. You have

the rhythm of yin and yang, passive and active. The attitude of the spirit of art is self-knowledge, and the experience of drawing or painting turns into meditation, and meditation into art.

*Close your eyes and feel and hear your own breath. Now you are centered. Imagine painting in a not too fast or slow pace, but smoothly and mindfully. Breathe your intention into your painting and allow Body, Mind, and Spirit to create.*

The spirit that one brings to the practice of painting is the ability to view with a fresh outlook using brush, water, and paper. It is learning not to force anything but to respond and to give us the space, not just painted space, but know that the *empty* space is full of promise and potential. That may be the secret to success in painting, as it is in life. €

#### RESOURCES:

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