



# Journal Contemplation: **Art of Being**

## CONTEMPLATION: **ART OF BEING**

The definition of art is one that has occupied the minds and pages of great thinkers for millennia. Art has taken many forms and played many functions throughout time and across cultures. Art of Being focuses on artmaking as a contemplative practice – one that values the creative act and process over the final product that is created. The following Core Beliefs will help to clarify the purpose and view of art in Art of Being:



### **1. Everyone is an Artist**

It is our birthright, our natural heritage from our earliest human ancestors to make visual meaning of our experiences. We each have a unique human experience and story to tell, without which, the great human tapestry would be incomplete.



### **2. Art is an Expression of Authentic Self**

Art is an expression of who we are. Letting go of doubt and hesitation, we can step out of our own way and allow artistic expression to flow naturally from us, like the genuine confidence of our signature or the natural imprint of our finger on the page.



### **3. Mindfulness Creates a Space for Authentic Artmaking**

When we settle our mind and come back to our being in the present moment, we're more in touch with our authentic self, more deeply aware of what is unfolding before us. That deeper awareness is the ground out of which authentic artmaking can naturally arise.

## **JOURNALING & VISUAL MAPPING: YOUR ART HISTORY**

After a brief period of Grounding Meditation, consider your own *art history*:

- *What was your experience of artmaking as a child – at home, at school?*
- *How did your relationship to artmaking change in adolescence?*
- *Who has nurtured or inspired your artmaking throughout your life?*
- *When were you discouraged or led to feel discouraged about your capacity for artmaking?*
- *When did you feel most deeply in "artistic flow"?*
- *When have you considered yourself to be an artist?*
- *What is your relationship to artmaking today?*

Try mapping the journey of your relationship to art and artmaking from childhood to today. Visually chart out those experiences that resonate in your memory as being impactful (positively or negatively) along your journey. You might take a broad view of artmaking to include any creative pursuit in which you invested yourself and left an imprint of yourself in the process.