

Lockdown of creative rooms

by Gabriele Musebrink

ART is something that deeply touches and moves people. What is it like for people to deeply reconnect with themselves? And what happens when they act, sense, feel and make decisions from this inner place? It is such a depth and clarity, such a power that comes from this place. In my opinion, it is exactly this potential we are being challenged with at this moment in time. Everybody now needs this inner focus and the sense of being connected with what is the essence of being human: the warmth of the heart and ‚being together‘.

And that which comes from this inner center is self-responsability. This responsibility for ourselves only works if we are aware of us acting within a community and understanding that everything only exists within a bigger context of life. Here is where the most important thing happens. Responsibility does not come from regulations, fear or sympathizing with the masses. It does not make sense to act ‚in favor of‘ or ‚against‘ something because it still relates to the same thing only from two different perspectives. Only from the responsibility towards the whole we will act mindfully and lovingly. It is this peaceful balance that we need.

Art plays a major role in this. Here, something beyond words is touched. It does not matter if you practice or receive art: One is connected with the linked perception and therefore with the whole. One makes contact with beauty and joy. One is being nurtured and able to relax. Especially now, it is really important to be in contact with the certainty of every moment being held in depth. When unstressing happens, the mind is being capable of seeing things from a completely different perspective. In neuroscience it has long been known, that a relaxed pineal gland clarifies perception. The subtly working parts of the brain are needed in these times, when fears are being stoked and increased levels of adrenaline appear.

How come, that especially now in these times, that are largely perceived as ‚difficult‘, the whole art and culture sector is being destroyed – including its representatives? Why is it that the government forgets to include the costs of living in their help programs? And why do artists hear things like: ‚Just do something else‘ or ‚nice that you have turned your hobby into your profession‘ since more than a year? Is the artist with its capacity to create from its own inner centre, too irritating?

I supervise people in and through a creative room myself and I also witness the mindful work of the yogis in my institution, who can only partly work online at the moment, if at all. My experience in doing so, is: It is worth helping people out of the state of fight and defense or people suffering from shock.

It helps to say ‚WE‘. This is what being human is about.