

AESTHETIC PRACTICE AND AESTHETIC PROCESSING

The Arts with their intrinsic principles are the heart and the center of Art-Therapy. I would like to bring some ideas concerning our therapy, which is based on the fundamentals of Creativity and the Arts.

The aesthetic practice is a methode to get knowledge about life and to materialize ones inherent possibilities. The general urge of realisation unfolds several efficacies, which bring along the particular artistic means of the Art-Therapy our potentials into reality. The process of realisation, as the creativity-process, is the subjekt of our art therapy.

The one direction relating the creative materialization process is from an attentive being along intuition, symbolization, getting corresponding imaginations and emotions – down to a physical realization. This is the cycle of creativity, exercised in the direction of shaping and forming.

If we investigate, what is in us or outside, this would be the process to get cognitions about the manner we formed our life up to now. This is the cathartic way along the expressive, productive, shamanic-inventive, causal-innovative and spiritual-emergentive levels of our Art-Therapy.

According to our perception runs the process of adjustment to the changing physical universe. Sensual inputs meet the contents of our inner storerooms. The necessity of optimal accomodation directs our attention. Whirling and dispersed attention without any goals but also stuck attention on beautiful or ugly contents makes us trapped. Aberration of attention hampers creativity and liveliness.

Attention-Processes with the purpose to improve the ability to be in a watchful attentiveness leads us to the very root of creativity. To be in a free and uninentional attentiveness, as a lingering, which does not analyse, evaluate or interpret – brings us the location, where creativity can unfold.

The goal would be the attentive being, which perceives with the mean of a released attention the sourrounding as it is and on the other side the being, which is again and again open for the new possibilities of our creativity, which itself appears in the light of our attentiveness.

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