

CFPT Clinical Workbook

DOES ART OPEN TO TRANSPERSONALITY?

Francophone College of Transpersonal Psychotherapy | Study day | June 23, 2018
EDITORIAL

By proposing for our second day of study the theme of Art: door open to transpersonality?, We do not intend to redefine the field of art, or even that of art therapy, but to open a reflection on the links that artistic expression and transpersonal can - or could - establish.

Failure to specify the areas or realities covered by these two terms was a bias aimed at giving the interveners the space to register their subjectivity. The proposals which have come down to us illustrate this interpretative plurality which makes the salt of interpersonal relationships.

Everyone connotes words over their experience, hears what they can (or wants), and says more, less, or otherwise than what they think they say, that's why you will find out in the articles in this book of contrasting visions of the history which is told from the beginnings of humanity between art and psyche. An attentive reading will perhaps allow you to locate the turning of an image or an expression the same masked by the different, experiencing what the transpersonal defends: something in us transcends the singular to invite us to choral, whether mystical participation or social engagement. Art in its own way participates in it, whether through praise, the representation of the sacred, or the opening via our senses to another dimension of reality.

As we organized our day, the Argentinian artist Camilo Villanueva introduced himself to us through one of those synchronicities whose life knows how to offer us so well. In his testimony, we find the posture expressed by some speakers on June 23, this time with the inverted look of the painter initiated into transpersonal psychology.

We hope that this notebook will unlock the doors that separate you from your being, and that the questions it might raise will turn into words, concepts, or collaborations that can strengthen the foundations of our artistic discipline: transpersonal psychotherapy.

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DOES ART OPEN TO TRANSPERSONALITY?

Camilo Villanueva is a painter from Argentina. Trained in painting by Vicente Lopez (óculo Raggio Museum, Buenos Aires), his paintings are renowned for their transpersonal dimension: painting acting on the artist as an expander of consciousness, it leads him to reveal the visions of his soul. Since 1994, he has exhibited regularly in South America, but also in Europe and North America. We are honored to testify in this notebook of his sensitive approach.

Through this testimony-collage of reflections, I will give my humble opinion on what I think and feel about the relationship that exists between art and the transpersonal.

A shell of Me on the waves of the Self "The Self is the center of consciousness, but consciousness is like a ship that is being dragged by a sea. It doesn't matter what the Self wants or doesn't want . What matters is what happens to him despite what he wants, and what happens is that he is taken away by something that he does not even suspect. What "moves" it determines the process of individualization »C.G.Jung

What I understand from Jung's remarks is that consciousness is like a boat that is dragged and moved in an unknown sea (the Unconscious) and whose crew is Self.

But there is a problem with this voyage, that the crew (the Self) can only take command of the ship in a small percentage. Psychology and neuroscience, in all their branches and differences, allow to a certain extent a primary knowledge of our mind and our functioning, which helps a lot to channel our ego (or personality) when it needs, as much what can be done, to level its relation to the world. But hardly can he recognize certain instruments and handle them - without too much control - that he feels a force beyond his control, and that the consciousness which transports him cannot understand and hear either.

Personal and transpersonal forms of understanding reality through art Art, within the framework of transpersonal psychology, includes the spiritual aspect.

Transpersonal means beyond the person, beyond the ego or ego, which therefore implies a dimension which transcends personal

limits and leads us to a spiritual reality, in all its cultural manifestations. We end up with two levels of art. One goes through reasoning and intellectuality, we look at it and analyze only the technique, the composition, we compare it to that of other artists or trends, etc. The most incomprehensible here is to see that painters follow the same style as their teachers or try to look like world famous painters, without trying to find a new path in their art! But slowly this trend is changing.

Let us now cite a few movements and their relationship to the representation of reality, from the closest to the most distant from our physical perceptions:

Realism, which seeks to represent life in the most faithful way.

Hyperrealism, which is a step beyond realism.

Surrealism, whose paintings are often illogical and of dreamlike quality.

Impressionism, which focuses more on forms than on details.

Expressionism, born in reaction to impressionism and which seeks to reflect the expression of feelings and emotions more than reality.

Abstract Art, which refers to a style of painting that does not use figurative reality as a reference. Colors and shapes are used to represent the emotions and the landscape of a person's inner world.

Here, I stop for a moment to clarify the representation of landscapes of the inner world of a person by abstract art, because what landscapes are these? We all have an inner world, but either we have managed to go beyond the Self and consciousness, or we live in a superficial inner world dominated by the Self. This is where a differentiation occurs between abstract art and transpersonal painting. Transpersonal painting transcends the Self and consciousness, entering this sea where you have to navigate alone, where you get lost in its immensity; shapes and colors circulate without any type of filter, using consciousness and the Self as vehicles without anyone interfering with what they want to show. This is how to define transpersonal painting: we are all spiritual beings, but on each one depends the level of spirituality and unity that we can achieve.

“We must not pretend to understand the world only by the intellect. Intelligence failure is only part of the truth. »C.G. Jung

Abstract art is a manifestation of the mind, but reasoned and intellectualized by the Ego; Transpersonal Painting is a manifestation of the mind without reasoning or

intellectualizing. The form of art will depend on how far the artist embarks on this journey into the depths of our inner world (where the mythological heroes dive in search of depth and the mystery hidden therein) This journey of the hero who seeks to understand life and death, but for whom he must overcome his shadow - the most obscure aspects which are at the heart of our personality - and which is full of symbolism. These journeys are transpersonal art which manifest them, this is why it depends on the artist to arrive at transpersonal painting, otherwise it will remain only in the abstract art of his ego. For Jung, "the intellect is, indeed, an enemy of the soul, because it has the audacity to want to capture the heritage of the spirit, which it is incapable of under any circumstances, because the mind is far superior to the intellect, since it can not only understand it but also understand the heart ". Therefore, we need to start to realize a difference between abstract art and transpersonal art. Art is a manifestation of the Unconscious, which when intellectualized loses its message and clarity, and ceases to be transpersonal.

We must see art, not with the eyes of the intellect, but with those of the crystalline mind.

In art, in this case painting, there is a message that comes from this unknown ocean, which wants to manifest itself and make itself known by perforating consciousness and the Self, in order to give this flash of light to the understanding: in the depths of life, everything is indivisible unity. But the human being is responsible for constantly dividing - someone said in his time: "What separates us from unity" - and in this human being is a specialist in division, splitting up to his more minimal subtraction.

This same sea is found both in the artist and in the observer, and it tries to communicate, overcoming intellectual and cultural barriers, communicating with symbols, colors and shapes. This is his way of conveying messages, finding beauty in unreality, but for this it is important, at least, that the artist is already sailing on this sea called Unconscious, in order to link diversity and spirituality.

We come from a spiritual abstraction and we return to it.

Some thoughts What do I paint and what do I smell?

Expressing what I feel when I face a canvas and start painting is like starting to form a living space, which is transmitted through color and form.

A space that is deep in our being, a space that appears on the surface to show off and tell us that there are other subtle forms that express the greatness of creation.

It is as if we were in a learning phase, in an infinite childhood. For this, as an example, I will refer to a sentence by Picasso: "At twelve, I painted like Raphael, but I needed a

lifetime to learn to paint like a child". As perfect as a painting may seem to us, if it does not have that spark from within which allows us to go beyond, we will not have reached the principle of forms, the beginning of life; we will not be able to see with the eyes of the spirit the beauty of the color and the form which emerge from the abstraction from which we all come. The "singularity", that tiny point that scientists call the start of the Big Bang, was the most absolute abstraction in the universe, our beginnings.

"The painter does good things only when he ceases to know what he is doing" Edgar Degas

The good observer will say "I don't understand what the artist wanted to express, but it mobilizes my interior and touches the depth of my Being". It is called feeling, and to feel there is no need to understand, nor to ask for explanations, if not to contemplate and enjoy this unknown depth of an infinite ocean.

Camilo Villanueva, Buenos Aires - June 2018

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