

Time of my life. Awakening by Art in existential psychotherapy

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Abstract (russo)

В статье автором затрагивается тема времени и предназначения. Наше пребывание на земле ограничено. "Время не проходит, проходим мы" Что же нам действительно нужно успеть? Ведь человек призван быть творцом. Искры, которые способны разжечь в нас пламя творчества, пламя жизни, пробудить нас - это различные виды искусства. Слово «искусство» происходит от латинского arte-adere гореть ,пылать ,воспламенять. На протяжении многих лет в индивидуальной и групповой терапии проявлять и врачевать различные жизненные проблемы и неурядицы автору помогало Исскуство , музыка, поэзия, книги, фильмы, картины различных художников, театральные пьесы . Так творцом чего мы хотим стать? Какое искусство нас пробуждает? Что мы хотим оставить после себя? Что мы хотим передать ?

Abstract (Inglese)

In this article, the author touches on the topic of time and purpose. Our time on earth is limited. "Time does not pass, we pass." What do we really need to accomplish? After all, humans are called to be creators. Sparks that can ignite the flame of creativity, the flame of life, and awaken us are various forms of art. The word "art" comes from the Latin arte-adere, meaning to burn, to blaze, to ignite. Over many years of individual and group therapy, the author has used art, music, poetry, books, films, paintings, and theatrical plays to help her express and heal various life problems and troubles. So, what do we want to create? What art awakens us? What do we want to leave behind? What do we want to pass on to others?

abstract (Italiano)

In questo articolo, l'autrice affronta il tema del tempo e dello scopo. Il nostro tempo sulla Terra è limitato. "Il tempo non passa, passiamo noi". Cosa dobbiamo veramente realizzare? Dopotutto, gli esseri umani sono chiamati a essere creatori. Le scintille che possono accendere la fiamma della creatività, la fiamma della vita, e risvegliarci sono varie forme d'arte. La parola "arte" deriva dal latino arte-adere, che significa bruciare, ardere, accendere. Nel corso di molti anni di terapia individuale e di gruppo, l'autrice ha utilizzato arte, musica, poesia, libri, film, dipinti e spettacoli teatrali per aiutarla a esprimere e guarire vari problemi e difficoltà della vita. Quindi, cosa vogliamo creare? Quale arte ci risveglia? Cosa vogliamo lasciare alle spalle? Cosa vogliamo trasmettere agli altri?

Man is a creator. Art in existential psychotherapy.

For many years, art has been incredibly helpful to me in consultations and groups. Films, books, paintings by various artists, songs, music, poetry, theater.

And only recently I created a small online school where I managed to combine different types of healing art that we can use in therapy.

I pondered again and again what was happening?

Why does art sometimes diagnose so incredibly quickly and accurately, and even immediately get to work and heal. Sometimes, without further ado from the therapist.

How this happens is vividly depicted in Gleb Uspensky's story "Straightened." The protagonist, a village teacher, recalls how he once saw the Venus de Milo in the Louvre.

"As soon as I saw the statue, great joy came over me... Until now, I had resembled (I suddenly felt that way) this crumpled glove in my hand. Did it look like a human hand? No, it was just some kind of lump of leather. But then I blew into it, and it became like a human hand. Something I couldn't understand blew into the depths of my crumpled, crippled, tormented being and straightened me. Why? No word could define the life-giving mystery of this stone creature. This "stone riddle" made one "feel the joy of knowing oneself human."

The creator of this work of art had some other, higher purpose. He needed to forever and indelibly imprint on the hearts and minds of the people of his time, and of all ages, and of all nations, the immense beauty of the human being, to acquaint people—men, women, children, the elderly—with the joy of being human, to show us all and delight us with the possibility, visible to all of us, of being beautiful—that was the immense purpose that possessed his soul and guided his hand.

Here it is! Art offers us the amazing opportunity to be beautiful, unique, and even immortal.

Speaking of immortality, my favorite Spanish philosopher, Miguel de Unamuno, greatly helped me understand art in this way. He believed that every person has a deep-seated desire for immortality. And where else can humanity immortalize itself if not through creativity, among other things?

True, living art instantly connects us with the creative center, that divine and essential heart center within. After all, man, in the image of God, is also a Creator; he was created that way.

You might say that not everyone is given the gift of experiencing art and all that. But everyone is called to create something of their own, but to do so with real passion and a burning heart.

You can repair shoes, but that would be creativity and art. We've all met such people in our lives; they are often described as "a shoemaker from God," "a cook from God." How apt, right? These people are truly close to God; they are passionate about their profession... and absolutely any profession. They are thus directly connected to the Creator and also endowed with the unique ability to remain in people's hearts. My mother recently confirmed this. She told me that she once sent in a pair of boots for

repair, and she thought they were someone else's. But as it turned out, they were hers, completely remade, including the lining and heels, so that they seemed new and foreign. It was incredible. So, my mother still remembers the shoemaker's eyes, his voice, and his jokes. More than 30 years have passed, and now I remember him too, even though I've never seen him. Maybe my daughter will remember him if I tell her. And so, a shoemaker is practically eternal!

And here are a few more of Unamuno's wonderful quotes about work and beauty, in my opinion.

"Work is the only practical consolation we have in being born."

Beauty is the individual essence of each thing, what makes it what it is.

A wonderful, living illustration of this theme of time and creativity is the short Australian cartoon "The Creator."

A full and eternal life is what we need most. Let us remain today with these questions: what do we need to create? What do we need to bring to life? What do we need to convey? How much time do we have?