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## HEALING THROUGH ART

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See [Mirtala's article](#) on other aspects of her work in IJHC, September 2002

This is an attempt to look at the power of art by taking a very impersonal view of some of my experiences as an artist to find possible answers to its mystery.

The "wounded healer" is someone who has overcome and healed his/her wounds and as a result has acquired freedom from victim consciousness and an inner power that only direct life experience can give. Gradually and organically, there emerges a deep understanding and resonance with those still grappling with their woundedness. This inner spontaneous empathy, when expressed through art, can resonate with and heal that part of observers seeking to return to wholeness.



At the same time, it seems that the works of art themselves begin to carry, emanate and transmit a numinous healing energy, being charged and encoded with the activated spiritual, mental and emotional energy of the artist.

During the many years of making sculptures, I gradually became aware of the alchemical transmutation which takes place in the process of "bringing spirit into matter." For this, in essence, is what the making of sculpture is: giving a piece of matter a life of its own, as it were, of charging it with meaning, emotion and spiritual content.

As I stepped back to look at this process, some answers began to come as a result of my direct involvement in it, rather than through a theoretical analysis or speculation.

When the energy of some profound life experience impacts and shifts the awareness of an artist, and a work of art is produced as a result, that artwork seems to have the power to affect the viewer. The work of art can create an analogous shift in the viewer's consciousness, and thus a "resonance healing" may occur.

It appears that a process similar to what science calls “entrainment” begins to take place. When a system comes into harmony within itself and becomes “coherent” or of a unified frequency, it becomes more powerful and gains the capacity to “entrain” or pull after itself another system, which is out of harmony or “out of phase.” This may be analogous to a laser beam of one wavelength, that is more focused and therefore more powerful than incandescent light, which contains many different frequencies.

In some cases there may appear to be present additional energies of other-dimensional beings, sometimes perceived as angels, inspiring muses, or guiding spirits.

Perhaps this relates to the ancient tradition in India of invoking the “living murti’s” or energies of divine beings into objects of worship. Some yogis and saints acquire the power and the ability to do this as a sacred ceremony to bring the beneficent energy of these beings into the environment.

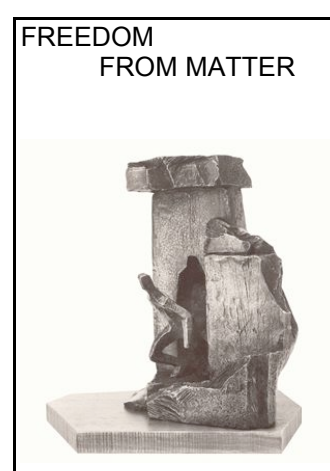


### Some healing episodes



There was an interesting synchronistic "coincidence", when three of my hospice-workers friends called me, within a very short time of each other, to urge me to use my art work for healing because of the effects my images had on their dying patients.

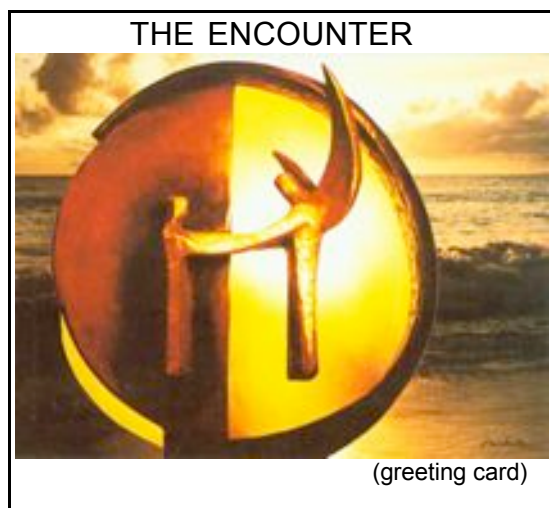
One patient did not want to part with the image of FREEDOM FROM MATTER, while another made the transition with a smile on her face, her eyes riveted on INTO LIGHT.



My third friend noticed that the sculpture THE ENCOUNTER had a very calming effect on her dying patients. This inspired her to write a poem for one of my greeting cards with this sculpture set against an ocean background. Later, this card and the poem turned out to be a helpful "consolation tool" for grieving relatives.

### Poem by Shirley Blue

I am standing on the seashore  
 The ship spreads her sails  
 To the morning breeze and  
 Starts for the ocean.  
 I stand watching until she  
 Fades on the horizon and  
 Someone at my side says,  
 "She is gone!"  
 Gone where?  
 The loss of sight is in me  
 Not in her.  
 Just at the moment when  
 Someone says, "She is gone"  
 There are others who are  
 Watching her coming.  
 Other voices take up the  
 Glad short  
 "Here she comes!"  
 And that is dying.



These unexpected calls from my hospice friends made me stop and ponder on the healing effects of art. I remembered other occurrences where similar effects had been reported.



In one instance, a couple became interested in my sculpture REGENERATION and took it home from the gallery on approval. Shortly after, the wife called the gallery asking for permission to keep the sculpture for an indefinite period of time, because her husband was suddenly taken ill. Even though they could no longer afford to buy the sculpture, they would like to have it around, because it was "like an icon, helping the husband to recover." They kept it for quite a while and returned it when the husband got well.

The interesting point about this story is that I made this sculpture after a serious illness of my own. On my first walk in early Spring, I came across an old willow tree stump, which was all hollow inside and looked quite dead. Coming closer, I was thrilled to discover tender green shoots coming out of the seemingly dead edge of the bark. I totally identified with it: "As long as the roots are alive, the tree is alive!" - The resulting sculpture REGENERATION was charged with the impact of this experience and thus could become the "icon" to the couple, who could feel it through empathic resonance.

The following poem was also sparked by this experience:

Pull	
the splinters	
	from the heart!
There will gush	
streams	
	of sun
into	
the freed	
	pulse -
let the splashes	
fly	
	to the heavens!
	In the ardent
	seething
	of the pulse
	is a merging
	of life
	and the sun,
	like a flame
	splashes
	the surge -
	a resounding
	summons
	to joy!

### Numinous healing energies in sacred art

The sacred images in temples, churches and shrines have not only the inspired energy of the artist, but also that of all the worshippers, who focus their highest thoughts and aspirations on them. The magnified energy radiated by these images is often healing and uplifting: "...peace that passes understanding."

I was privileged to be asked to make a sculpture of Dhanvantri, revered in India as the healing Lord of Ayurveda, but generally not familiar to westerners.

After I began to mass produce this sculpture for stores and galleries, one of the store owners began telling me about the unusual effect it was having on some of her customers, who had no knowledge of the healing energy that it symbolizes. In most cases it was a spontaneous feeling of overwhelming unconditional love, bringing tears to their eyes and trembling of their hands while holding the statue. Rose Cote, the owner of a metaphysical store, has kindly written up some of these episodes:

When the Dhanvantri statue was first brought into my store a year ago, I held it in my hands and experienced the same sensation in my heart as I do when I send healing energy to patients. The statue felt as if it was alive. - That was the beginning of my journey with Dhanvantri, whom I had never heard of before.

DHANVANTRI  
and his healing prayer



May all be happy  
May all be safe from disabilities  
May all look to the good in  
others  
May none suffer from sorrow

I started loaning it to people and then it would pass from hands to hands, so that I wouldn't see it myself for long periods of time. I could tell you many stories but I'll limit it to just a few in this note.

A healer from India was in the store one night. I asked her to hold Dhanvantri. After a couple of minutes she said, "Take him. I'm going into laughter." After I took Dhanvantri, she went into a huge laughing spell, dancing around the room for several minutes.

My partner Paul told me that is one of the signs of the Dhanvantri spirit.

Another lady found tears streaming down her face while holding him. When the tears stopped, she looked at me and said that Dhanvantri had touched a place in her that had not been touched in a long time.

A different woman, who could not afford to buy the sculpture, repeatedly came to the store, just for the experience of holding it.

What is happening here? Why are people physically affected by an object?

Does this material representation serve as a focal point and a "conductor" for the emanation of this Being's energy?...

Incidentally, at present, a four- foot enlargement of Dhanvantri is being made for a Healing Center in Massachusetts.

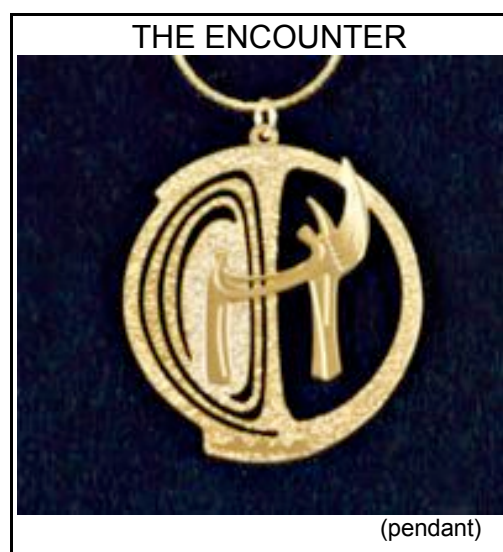
### **Kirlian photography and healing art**

Another example of the effects of a spiritual art object on the body came to me quite unexpectedly, when I went to see a researcher of Kirlian photography, Dr. Ara Avedissian. At the time he was exploring the correlation between the Kirlian auric patterns around fingertips and the corresponding organs and functions of the body.

It so happened, that I had with me a new pendant I had just made, patterned after my sculpture THE ENCOUNTER.

Spontaneously, we began to experiment to see what effect, if any, the pendant had on the body. First, we took a picture of my right hand. Then I put on the pendant and wore it for 3 minutes. Then I took the pendant off and we took the second picture of my right hand.

The changes in the auric patterns were quite remarkable and seemed to indicate that the body's response was immediate and on a deep cellular level. Please note the arrows drawn by Dr. Avedissian. They are pointing at areas of changes in the auric patterns, which excited his





interest, particularly the little finger. An old scar at its base apparently was causing a blockage of energy flow, reflected in the dark patterns on the side of the palm. These cleared in the second picture.



These two photos were only an experiment indicative of the effects, which Dr. Avedissian continued to explore quite extensively. He can be contacted through *IJHC*.



Another bio-energy researcher, who experimented with a different pendant, PATH TO SELF, volunteered this comment:

I have been a bio-energy researcher and practitioner for 15 years. I wore the PATH TO SELF pendant over the thymus, during three days of inner reflection at a workshop. It magnified the release of energies, which blocked my heart and throat areas. Each release seemed to be magnetically drawn out of the body through the spiral.

(M.D.M., Georgia)

To research these fascinating effects and correlations would require a series of detailed studies. My hope is that some day we will have a collection of objective evidence demonstrating the effects of healing art on the body.

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## EPILOGUE:

### Commentary by Tamara Matthews

#### A Murti is ....

Murti's are statues of deities which have been blessed by a Brahman priest or a realized Being in the Hindu tradition. The murti is transformed by repeated yagnas (holy ceremonies) where the matter of the statue begins to take on the quality of the deity or the prayer which has been chanted in Sanscrit.

There are a few great beings, such as Sathya Sai Baba or Chalanda Sai Ma Lakshmi Devi in India, who are omnipresent in their abilities and blessings of love. They are capable of manifesting a murti or giving life breath to a murti. It then becomes a "living" murti. You will see the breath of life breathing the holy statue or murti. You may even see it smile. Others have the gift of life moving through their statue or murti, as it is being created through them.

The "living" murti's offer blessings to the people who are in their presence. There is a mutual transformation (or blessing) for those beings upon contact. In Burma (Myanmar) there is an ancient Buddha statue ("living" murti) so powerful that if you set a coconut in front of it, repeatedly the coconut will break. There have been many documented healings from this Buddha reported through hundreds of years. It is a law of cause and effect. Everything affects everything. Matter itself becomes Awake! It is felt and known by all who come in contact with the presence of a "living" murti. Its influence may transform and heal the heart, the body, and bring the soul to a new elevation.

We become aware that God is present in form with a "living" murti. This kind of blessing or miracle is incomprehensible, but when it is experienced, one becomes aware of the universality of creation everywhere in everything. Then sometimes the blessing becomes a knowing. A knowing that there are no dimensions in the substance of God and that we live in an unlimited manifestation. There are no words to explain or define this. There are a few beings now on this planet who are so elevated in their consciousness that they offer us "living" murti's with unique qualities of healing, whether it be in India, Burma, Egypt, or our own country. This kind of blessing is unique and comes from love to serve all of humanity, one by one. May we be so fortunate to be in the divine presence of a "living" murti.

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