

A Journey Through a Body Through Art

'When I dance I breath, when I breathe I feel, and when I feel - images come'...

One day in the darkness of my depression and emotional pain I picked up a brush and a journey began...

This series of oil paintings came to life as a healing process for myself.

Deeply rooted in my movement work and meditations, they became a medium for a call to life from my Soul..

I used the body as a carrier, a grounding, an outward act of the internal Self.

Dance made me listen and attend to the symbols and images, making *process* speak, trying to hear what was being said, though never knowing what was going to emerge...

I keep finding this way to go beneath my darkness and pain, through these processes of creation, this bridge to the core of peaceful order in myself.

I have found painting an extremely empowering experience, taking place beyond realm of spoken words - a constant leaning to my inner voice, to find my personal truth for this **present moment**.

Dear Visitors,

Thank you for visiting my exhibition. My intention is come out with it to the outside world and present this collection of spontaneous paintings as a healing tool.

Please bare in mind that it is a very personal collection of oil paintings.

I am in quite a vulnerable space showing these to you, as it represents my deep journey not only through the pain of depression, broken dreams and hopes, but also a journey towards lightness and integration.

I am not from an artistic background at all. My art has emerged through a painful time for me, and has served as a tool of healing - through a difficult and very personal therapy process.

Some time ago I was going through deep emotional crisis, an extensional inertia. I lost my inspiration, passion, couldn't work and was totally withdrawn.

Then I made my move - started my psychotherapy, step by step, learning to move again...

I had never touched a brush before, I had never even thought or knowledge of painting.

I put some music on and slowly started to move to it, letting my feelings flow on to canvas... allowing the brush to lead.

I would be very happy to hear about your experiences...

If you would like to buy some of those paints, please contact me : bodyminder@bodyminder.eu



DEEP WAVE

My first contact with brushes and canvas.

I was in despair and emotional pain.. lots of self destructive thoughts, chaos... and it felt like a wave of the old feelings emerging fro my unconsciousness thought.



SOUL JOURNEY

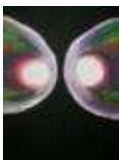
Remember me, closed in my bedroom... I felt like all my Persona's faces were falling apart, Questioning me: Who am I? Who are you? Somewhere from a shadowy place old wisdom emerged, not mine, not anybodies, but the universal wisdom of human existence...`breath`



MEETING

This painting was grown with time, at first just Shadows and vulnerable woman. I was in a place where I felt internally small in front of something bigger, stronger. I felt its presence by me all the time, passing time, an eternity, my destiny. I felt fearful but at the time of painting it was shifting through, beginning to feel the power coming from *that place*. It is my meeting with my shadow.

I felt it wasn't finished, and one night an impulse came and there appeared the image of a goblet with a rising sun...



CONNECTION

A small painting – night – peace - somewhere there felt two bits coming together... Some hope, a longing for unity.



INSIDE



The painting after a transformation.

First image emerged from a place where I felt num outside however inside myself was a whole range of feelings, pain `dancing` with impulses to life.. I felt like something was cooking inside myself ☺ Also at that time was working on my boundaries and needed lots of internal protection and relearning of how to stay with my feelings instead of letting them immediately run away.

One day, probably after six/seven months I felt things had changed.. I felt the impulse to bring a new vibe to it - like something was `cooked`... ready to come out to the outside world.



WISDOM PAIN

Painted during the intense physical pain of emerging wisdom teeth ☺ every movement of the brush was relief from the pain, a sort of painkiller ☺ It was also a time of letting go for me as I was struggling with attachments to old habits and a realization of just how much I didn't want to face myself. A reflection on the painful process of growing through therapy honesty.



A DANCE

A dance that comes from that deep dancing place.. surrendering to music to which my body was moving freely... I felt like something was opening up inside myself, a new entry – the fresh energy of life.. A brush was leading me with the vibration of the music. images were transforming themselves through a time of me following a movement..
...`Oooff.. there is some light after all`...



THE CORRIDOR

.. It felt like a pull towards a light through a dark corridor. It was a time when I was deeply in touch with my constant shifting feelings, an emotional journey – a spiritual transformation.. Still hard, still a struggle. Nevertheless I felt like a pain was dissolving into vibration and movement.



THRESHOLD

Deep shadow place, pain mixed with desires, a strong painful body, a broken heart, sensuality twisted with anger and possession. Before painting: *'Here we go again, it hurts again. Is there any end of it?'*.. From that place I felt like I was standing in front of a Gate.. waiting for an impulse to cross a threshold. *'Just one more step, one more breath. Will I do it?'*..`



TRANQUILITY

New year.. just back from visit at home (Poland).. outside lots of chaos, changes everywhere and still somewhere there in between... probably for the first time I felt the place where I DO BELONG. A deep internal feeling. Something very new for me – soft and gentle movement.



AFFECTION

Full Moon night. Through the day I had felt like frozen water, ice! However, somewhere under the surface I could sense movement. I knew that place already, I had been there many times before. I dropped my plans for the evening as I just couldn't verbally engage with the outside world. I put on music and started to move gently. Minute after minute the energy rose, the ice was melting, compaction came and I took a brush, and led by the flowing emotions and with tears gently dancing on my unfreezing face, I felt like a drop of water in the ocean of life. Here we go, love.



SPLIT HEAD CHAOS

This image rose from my deep intensive feelings and was painted in two goes. I felt like my eyes were sharp and full of pain, searching for connection, for strong movements from my body. No, no way for me to be still, the pain again. But this time, with intensive desires from my shadow-side. I was aware that if I try to repress these feelings I would hurt myself badly. I felt a deep pull towards something, I was not sure what, I could feel an intensity in the air. Was it just mine or global feelings?... paints, colors... strong, sharp movement of a brush.. deep sorrow tears... It felt like I was riding some wave. I finished the picture without the image of hands on it I knew it wasn't finished yet but I had a clear feeling of an edge where I needed to stop.

The image of rising hands emerged after a Dance workshop (called FUSION) to which I experienced a profound spiritual connection. For a couple of days I fell in love with life itself and felt passion and aliveness. Big highs, followed by big lows of energy. *Was that too much for my small body?*



RECALL

This picture is a recall of an image which came to me during a meditation on a Psychosynthesis course. It felt like a road sign pointing the direction I need to follow. Hmm...



INFINITENESS

The last painting which is my inner flag of the endless process of an evolving life. It began as a both a movement and a symbol of infiniteness - which resides beneath straight lines.