

CAROLINA ARAMBURO

Carolina Aramburo and Friends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 418th Newsletter, I want to give us a chance to consider the world of Art and Creativity, and the effect it has on people's physical, mental, emotional and spiritual well-being.

In order to put the rest of the **newsletter in context**: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them. This week we have also included articles on this practice that you can read in full [HERE](#).

The HEALING aspect of Creativity and ART that you may not KNOW and maybe completely MISS OUT ON!!

For thousands of years, people have searched for the meaning and **beauty of life** in music, painting, poetry and other arts. Ancient cultures also utilized and celebrated art and creative expression as a preventative and healing practice for **Health and Wellness**! Now scientists are proving what the Ancients knew: that art and Creativity can benefit your Physical, Mental, Emotional and Spiritual Wellness!

Even if you have never been artistic, or allowed yourself to enjoy being **exposed to art**, this Newsletter has surprising information that may have you reconsider. If you are already artistic or creative we will provide you with a much **deeper understanding** of the

role of art to your health that you may already have experienced but not fully understood!

The good news is that whether you are an artist or not – **every-one** has the ability to be creative – we were all born with it, no matter what you might have been led to believe! Please read this Newsletter in full so you can begin to **experience** how art can make a difference in your health and wellness and with those you care about. Art could become one of the more powerful **natural Medicines** that allow you to experience a long, balanced and healthy life.

In our Newsletter we will, in this first article, talk about the overall benefits of art on wellness. In our second article we will give you information on how to **get involved** with artistic and creative expression if you are not currently engaged in those kinds of activities. For those of you who are already involved in some form of artist or **creative** expression you can discover other mediums that you can apply in your life to optimize your health and well-being. Our third article will give you an incredible picture of the Mental, Emotional and Spiritual impact of art ... which in turn will come **full circle** to help you with the physical prevention and healing of health conditions and diseases.

Current research is studying the impact of art on wellness in **numerous** ways. Some scientists measure the natural **substances** your body produces when you're listening to music, going to the theatre, visiting a museum or otherwise exposed to the arts. Other

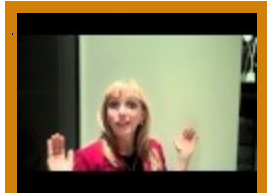


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ers are studying what happens when you are active in the creative process itself. Researchers are now **investigating** how the arts can help us prevent, recover and heal from disease, injury and even psychological trauma.

Many scientists now agree that the arts can help **reduce stress and anxiety**, improve wellness and enhance the way we fight infection. There are healthcare providers and health institutions that now consider Art as another **"prescription for health"**, in addition to a lifestyle choices such as a healthy diet, physical activity, and good sleeping habits.

Art is a perfect medicine that demonstrates how **connected** we are physically, mentally, emotionally and spiritually. You will see, as you continue reading, how beautifully **holistic** artistic and creative expression is for us. Some of the studied and proven be- (Cont. on next page)



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The HEALING aspect of Creativity and ART that you may not KNOW and maybe completely MISS OUT ON!! (Cont.)

benefits of art on our physical, mental, emotional and spiritual wellness include that art:

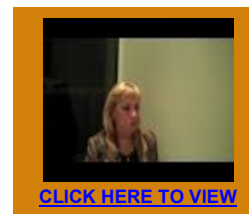
- Improves **Cancer** Recovery
- Lowers High Blood Pressure
- Helps with Emotional Abuse and Domestic Violence
- Helps You to Better Understand Yourself
- Helps Improve Your sense of Self (Self Awareness)
- Reduces Post Traumatic Stress (PTSD)
- Reduces Pain
- Reduces **Anxiety**
- Reduces Stress
- Reduces Tension
- Helps with Dementia
- Helps with **Alzheimer's Disease**
- Helps with Depression
- Helps with Bipolar Disorder
- Helps with Parkinson's Disease
- Helps with **Grief and Loss**
- Stimulates the Imagination
- Makes you more Observant
- Enhances Problem-solving skills
- Enhances **Cognitive Abilities** and Memory, even for people with serious brain conditions
- Helps in Releasing Emotions
- Helps in Increasing Self-esteem and Morale
- Helps Strengthen Critical Thinking
- Provides Nonverbal Expression and **Communication**
- Provides Relaxation
- Helps with Eating disorders
- Helps with **Disabilities**
- Helps Prevent and Heal from Chronic illness
- Helps with Substance Abuse and Addictions
- Influences the Autonomic Nervous System
- Stabilizes Heart Rate and **Hormone levels**
- Stimulates the Release of Endorphins

In addition to all of these benefits art has been proven to have an **anti-inflammatory** effect, which prevents and helps fight and heal chronic health conditions. Researchers have found a correlation between feelings experienced with art and creative endeavors and lower levels of cytokines, markers that put the immune system on high alert by triggering a **defensive** reaction known as inflammation. While inflammation is essential to fighting infection and disease when the body is presented with a specific threat, **chronically** high levels of **cytokines** have been linked to a number of health problems, including heart disease, cancer, Alzheimer's, depression and autoimmune conditions.

"That awe, wonder and beauty promote healthier levels of cytokines suggests that the things we do to experience these emotions — a walk in nature, losing oneself in music, beholding art — have a **direct influence** upon health and life expectancy," Berkeley psychologist Dacher Keltner, a co-author of a University of California Berkeley study.

In 2007, the Department of Health's Review of Arts and Health Working Group examined the role the arts can play in health. Its key findings were:

- Arts and health are, and should be firmly recognized as being, **integral to health**, healthcare provision and healthcare environments, including supporting staff
- Arts and health initiatives are delivering real and **measurable benefits** across a wide range of priority areas for health, and can enable the Department and NHS to contribute to key wider Government initiatives
- There is a wealth of good practice and a substantial **evidence** (Cont. on next page)



To ENHANCE, elevate and EVOLVE your wellness I have two very important **recommendations** for you:

- 1) Listen to your body in a specific way*.
- 2) Find an extraordinary **Holistic Health/ Wellness Coach**.

*In my second health proposal, I proposed that you can improve your health by **listening** to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a **specific** way that this needs to be done and to learn 'HOW' please watch my video by clicking **HERE**.

My 2nd recommendation is that you find an **extraordinary** Holistic Health/ Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create **Top Wellness**, with and for YOU, by designing completely **customized** nutritional, exercise plans that work for your unique body!

If you would like to **find out more** about coaching with our Health, Fitness & Quantum Healing Division click here: www.CarolinaAramburo.com.

By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I **never imagined possible!**

The HEALING aspect of Creativity and ART that you may not KNOW and maybe completely MISS OUT ON!! (Cont.)

base

- The Department of Health has an important leadership role to play in creating an environment in which arts and health can prosper by promoting, developing and **supporting** arts and health

Arts and humanities programs have been shown to have a positive effect on inpatients in various hospital settings. The measured improvements include:

- Inducing positive physiological and psychological changes in clinical outcomes
- Reducing drug consumption (particularly pain medication)
- Shortening **length of hospital stay**
- Promoting better doctor-patient relationships
- Improving mental healthcare
- Increases **compliance** with treatments
- Create safer hospital environments
- Reduces Patient/caregiver stress measurably
- Increases quality of care
- Reduces treatment costs

Art therapists do not profess to be able to cure diseases any way. However, they do aim to provide an **artistic outlet** for those battling diseases and, as a result, prompt a reduction of stress, anxiety, or depression. In addition, those who participate in art therapy while experiencing **acute or chronic pain** often report a reduction in pain, most likely attributed to the fact that they were otherwise engaged during the pain and, hence, were not concentrating on their **discomfort**.

Where involvement in art in general has all of the above benefits let's look at the specific benefits that have been studied and proven with various different types of Art expression:

SINGING and MUSIC

A widely researched phenomenon is the use of music in the control of chronic **cancer** pain. Five benefits of using music therapy with cancer patients have been reported in the literature: 1) increases in hospital patients' **sense of control**, 2) promotion of wellness and the healthy aspects of patients' lives, 3) reductions in pain and increases in immunity, 4) decreases in anxiety, and 5) reductions in **psychological and physical** symptoms.

In a study of patients admitted to a **coronary** care unit with acute myocardial infarction, it was found that relaxation and music therapy were effective in reducing stress. Results demonstrated that apical **heart rates** were lower and peripheral temperatures were higher in the relaxation and music therapy groups than in the control group. After listening to relaxing music for 20 minutes, participants exhibited significant reductions in heart rate, **respiratory rate**, myocardial oxygen demand, decreases in serum cortisol and, in particular, anxiety, both immediately after and for 1 hour after the intervention.

Here are some other specific health benefits of Music and Singing:

- Singing increases the "bonding hormone" that helps us feel a sense of trust.
- When listening to music, levels of molecules important for **fighting infection** can rise.
- Singing raises the levels of salivary immunoglobulin, a substance that defends the respiratory tract against pathogens. Levels of brain chemicals that relay signals between cells increased after 4 weeks of music therapy.
- Lullabies have been shown to promote **neurological develop-**

ment and weight gain in premature infants.

- Music helps stroke patients recover both memory and focused attention.
- Music reduces post-stroke depression and confusion.
- Stroke patients may improve faster if they sing, rather than speak, as part of their **rehabilitation**.
- Singing exercises major muscle groups in the upper body.
- Singing is an aerobic activity that improves the efficiency of your cardiovascular system and encourages you to take **more oxygen** into your body, leading to increased alertness.
- Singing leads to improved airflow in the upper respiratory tract and lessens the opportunity for bacteria to flourish there, countering the symptoms of colds and flu.
- Singing aids the development of **motor control** and coordination, and recent studies have shown that it improves neurological functioning.
- Music has positive effects on reward, motivation, pleasure and arousal.
- Music improves immunity.
- Patients who listened to their choice of music before, during, and after eye surgery experienced lower blood pressure and heart rates, and **less perceived stress**.
- Music engages the areas of the brain involved with paying (Cont. on next page)

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attention, making predictions and updating the event in memory.

- Music helps to manage stress.
- Music helps to alleviate pain.
- Music promotes physical rehabilitation.
- Singing develops **breath control**.

Music works on the **autonomic nervous system** - the part of the nervous system responsible for controlling our blood pressure, heartbeat and brain function - and also the **limbic system** - the part of the brain that controls feelings and emotions. According to one piece of research, both these systems react sensitively to music.

When slow rhythms are played, our **blood pressure** and heartbeat slow down which helps us breathe more slowly, thus reducing muscle tension in our neck, shoulders, stomach and back. And experts say that apart from physical tension, music also reduces psychological **tension in our mind**.

When we feel pain, we become **frightened**, frustrated and angry which makes us tense up hundreds of muscles in our back. So as an added bonus, listening to music on a regular basis helps our bodies relax physically and mentally, thus helping to relieve - and prevent - **back pain**.

VISUAL ARTS (PAINTING, DRAWING, SCULPTURE, etc.)

Engaging in Visual Arts such as drawing, painting and sculpture allows us to focus, **engage** and release. There are a multitude of studies that have been done showing the specific results of the visual Arts and utilizing **visual Arts** as therapy.

Several small studies, some of which were supported by NIH, have suggested that art therapy can help improve health status, quality of life and **coping behaviors**. It can improve depression and fatigue in cancer patients on chemotherapy, and help prevent burnout in caregivers. It's also been used to help prepare children for **painful** medical procedures as well as to improve the speech of children with cerebral palsy.

In another study, published in the February 2006 issue of the *Journal of Pain and Symptom Management*, cancer patients who participated in a visual art session reported feeling less pain, **tiredness**, drowsiness, and breathlessness afterwards.

A 2002-2006 study at Thomas Jefferson University Hospital Kimmel Cancer Center in Philadelphia reported on the use of "**mindfulness-based** art therapy" in cancer patients and showed a reduction of pain and anxiety in those who attended only eight (8) 2.5-hour art therapy sessions.

Similarly, an art therapy study involving 41 breast cancer patients "strongly supports art therapy as a powerful tool in rehabilitation of patients with **breast cancer** and, presumably, also in the care of patients with other types of cancer," said study leader Dr. Jack Lindh of Umea University, Umea, Sweden. Researchers involved in this study noted that the 5 therapy sessions in which the women participated allowed the patients to "process and express" their emotions, therefore **improving their quality of life**. Coping skills also improved in those who participated in the therapy sessions.

Art can be a refuge from the intense emotions associated with illness. There are no limits to the imagination in finding creative ways of **expressing grief**. In partic-

ular, molding clay can be a powerful way to help people express these feelings through tactile involvement at a somatic level, as well as to facilitate verbal communication and cathartic release and reveal **unconscious** materials and symbols that cannot be expressed through words.

Women taking part in a qualitative study focusing on cancer described ongoing cancer-related difficulties such as fear for the future, pain, **sleeplessness**, role loss, activity restriction, reduced self-confidence, and altered social relationships. Engaging in different types of visual art (textiles, card making, collage, pottery, watercolor, acrylics) helped these women in 4 major ways: First, it helped them focus on positive life experiences, relieving their ongoing **preoccupation** with cancer. Second, it enhanced their self-worth and identity by providing them with opportunities to demonstrate continuity, challenge, and achievement. Third, it enabled them to **maintain** a social identity that resisted being defined by cancer. Finally, it allowed them to express their feelings in a symbolic manner, especially during chemotherapy.

The groups that received the art intervention were significantly more likely than were those that did not to have improved clinical outcomes, including better vital signs, **diminished cortisol** related to stress, and less medication needed to induce sleep.

Long-term hemodialysis (a form of dialysis used with advanced kidney patients) is associated with impaired quality of life and depression, which are thought to **worsen** compliance with treatment regimens. In a study with a hemodialysis unit, at 6 months of involvement (Cont. on next page)

The HEALING aspect of Creativity and ART that you may not KNOW and maybe completely MISS OUT ON!! (Cont.)

in an art program, the participating patients, nurses, technicians, and physicians reported that the program had a **positive impact** on the unit.

Paired comparisons, from this study, with baseline data showed significant improvements in not gaining weight, serum carbon dioxide content, **phosphate levels**, lower blood pressure and a trend toward reduced levels of depression and improved mood. In addition, regression analyses showed that high levels of art program participation correlated with improved social functioning, bodily pain, and physical **role functioning** scores, as well as a trend toward greater albumin levels, but also higher phosphate and lower calcium levels. Finally they discovered that after they left the clinic they were more likely to take their medication consistently reducing risks of **complications**.

WRITING

Writing therapy employs the language arts to promote healing and wellness. It encompasses creative writing, **storytelling** and reminiscing, poetry reading and writing, etc. Expressive writing—writing about traumatic, stressful or emotional events—has been shown to have a number of health benefits, from improving symptoms of depression to helping **fight infection**.

Dr. James W. Pennebaker of the University of Texas at Austin has designed several studies to show the links between writing and health. "Writing about emotional upheavals in our lives can improve physical and mental health," Pennebaker says. "Although the **scientific research** surrounding the value of expressive writing is still in the early phases, there are some ap-

proaches to writing that have been found to be helpful."

In one study, in a series of exercises, healthy student volunteers who wrote about traumatic experiences had more positive moods, fewer illnesses and better measures of **immune-system function** than those who wrote about superficial experiences. Even 6 weeks later, the students who'd written about what upset them reported more positive moods and **fewer illnesses** than those who'd written about everyday experiences.

In another study of students vulnerable to depression, those who did expressive writing exercises showed significantly **lower depression** symptoms, even after 6 months, than those who had written about everyday matters.

Some scientists believe that the feelings of control and mastery, which comes with consistent writing, trigger an increase in the production of **disease-fighting cells**. A 2004 study found that HIV-positive patients who engaged in expressive writing, or writing exercises specifically designed to help them process traumatic events, had higher levels of a particular group of white blood cells known as **CD4 lymphocytes**.

The act of writing itself leads to strong physical and mental health benefits, like **long-term** improvements in mood, stress levels and depressive symptoms. In a 2005 study on the emotional and physical health benefits of **expressive writing**, researchers found that just 15 to 20 minutes of writing three to five times over the course of the four-month study was enough to make a difference.

By writing about traumatic, stressful or emotional events, participants were significantly more likely to have fewer illnesses and be less

affected by **trauma**. Participants ultimately spent less time in the hospital, enjoyed lower blood pressure and had better liver functionality than their counterparts.

It turns out writing can even make **physical wounds** heal faster as well. In 2013, New Zealand researchers monitored the recovery of wounds from medically necessary biopsies on 49 healthy adults. The adults wrote about their thoughts and feelings for just 20 minutes, three days in a row, two weeks before the biopsy. Eleven days later, 76% of the group that wrote had **fully healed**. Fifty-eight percent of the control group had not recovered. The study concluded that writing about distressing events helped participants make sense of the events and reduce distress.

Even those who suffer from specific diseases can improve their health through writing. Studies have shown that:

- People with **asthma** who write have fewer attacks than those who don't.
- **AIDS** patients who write have higher T-cell counts.
- **Cancer** patients who write have more optimistic perspectives. (Cont. on next page)

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tives and improved quality of life

Studies have shown that, relative to control group participants, individuals who have written about their own traumatic experiences exhibit statistically **significant** improvements in various measures of physical health including influencing immune function, stress hormones and blood pressure, **reductions** in visits to physicians, and better immune system functioning.

Expressive writing can also improve control over pain, depressed mood, and **pain severity**. In a study done with HIV patients, participants who engaged in emotional writing rated their essays as more personal, valuable, and **emotional** than did control group participants. HIV viral loads dropped immediately after the intervention in the experimental group and increased slightly in the control group. The CD4+ lymphocyte counts of the emotional writing group gradually and continuously **increased** during the 6-month follow-up, whereas the CD4+ lymphocyte counts of the control writing group increased slightly from baseline levels and then remained stable.

DANCE and THEATRE

Arts that involve movement, such as dance and forms of **theatre**, can also create enormous health benefits. Researchers already know that physical activity can help you reduce stress, **gain energy**, sleep better and fight depression and anxiety. Movement-based creative expression focuses on nonverbal, primarily physical, forms of expression as psychotherapeutic or **healing** tools. Through the movement of mind and body in a creative way, stress and anxiety can be re-

lieved, and other health benefits can be achieved as well.

Dance has been utilized specifically to help Parkinson' Disease patients. David Levanthal, a dancer who has become the unofficial authority on Dance for Parkinson', explains that the physical and mental discipline a dancer requires to execute challenging steps travel along the same brain **pathways** that a Parkinson's patient must exercise to retain even the most pedestrian movement. Incorporating ballroom dancing into PD classes also really helps PD patients as "touching another body and being in sync with your partner" also helps create new **neuropathways** to the extremities.

In one of the only existing documentations of the benefits of dance for Parkinson's patients, scientists at Washington University School of Medicine in St. Louis found that patients who took part in regular tango classes showed significant improvements in **balance and mobility**.

In a study done with midlife women and dance the results demonstrated **expanding consciousness** at midlife, with patterns of meaning identified in relationships with others, the self, and spirit as well as challenges associated with loss, illness, and threats to relationships. The consciousness activities identified were choosing, **balancing**, accepting, and letting go, and creative movement was shown to support self-awareness.

In a 12 week study with breast cancer women results showed significant quality of life improvements in the those who experienced healing through dance and **movement**. Shoulder range of motion increased, as did body image, at 13 weeks. By addressing post-treatment patients' physical and emotional needs, this program sub-

stantially **enhanced** their quality of life.

Drama simultaneously engages the human mind and spirit. This form of therapy uses drama/theatre processes and products to achieve symptom relief, emotional and physical **integration**, and personal growth. It facilitates the client's ability to tell his/her story, solve problems, set goals, express feelings appropriately, extend the **depth and breadth** of inner experience, improve interpersonal skills and relationships. Cognitive and communication skills are maximized, creativity and individuality are fostered; and physical activity is encouraged. Such therapy builds community and **strengthens self-esteem**.

A unique study involving the use of theater investigated the benefits of a **short-term** intervention for adults aged 60 to 86 years that targeted cognitive functioning and quality of life issues important for independent living. After 4 weeks of instruction, those given theater training exhibited significantly greater gains than members of the no-treatment control group on both **cognitive** and psychological well-being measures, specifically word and listening recall, problem solving, self-esteem, and psychological well-being.

PARTICIPATION vs. OBSERVATION of ART

Is there a difference between actually creating vs. consuming (watching, listening, observing, etc.) art? Studies show that both being an active creator of art and **consuming** art has benefits!

One Swedish study followed more (Cont. on next page)

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than 10,000 people over the course of 14 years. It found a relationship between **longevity** and the people who most visited the cinema, concerts, museums or art exhibitions — although interestingly, no link existed between longevity and those who attended sporting events.

A Norwegian study attempted to discover if health effects varied depending on whether the participant had a **passive or active** relationship with the arts. According to the study, participation in culture was good for you, regardless of whether you consumed or created the culture. And the more **culture**, the better the study participants' health. Frequency of cultural activity was positively associated with good health, life-satisfaction, reduced anxiety and decreased amounts of depression.

Interestingly, a **gender** difference also showed up in the results. **Men** who engaged in passive cultural activities, such as watching a film, reported better health outcomes compared to participation in active cultural activities, such as making a film. In contrast, **women** who participated in cultural activities were better off, health-wise, than women who consumed cultural events. Researchers speculated on many things could explain this. Two thoughts were that perhaps creating culture could be more **stressful** for men than it is for women or that perhaps gender patterns in culture consumption also play a role. They also noted that each form of art might affect health differently.

ART in HEALTHCARE

In addition to improving the health and wellbeing of the patients involved, the arts can improve healthcare environments

and benefit **staff retention** and professional development.

There are, broadly, five main areas of arts in health work:

Arts in the healthcare environment:

For 30 + years, many hospitals have chosen to incorporate artwork into the healthcare environment to improve the experience of patients and staff. Nowadays, most hospitals have art exhibitions and many have artists working to improve lighting, way-finding, gardens and clinical areas.

Participatory arts programs:

Getting involved in the arts provides both social and creative outlets for people who are ill – either with physical health issues or mental health issues. Many care homes, General Practitioner surgeries and hospitals as well as community settings provide opportunities for people to engage with the arts as a tool to improving their wellbeing.

Medical training and Medical Humanities:

For hundreds of years, the arts have played a part in developing the practice of medicine and the understanding of wellbeing. Lots of doctors now have an arts aspect to their training and many health-workers find that **active** participation in arts activity helps them with their work. Caregivers, who face human suffering, illness and death daily, can also benefit from arts programming and the opportunity for self-expression. For **physicians**, observational and empathic abilities can be enhanced through the arts, and they may learn to understand and connect with patients in a more humane way.

Arts Therapy: Arts therapists are registered with the Health Professions Council and are accredited forms of therapy, which use the arts as their primary form of com-

munication. The arts therapies (drama, music and visual art) have now become an established psychotherapeutic tool for used by qualified therapists with clients, usually on a one to one basis.

Arts on Prescription: Arts on Prescription schemes provide arts and creative activities for participants, usually for people experiencing mental health problems and social isolation. The purpose of such schemes is not to replace conventional therapies but rather to act as an **adjunct**, helping people in their recovery through creativity and increasing social engagement. Although the schemes are varied in their approaches and settings, the common theme is that there is a referral process.

One outstanding therapeutic program is at Shands Healthcare and is known as **Arts in Medicine (AIM)** – it is a network of hospitals and outpatient services affiliated with the University of Florida. Through the AIM program, paid **artists-in-residence** and volunteers involve patients in creative activities like painting, writing, and singing.

Shands was the first institution of its kind to fully **integrate** the arts into its medical model. The AIM (Cont. on next page)

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program doesn't just operate once a month or week; it's part of the care that patients receive every day, and AIM artists are in constant contact with physicians and nurses. AIM operates in five different hospitals. They say artistic processes **restore** a sense of identity and agency that hospitalization takes away.

In 1990, John Graham-Pole, a pediatric oncologist at Shands, with 25 years of medical experience and also a poet, started what is now AIM with informal arts workshops in a single hospital unit. His goal was not to cure **dis-ease** but to help both patients and staff "cope better with whatever was happening to them" through writing and painting. Graham-Pole, now retired, **envisions** a world in which art is an integral part of every health care system. He says a model of medicine that embraces the arts is extremely **cost-effective** when one considers the impact of the AIM program and its "tiny" budget, relative to the overall cost of running a hospital.

In 1991, physicians like Graham-Pole, artists, arts therapists, hospital administrators, arts advocates, and like-minded individuals founded the **Society for the Arts in Healthcare** [SAH], an international organization of professionals and students dedicated to the advancement of how the arts improve people's lives and particularly patients challenged by **medical illness**. "Art is a social determinant of our health," he says. "It doesn't cure a particular disease, but benefits whatever ails you."

All of the benefits listed above are not just **beneficial** for patients in healthcare settings – they are beneficial for everyone. Wouldn't you like to reduce stress and anxiety, increase positive emotions, and reduce the likelihood of **de-**

pression and the dis-eases caused by stress and anxiety? Art offers an outlet and a release from all of that.

I have always been an Art LOVER, since I was a toddler, since my Dad and my Mom have been artists in many ways. My Mom has basic training and **excessive** talents in many arts: decoration, restoration, design, writing, and way more. My Dad was an Architect that was a Masterful Artist and a big time Scientific Engineer. He used to talk to me about the **balance** and complementary nature between Science and Art. So I appreciated, enjoyed, followed, studied and loved ART in most forms my entire life.

I studied Basic Arts and I **seriously** studied and practiced Ballet and Contemporaneous Dance for many years as a teen. I also use to love writing; I wrote and even got **published**. I painted and got awards. At some point once I reached my 20s, I compared myself with my brother (the REAL ARTIST and Art Prodigy, who is an Internationally recognized Theater Director) and decided I was NOT AN ARTIST and **dedicated** myself mostly to the Sciences; like Mathematics, like Behaviorism, Psychology, etc.

Funny enough I have spent over **2 decades** Studying and Practicing the Art and Science of Coaching (which is really applying the Science of Behaviorism in an ARTISTIC WAY to be able to help the individual EVOLVE the behaviors that don't allow him or her to **create** the Life or Business Results that they want to create. These behaviors are EVOLVED into NEW BEHAVIORS that DO ALLOW them to create everything they want to create.)

After the decades of **Creativity** in my coaching (and big time thanks

to my Artistic/Creativity Coach), I realized that I am an AMAZING and Masterful Artist and I am again **embracing** my Art. Enjoying other arts together with enhancing my various practices of the Art, like simply Journaling, have made a tremendous difference in my **Healing Journey** and on the Journey of creating the Life of my Dreams!!! I highly recommend for everyone to EXPAND or START their ENGAGEMENT with Arts and creativity, it will make a BIGGER Difference that what most people can calculate!!!

A Raw VEGAN Living Foods DIET including participating and experiencing **Art**, plenty of **Leafy** GREENs, tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus **mindful** stress management is the **greatest** way that you can almost ENSURE optimal WELLNESS

for youSELF inside and out. I invite you to TRY IT ON and In-JOY it with me. You will forever **thank yourself** and **feel better than you EVER did your ENTIRE LIFE!!!**

In our research links below we have provided many articles that will allow you to gain more information on the health benefits of Art including studies on the impact of Art on specific health conditions:

<http://www.heritage1886.org/new/index.php?>

[op-tion=com_content&view=article&id=197:positive-benefits-of-art&catid=22&Itemid=59](http://www.heritage1886.org/new/index.php?option=com_content&view=article&id=197:positive-benefits-of-art&catid=22&Itemid=59) - The Positive Benefits of Art

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The HEALING aspect of Creativity and ART that you may not KNOW and maybe completely MISS OUT ON!! (Cont.)

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<http://www.hillstrategies.com/category/arm-categories/benefits-impacts/health-benefits-arts> - Arts Research Monitor articles, category = Health benefits of the arts

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<http://psychology.jrank.org/pages/45/Art-Therapy.html> - Art Therapy - Applications, Benefits

<http://psychology.jrank.org/pages/435/Music-Therapy.html> - Music Therapy - General effects of music therapy, How music therapy is used

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https://newsinhealth.nih.gov/2008/June/docs/01features_01.htm - More than a Feeling How the Arts Affect Your Health

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2804629/> - The Connection Between Art, Healing, and (Cont. on next page)

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The HEALING aspect of Creativity and ART that you may not KNOW and maybe completely MISS OUT ON!! (Cont.)

Public Health: A Review of Current Literature

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2804629/> - Make More Art: The Health Benefits of Creativity

<http://www.creativitycultureeducation.org/the-impact-of-arts->

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Getting Involved with Art for your Health is much Easier than you May Think!!

Art is for everyone not just those who identify as **artists!** We were each born with a spark of creativity. We may have not **engaged** in it for many years but it is still there. Perhaps you have not thought of yourself as artistic or creative but now that you can begin to see all of the benefits artistic and creative **pursuits** can provide, I hope you won't put off exploring your artistic side any longer.

Maybe you've always wanted to try writing, drawing, painting, sculpting, or fine art photography, but never had the time or **opportunity** so you put it on your "someday" list. You may already be engaged in some sort of Art or creative expression so the opportunity for you is to **explore** other expressions to help balance out other aspects of your holistic wellness.

In this article we will be discussing practices and ways you can begin to exercise your creative expression in an array of different **mediums**.

A box of colored pastels or a tube of paint, do not contain a warning label that states you **must know** what you are doing before opening them. Part of the fun in art is **exploring** the medium you are using and figuring things out as you go. Then,

as you become more engaged in the process of making art, you may wish to research different art **materials** and techniques or sign up for an art class or private instruction.

Once you are not afraid to pick up a paintbrush or pencil the **fun begins**, and all those benefits of artistic expression are no longer limited for those only 5 years old and under. Adults can positively benefit from art by using their **imagination**, and expressing and exploring more about themselves, too. Let the creative expression begin; find the artist that lived inside you as a child and tell him or her that **it's okay** to come out again.

If you are not an artist or a creative then here are some things that may help you **start getting involved** in Art and creativity:

- 1.You may not describe yourself as creative, but you may be **limiting** your definition to such activities as painting and writing. Everyone is creative in his or her own way, and you may need to try a few options before finding a fun match.
- 2.Explore the areas where you've been creative **earlier in life**. If you haven't had those outlets, it's worthwhile to find out why. This can help inform you of the

types of activities that may or may not be a good fit now.

- 3.Become more creatively involved. Are there particular **activities** that you already know you would like to try?
- 4.Find out the steps that might be involved in getting started, and strategize around any barriers you may see. A first step could be to explore **resources** on-line or in your community.
- 5.If you have questions when you begin experimenting with different forms of art, go on-line or stop by your local library for basic how to books to explain types of mediums and different techniques associated with them. Local colleges often offer **beginner** art courses in most art mediums such as creative writing, drawing, painting, photography and ceramics. Take yourself to local community art shows to see others' artwork, what subjects and mediums they choose to use.
- 6.Encourage a friend or family member to join in. It's often easier to start a new activity or habit with the **support** of a loved one.
- 7.Try an activity or multiple activities **more than once** before deciding whether to pursue it. A number of factors could contribute to a poor first impression on an activity that might ultimately (Cont. on next page)

Getting Involved with Art for your Health is much Easier than you May Think!! (Cont.)

be a perfect match.

The following list of activities is grouped according to the different types of intelligence; some may be seen as more traditional art forms, while others are activities that could stimulate creativity:

- **Social/Interpersonal** - Starting or joining a discussion group, getting together regularly with friends, joining a league or club, video-chatting regularly with family or friends
- **Musical** - Learning (or relearning) to play an instrument, attending a concert, singing, listening to music
- **Spatial** - Drawing, painting, sculpting, scrapbooking, taking art classes, making cards, designing a garden, learning flower arranging
- **Bodily/Kinesthetic** - Dancing, taking acting classes or performing in a play
- **Logical/Mathematical** - Playing visual games, drawing mandalas, studying music.
- **Verbal/Linguistic** - Telling stories, writing, participating in a book club or writing group
- **Intrapersonal** - Reading, journaling, recording a personal history, writing an autobiography
- **Naturalistic** - Nature Photography, Drawing or Painting or Writing outdoors.

Examples of Art that you can **experiment** with are:

- Sand Play with beach sand or colored sand
- Dance or Creative Movement (even if you are in a wheelchair)
- Drama or Theatre
- Learning a musical instrument
- Singing
- Storytelling

- Drawing activities with pencils, markers, pastels or charcoal
- Mandalas
- Painting with Oils, Acrylics or Watercolor
- Photography
- Sculpture/Pottery or work with clay
- Improvisation

Here are some suggestions for beginning several kinds of visual art projects:

- **Simple Still Life**: Arrange a vase of flowers or variety of fruit and pick your art medium, whether its pastels, colored pencils or paint. As you get started focus on capturing the colors and shapes of the objects and less on reproducing a realistic image. Your first attempts should be more for the experience and learning the qualities of the medium you have chosen.
- **Au Plein Air**: This is a term meaning, in the open air; French Impressionist painters such as Claude Monet captured it. Au plein air artists were interested in the changing qualities of light, they are known for their large brush strokes and movement in their paintings. Find a favorite place you enjoy visiting outdoors and take time to notice the beauty and qualities of light on different surfaces. Work this into your image focusing on catching light on your subject. Remember to enjoy the fresh air!
- **Paint to Music**: Whether it's classical or jazz music put on one of your favorite albums or musician that inspires you. Pay attention to how the music makes you feel and how the musician's notes move throughout a song. Capture the atmosphere of their music in your art with flowing free lines, shapes and color.

- **Keep a Sketchbook**: Start an artist diary or sketchbook that you can jot down ideas or sketch images as they come to you. You never know when inspiration may strike!

If you are already experiencing a medical condition that has you involved with medical centers and hospitals they may offer art therapy with inpatient care. However, art and art therapy can be found in **many other** settings, such as:

- Community Centers
- Art studios
- Support groups
- Psychiatric centers
- Schools, Colleges, Universities
- Drug and alcohol rehabilitation programs
- Nursing homes

If you have children, grandchildren, nieces, nephews ... find a way to get the involved with artistic expression as **early in life** as possible and encourage them to continue that involvement as they continue to grow. If their school does not offer art then seek out other ways to expose them to art both as a participant and as an observer. By doing this you will **instill** in them practices that will make an enormous difference in (Cont. on next page)

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Getting Involved with Art for your Health is much Easier than you May Think!! (Cont.)

their physical, mental, emotional and spiritual wellness that will last a lifetime.

Developmental growth in the later stages of life often leads to the desire to be creative. Some wisdom and maturity can't be taught at a young age; it results from development through aging, knowledge gathering, emotional and practical life experiences, and changes in **brain function**. Older adults integrate these pieces to achieve profound insights. The creative brilliance possible in these advanced stages of development can be seen in the lives of various famous people as well as in the ordinary lives of those from our own families and communities.

As discussed by Gene Cohen in the paper Creativity With Aging, there are four developmental phases in the second half of life that shape the way **creative energy** grows and is expressed:

- **Midlife Reevaluation (40s or 50s)**. The storied midlife crisis is actually an experience of being motivated to evaluate one's personal and professional life and seek out ways to make it more gratifying. This phase combines insightful reflection with a strong drive to create meaning in one's life, thereby intensifying creative expression.

- **Liberation (60s)**. This stage comes about as older adults experience the freedom of retirement and have more time to explore new ways to express them. These adults are also more comfortable with themselves and less concerned about the image others have of them.

- **Summing up (70s)**. Older adults in their 70s and beyond are often in the process of looking back at their lives in a continued quest to see the larger meaning of life. They generally become the keepers of cultural history and want to share the wisdom they've gained in their lifetime. This process often **contributes** to creativity in the form of **giving back**, through such activities as autobiography, storytelling, volunteering, community activism, and philanthropy. The summing-up process may also offer the impetus for new creative endeavors that these adults never got the chance to explore before.

- **Encore (80s)**. At this age, creative expression is about making a lasting statement or completing unfinished business. These seniors' advancing age stimulates the energy to make one final statement or add to the contributions they've been making toward their communities or families.

Let today be the **beginning** of you

ART and Creativity is one more POWERFUL Answer to Physical, MENTAL, Emotional and even SPIRITUAL Balance!!

Just as art, in all of its various mediums, can impact physical health it also has an enormous impact on mental, emotional and **spiritual** wellness. More specifically, there is evidence that engagement with artistic activities, either as an observer of the **creative** efforts of others or as an initiator of one's own creative efforts, can enhance one's moods, emotions, and other **psy-**

chological states as well as have a real impact on important physiological conditions.

In clinical settings, music, visual arts and dance/expressive movement have been most often deployed to support **emotional** or psychosocial rather than physical aspects of health. In schools story telling **combined** with visual art tended to be used with children

having art in your life or expanding the kind of art you already produce for the sake of your health. Please join me in **expressing** yourself in some way. Open a blank document or a journal and start typing or writing. Put pencil or markers to paper and sketch a drawing. Grab your camera, even if it is the one in your phone, and take a picture. Find music your love, turn it up and dance. Build something, invent something, share something, and create something. Your health will improve and you and **everyone** around you will be better off for it.

In our research links below we have provided you with lots of links that you can choose to use to delve deeper into beginning or expanding your artistic expression to include many different mediums:

<http://www.lifelinesys.com/content/blog/healthcare-professionals/successful-aging-strategies/the-physical-and-mental-health-benefits-of-creativity-for-older-adults> -The Physical and Mental Health Benefits of Creativity for Older Adults

http://www.heritage1886.org/new/index.php?option=com_content&view=article&id=197:positive-benefits-of-art&catid=22&Itemid=59 - Positive Benefits of Art

who had suffered trauma, whilst music was more likely to be the art of choice for students suffering from mental health issues such as depression or mental **disability** (for instance autism). Dance/expressive movement tended to be used to improve physical health but also to (Cont. on next page)

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promote self-esteem. Studies published reported some positive evidence that the intervention was impacting positively on the specific health indicators in question.

Art can literally **freeze** a moment in time and even freeze the viewer as they ponder the **meaning** or theme of the artwork. Emotions can be demonstrated **brilliantly** with art and can help the viewer release or better understand their own emotions. There are numerous philosophical and psychological benefits that come with the beauty of art.

Art therapy has been used for centuries now to improve a person's wellness. It provides an **outlet** for expressing thoughts and emotions. It promotes relaxation. It may also serve as a distraction for people in severe pain. While someone who is degreed and certified in both psychology and art normally is called an Art Therapist and **facilitates** art therapy, many of the practices utilized by an art therapist can also be incorporated into our lives. In this article we are going to cover some of the main mental, emotional and spiritual benefits of art and art Therapy. Here is the top 10 Benefits of Art Therapy composed by Joan French MA NCC LCPC:

1. Provides a forum to express **strengths** and genuineness.
2. Through viewing one's own creation – one can improve the skill of self-observation.
3. What cannot be said with words – may be more easily expressed through the art.
4. Metaphors and stories **emerge** through the art – which can provide a 'voice' for material, which may be difficult to express.
5. Art Therapy is active and physical, fun, and stimulating.

6. Emotions and art are closely **connected**; making art can aid in uplifting one's mood.
7. Making art activates the whole brain and can foster integration of emotional, cognitive, and sensory processes.
8. Emerging and **recurrent** symbols expressed in the art can help to make unconscious material conscious.
9. Art can make the hidden – visible in an external & tangible way.
10. Art making provides an experience, which is stress & anxiety reducing, relaxing, and decreases worry.

To give you more details and allow you to see what can be processed in Art Therapy, here is list developed by Art as Therapy in Ontario, Canada:

General benefits of art therapy:

- Allows clients to communicate what is sometimes difficult to put into words
- Helps clients feel understood
- Helps clients gain skills and a sense of achievement, providing **ownership** of their successes
- Encourages clients to build trust in a safe environment
- Helps clients increase their **self-esteem** and self respect
- Assists clients in gaining a new, more objective perspective on their challenges or difficult life circumstances
- Allows clients to begin to experiment with change that can later be applied outside the therapy room
- Provides a **safe** outlet for feelings such as fear, guilt, pain, rage and anger
- Encourages clients to make positive choices and to gain hope for the future
- Encourages clients to tap into their inner power and use their existing strengths to build fur-

ther skills which can help them **manage** difficult emotions and circumstances

Specific Emotional, mental and Spiritual benefits:

- **Self-discovery.** At its most successful, art therapy triggers an emotional **catharsis** (a sense of relief and wellbeing through the recognition and acknowledgement of subconscious feelings).
- **Personal fulfillment.** The creation of a tangible reward can build confidence and nurture feelings of self-worth. Personal fulfillment comes from both the creative and the analytical components of the process.
- **Empowerment.** Art therapy can help individuals visually express emotions and fears that they were never able to articulate through conventional means, and give them some sense of control over these feelings.
- **Relaxation and stress relief.** Chronic stress can be harmful to both mind and body. It can weaken and damage the immune system, cause insomnia and **depression**, and trigger a host of circulatory problems (e.g., high blood pressure, atherosclerosis, and cardiac arrhythmia). When used alone or in combination with other relaxation (Cont. on next page)

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techniques such as guided imagery, art therapy can be a potent stress reliever.

Art therapy can help children to process:

- Experiences of grief, loss or separation
- Trauma
- Life transitions
- Injury/ accidents
- Birth of a sibling
- Parental separation/ divorce
- Hyperactivity
- **Disabilities** physical, learning or invisible
- Emotional issues (fear, anxiety, depression, self-esteem, anger, etc.)
- Behavioral issues (aggression, withdrawal, impulsivity, tantrums, and mutism, etc.)
- Being in foster care or being adopted
- Family reunification

Music therapy is particularly **effective** with children. The sensory stimulation and playful nature of music can help to develop a child's ability to express emotion, communicate, and develop rhythmic movement. There is also some evidence to show that speech and language skills can be improved through the stimulation of both hemispheres of the brain. Just as with adults, appropriately selected music can decrease stress, anxiety, and pain. Children can also experience improved **self-esteem** through musical activities that allow them to succeed.

Art therapy can help teens to process:

- Unresolved conflicts in family relationships
- Developmental challenges
- Trauma
- Life transitions and changes

- **Anxiety**
- Depression
- Substance abuse
- Eating disorders
- Disabilities physical, learning or invisible
- Questions surrounding identity
- Social concerns
- Emotional issues

Art therapy can help adults to process:

- Life transitions and changes (birth of children, career changes, children leaving home, changing family dynamics, significant milestones like birthdays or anniversaries, etc.)
- Experiences of grief and loss
- Managing stress and anxiety
- Learning and **practicing** self care
- Unresolved conflicts in family relationships
- Depression
- Emotional issues
- Trauma
- Injury/ accidents
- Feeling stuck or despair

Art therapy can help older adults to process:

- Experiences of grief and loss
- Changing physical abilities
- Emotional processing of medical diagnoses
- Life **transitions** and changes (retirement, moving, etc.)
- Transitioning to long term care or assisted living
- Feelings of isolation or loneliness
- Depression
- Life review
- Death anxiety
- Creating a personal legacy

The geriatric population can be particularly prone to anxiety and **depression**, particularly in nursing home residents. Chronic diseases causing pain are also not uncommon in this setting. Music is

an excellent outlet to provide **enjoyment**, relaxation, relief from pain, and an opportunity to socialize and reminisce about music that has had special importance to the individual.

Music can have a striking effect on patients with **Alzheimer's disease**, even sometimes allowing them to focus and become responsive for a time. Music has also been observed to decrease the agitation that is so common with this disease. One study shows that elderly people who play a musical instrument are more physically and **emotionally** fit as they age than their nonmusical peers.

Another benefit to creative endeavors is the role they play in the brain elasticity of adults. In recent years, the field of **behavioral** neuroscience has discovered more about the brain's ability to adapt and keep itself vital. Researchers have found that sustained, creative challenges are a way to help keep brains fit. When the brain is challenged with **activity**, it is altered through the formation of new synapses, the contact points between cells.

An increased number of synapses improve communication across cells, in turn opening up the chance for new ideas and expanded thinking. Art activities are especially helpful in this regard, because they are more likely to be **sustained** over a long period of time. Similar to the impact of doing regular physical **activity**, greater benefits can be experienced when the creative activity is ongoing.

Art activities that stimulate cognitive functioning can also benefit those suffering from **Alzheimer's disease**. For instance, involvement in creative activities has been (Cont. on next page)

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found to reduce depression and isolation among dementia patients. Another study found that art therapy could improve the **vitality** and quality of life of patients with mild Alzheimer's disease.

Megan Robb, a certified art therapist at National Institute of Health's (NIH) Clinical Center, says, "When **traumatic** memories are stored in the brain, they're not stored as words but as images. Art therapy is uniquely suited to access these memories." Once you draw or paint these images, she explains, you can then progress to forming words to describe them. This **externalizes** the trauma—moves it out of isolation, onto the page and into a positive exchange with the therapist. This process, Robb says, gives you "an active involvement in your own healing."

Dr. Lisa Wong, a pediatrician, author of the new book "Scales to Scalpels: Doctors who Practice the Healing Arts of Music and Medicine" stated, "Music has a way of reaching a deeper core in a person than sometimes can be touched in any other way, even beyond words. With **autistic** children, with patients with Alzheimer's — people who have lost their verbal language still have musical language. Young [amputees] who don't want to put in an hour a day of **occupational** therapy will practice [a musical instrument] for 10 hours a day just to get things right. The music is driving them, and their executive function skills improve, their focus comes back, their **self-esteem** [builds]."

To show an example of the impact of art, when applying Music education for children, the following surprising results were seen:

- Music education impacts lan-

guage development by physically developing the part of the left side of the brain known to be involved with **processing** language, and can actually wire the brain's circuits in specific ways.

- Linking familiar songs to new information can help imprint information in the brain.
- Improves sound discrimination and fine motor tasks, and brain imaging showed changes to the networks in the brain **associated** with those abilities.
- Students of Superior Music education programs scored around 22 percent higher in English and 20 percent higher in math scores on standardized tests, compared to schools with low-quality music programs, regardless of **socioeconomic** disparities among the schools or school districts.
- Listening to music can improve the behavior in the children in the classroom by setting the mood for the room. Children had lower heart rates and temperatures after the music, likely improving focus and behavior.
- Children who study music tend to have larger **vocabularies** and more advanced reading skills than their peers who do not participate in music lessons.
- Studying music primes the brain to comprehend speech in a noisy background. •Children with learning disabilities or dyslexia who tend to lose focus with more noise could benefit greatly from music lessons.
- Research shows that music is to the brain as **physical exercise** is to the human body. Music tones the brain for auditory fitness and allows it to decipher between tone and pitch.
- Children who study a musical instrument are more likely to excel in all of their studies, work better in teams, have enhanced critical thinking skills, stay in school, and pursue further edu-

cation.

- In the past, secondary students who **participated** in a music group at school reported the lowest lifetime and current use of all substances (tobacco, alcohol, and illicit drugs).
- Schools with music programs have an estimated 90.2 percent graduation rate and 93.9 percent attendance rate compared to schools without music education who average 72.9 percent graduation and 84.9 percent attendance.
- Regardless of **socioeconomic** status or school district, students who participate in high-quality music programs score 22 percent better on English and 20 percent better on Math standardized exams.
- Much like expert technical skills, mastery in arts and humanities is closely correlated to high earnings.
- A study from Columbia University revealed that students who study arts are more cooperative with their teachers and peers, have higher levels self-confidence, and are more equipped to express themselves and their ideas.
- Elementary age children who are involved in music lessons show greater brain **development** and memory •improvement within a year than children who receive (Cont. on next page)

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no musical training.

- Learning and mastering a musical instrument improves the way the brain breaks down and understands human language, making music students more apt to pick up a second language.

Music can be a very effective tool for those that are experiencing mental or emotional imbalances. **Autism** is one disorder that has been particularly researched. Music therapy has enabled some autistic children to relate to others and have improved learning skills. Substance abuse, **schizophrenia**, paranoia, and disorders of **personality**, anxiety, and affect are all conditions that may be benefited by music therapy. In these groups, participation and social interaction are promoted through music. Reality orientation is improved. Patients are helped to develop coping skills, reduce stress, and express their feelings.

For children who studied in school art programs the following results were distinguished:

Cognitive Skills:

- Raises students' scores on standardized tests.
- Fine and performing arts classes teach students to tackle a problem using a variety of approaches (analytical and cognitive thinking skills).

Emotional Outlet:

- Teachers emphasized that art classes helped kids develop strong social skills and a healthy outlet for emotions.
- Art can be particularly helpful for children who struggle with difficult emotions or family problems and those who have a hard time talking about their feelings.

- Art also helps children adopt different perspectives, which can play a role in developing social and emotional skills.

Different Learning Styles:

- Art classes give children another approach to learning that may activate the imaginations and ignite the interests of children who struggle in other classes.
- Struggling children may benefit from arts education and that art classes can help children develop impulse control, resulting in better behavior in other classes and higher academic achievement.

From drawing to sculpture, poetry to journaling, and dance to music and song, the arts can have a major impact on our **spiritual** wellness and health. The arts empower us to fulfill the basic human drive to create and give us a sense of possibility. Through creative **expression**, patients regain a feeling of wholeness, individually and as part of the larger world. Studies done with patients showed that Arts also gave people the opportunity to experience Joy, a **connectedness** to the moment and to Self and a transcendence or sacredness. This is true for anyone including those with mental conditions and disorders.

But what about art's **neurological** impact — can picking up a paintbrush actually change your brain? In a published study with retirees in Germany suggests it might. Researchers discovered “a significant **improvement** in psychological resilience” among those who participated in drawing and painting classes; they did not find it in the art-appreciation group.

What's more, the fMRI scans of the art-class group also showed improved “effective interaction” between certain regions of the

brain known as the default mode network. This area is associated with cognitive process like introspection, **self-monitoring**, and memory. Since connectivity in this area decreases in old age, it's possible that art could reverse and even stop its decay. Other recent fMRI studies have demonstrated **enhancements** in the functional connectivity between the frontal, posterior, and temporal cortices.

Our brains have a creative side (the right side) and a reasoning and logic side (the left side). Interestingly enough the creative **right side** is also the side in which we achieve a state of spiritual consciousness. However in order to connect with that side we also need a well-developed left-brain. Most artists however will tell us that the root of creativity and source of **inspiration** is not located in the brain at all but the soul/heart or higher self. In most studies done one thing that stands out is that creative expression allows us to also expose those things that our brain may not even be aware of ... something deeper ... our true self.

When practicing art or any form of creativity it takes time and practice to learn to “get out of the way” and enter into the state from which art **emerges**. The total attention, precision, and discipline required for true creativity to blossom though one's own craft requires fully inhabiting the present moment, free of self and other, past and future, in a non-conceptual state of wakefulness - just like **meditation** practice.

Just as being creative can be meditative, meditation can also be a great practice to help clear your mind and open your heart in a way that is very conducive to creative expression.

(Cont. on next page)

ART and Creativity is one more POWERFUL Answer to Physical, MENTAL, Emotional and even SPIRITUAL Balance!! (Cont.)

The creative arts are one pathway for tapping into your **higher self** in a joyful, natural way. You can pick up a paintbrush or camera or listen to music and quickly enter the place inside you that connects you to your own spiritual core. It is a beautiful and natural a way to experience your **inner being** and communicate in ways that are beyond words. Nurturing your creativity nurtures your spirituality – and vice versa.

In addition to all forms of artistic expression being as access to your inner source, writing, creating vision boards and personal mandalas are great ways to express your spiritual creativity. **Finding one's voice** via poetic means can also be an emotional, mental and spiritual healing process because it opens up the opportunity for **self-expression** not otherwise felt through everyday words. Expressive writing through journaling is an excellent way to access the unconscious self. Journal writing has been linked to

creativity, **spiritual awareness**, and expansion of the self.

No matter what artistic expression you choose there is sufficient proof that being creative and expressing it through art and also **enjoying** art produced by others can provide direct healing and balancing benefits for us mentally, emotionally and spiritually. The bonus is that since we are holistic beings these benefits in turn impact us positively physically also. The art of healing and the **healing** aspect of art go hand in hand!

The following research links will provide you with various articles than may help you delve deeper into the associations and benefits of art to your mental, emotional and spiritual wellness:

<http://bebrainfit.com/the-health-benefits-of-art-are-for-everyone/> - The Health Benefits of Art are for Everyone
<http://hyperallergic.com/136378/study-finds-making-art-may-keep-our-brains-healthy/> - Study Finds

Making Art May Keep Our Brains Healthy

<http://www.cognitivedynamics.org/therapy/> - Expressive Arts Therapy promotes human dignity and improves quality of life

http://journaltimes.com/lifestyles/health-med-fit/music-therapy-makes-a-difference/article_6fb6b620-b4bb-11e1-a3f4-001a4bcf887a.html?comment_form=true - Music therapy makes a difference

http://www.huffingtonpost.com/michael-friedman-lmsw/art-mental-health_b_1562010.html - Art Can Be Good For Mental Health

<http://www.hindawi.com/journals/ecam/2014/789852/> - Transforming Pain into Beauty: On Art, Healing and Care for the Spirit

http://www.huffingtonpost.com/frank-fitzpatrick/music-spirituality_b_3203309.html - Why Music, Part 9: Music and Spirituality

MASTERFUL BUSINESS & PERSONAL COACHING

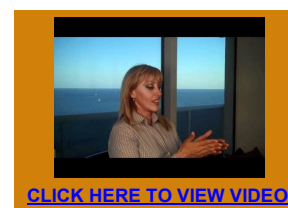
Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

In 1999 I began coaching people in Landmark Education inside of various leadership roles using Ontology (Landmark Education's methodology). In the years that I was leading the Landmark Forum, I coached, 3 weekends a month, different groups in rooms filled with 150+ to 1200 people, in many different cities and countries. I coached **individual people** who came to the microphone for coaching on their personal lives and professional performance. I coached and lead the group as a whole producing a common "simultaneous **UNPRECEDENTED**

transformational shift", for every group no matter what their circumstances. In addition to this, I coached teams of people who worked with me in both group and individual settings. These mostly included **managers, supervisors and leaders**. This coaching/consulting was mostly on business performance and production.

Thus, after 20 years of **outstandingly successful practice**, and after coaching hundreds of thousands of people and consistently **exceeding their expectations 94% of the time**, I have the confidence to say that I can coach anyone, in anything, and under any circumstance and have **YOUR SUCCESS in ANY ARENA** be a foregone conclusion while also having it be a deliciously fun and **FULFILLING ADVENTURE!!**

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