

Abundance

manifested from the soul

NOW ✓



Experience Calls
CHAPTER 11

Art

Abundance NOW Experience Calls

Chapter 11 Art

Theory & Workbook

Theory

Art can be many things. It is a category of (wo-)man made things that is set apart because of its meaning and cultural significance. Therefore it is also valuable: it is in a sense a ritualized way of showing what is meaningful to you as a maker and share that with others, whether you want them to indulge in the beauty of life or wake them up roughly to a certain perspective on the world. Both in the end could be said to serve a similar goal: enhancing the quality of human life in a way that was not per se anticipated and that adds value without necessarily needing to be of direct use (only).

Every child is an artist at heart. Once you give them paint and a big piece of paper, they will start to experiment and express themselves in yet unknown ways, finding their hands to be able to hold the signifier (paint) and forming certain signals on the paper with it that stick and then can be viewed, and shown to others, and be interpreted by yourself and by them as well, to then move on to a new addition or a fresh try. It's an inherent process. This is still the same for professional artists of any kind.

There is the artistry of the child or grown up, and there is the product, the expression, and then there's the process between them as well. The endless interplay of these factors is a language in the making that is ever growing. And that fact art has in common with the growth of relationship and the formation and working of a mission too. Being a spectator of art can reflect on all such processes even when one is relatively passive (whether an art viewer is really passive remains to be researched for now); acting as the artist yourself can be a great way to actively process and grow.

It's a process that contributes to feeling good. It gets you into contact with your energy flow and 'how' it is attuned. This is what we call in our Creative Universe your Creative ID. That is what lies at the foundation of your ascended mission. That may sound future oriented, and it is sure is for you, student of Abundance NOW, but it is actually an ancient ritual too. In the olden days of prehistoric art was pretty much daily life itself, and vice versa. Daily life used to be creative, art was not separated yet from the whole of life. How? Weeding the fields went with singing, milling flour with rhythmic movement similar as present day dance too. News and history was passed on orally as (sung) poetry – and more.

All the arts were not only woven into the fabric of daily life, the production of food and the actions of householding, the reverence to life and the Divine was formatted with it. That last element kept on being a major feature during the entire history of art throughout our known history but what did change at first mostly was the arts separated from their oneness with daily life and with one another (dance, poetry, music etc. all essentially one art) and became the disciplines we know today, in western societies often roughly divided like so:

- theatre and dance (move, perform)
- writing and speaking (stories, poetry)

- visual (drawing, painting, sculpting)
- music (singing, music instruments, ensembles)

In modern times thinking became a form of art in a sense, and this highly influenced visual arts, music too, actually all arts became very philosophical and then later science also was mixed in, so that it became a way to find alternative innovations for societal issues, too.

If you want to read more on this, I advice you to read my Master thesis (in Dutch) on the history of artistic identity of female artists and how this crystalizes out for a couple of contemporary artists as well.

- Petra Jekel, 'Kunstenaar zonder evenbeeld', 2006.
<https://www.creativeuniverse.earth/publications/>

Another title that has an article from me in it that discusses similar things, that is in English, is in this book:

- Anne Berk, 'Karin Arink, States of Self', 2009. <https://www.bol.com/nl/nl/p/karin-arink/1001004005599315/>

Let your ascended mission be based in what you are naturally good at, what you love doing, what is your creative quality, what you would do for nothing and art is a great way to find out more about that intrinsic motivation.

Art is not an invitation to make it all about form and forget your inner life. That would make it empty, shallow and essentially artificial, disingenuous. If you want to read more on that topic, then read:

- my letter to you in the Starter Kit <https://www.creativeuniverse.earth/starterkit>
- the chapter 'Het museum van mijn kindertijd' my the Dutch book 'Innoveer Jezelf' <https://www.creativeuniverse.earth/#read>

Be a Life Artist: Union in Flow

Our over-all goal is to become a person that has her mission and money flow in accordance with her energy flow in her subtle body and her True Twin Flame in harmony with herself in the Union that is meant to be lived. That is Union in Flow and it means being a high vibe life artists.

Workbook

What do you love in the fields of art? Start doing one or a selection of those things for pleasure and healing and pick up your inspiration for your Twin Flame journey and Mission Business while doing it. Although... the whole point is to not bother about what it is for an simply do it for its own sake. But it will have a pay-off, that you can be sure of, is what is meant here.

Theatre and dance (move)

- book a somatic or even dance session for inner work
- dance tango or salsa in your local venue or learn how to do it
- dance in your living room on your fav music
- visit a play or dance performance in your local theatre

Reading, writing and speaking

- pick up journalling
- write poetry
- read novels or poetry you gravitate to
- give a poetry or story lecture of your own work for your friends or another organized public

Visual

- make a moodboard out of old magazines at random or with an intent
- visit an art museum
- start drawing or painting in nature or your dreams
- go visit local a art festival

Music

- choosing music and making playlists in iTunes or Spotify
- visit local music performances
- start playing your musical instrument
- go to jam sessions in your city
- sing in the shower or in a recording machine



To the Abundance NOW webpage:

<http://www.CreativeUniverse.EARTH/AbundanceNOWMember>

To the Abundance NOW Facebook community:

<https://www.facebook.com/groups/420003449287525>

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Business & Creativity

Inspiring and Managing CreativeUniverse.EARTH

Helping you reach Twin Flame Union & start your Mission Business.

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