

Reiki Inspired Art

BY ELYNNE ROSENFELD ALLENSON

THOUSANDS OF YEARS before art for art's sake became accepted in the Western World, the primary purpose of visual art was to document spiritual life and bring spiritual narrative into places of worship as well as homes of spiritual leaders. The Renaissance, a period of history spanning the 1400s to 1600s, brought a new kind of visual art. For the first time, art was being created to reflect the newly evolving philosophical ideals that moved away from the church and more toward the realm of humanist, secular philosophy. From the Renaissance to the present, art has reflected this shift away from the church, although religious and spiritual art has continued to proliferate throughout time.¹

In the modern era, art schools began educating artists to create from their own experience, as well as referring to other artists and techniques that inspire them. In other words, it might be argued, artists have been taught to create from an ego place, which in some instances, might be seen as art for the artist's sake. While this is not inherently bad, it can at times appear limiting to the beholder.

Now, in the second decade of the 21st century, along with shifts in spiritual consciousness that have led to the exploration of many different kinds of spiritual healing practices have come changes in the way many artists perceive their creativity and create their art. Given the choice to create from any space they choose, a growing number of artists are choosing to create with healing intention. Art shows such as *Celebrate The Healing Power of Art* have been dedicated to imagery that bolsters spirit and fosters feelings of well-being. Artist advocate and coach Renee Phillips, who, as founder and director of Manhattan Arts International² created this ongoing series of shows, says: "When Artists create healing art they not only experience a healing process for themselves, their art has a healing impact on viewers, and the earth."³

Interestingly, this new source of artistic inspiration and its resulting body of work is not going unnoticed by the medical community—many hospitals have instituted art shows to present healing visuals to staff and patients alike in recognition that art indeed promotes better health. "Numerous clinical studies have shown a link between art and healing," says Sue Kett, a healing arts consultant at Adventist Midwest Health, a Chicago area hospital that actively promotes art shows focused on healing. "It reduces both anxiety and the need for pain medication, among other health benefits."

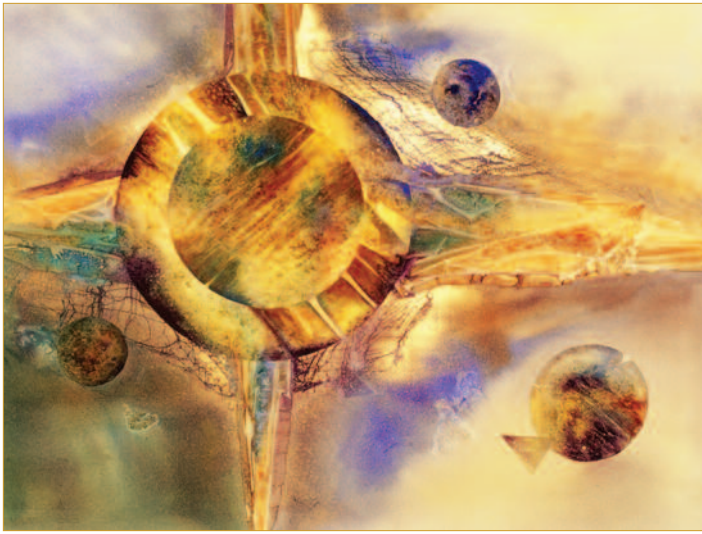
Not surprisingly, within this movement in the art world, a growing number of artists are infusing Reiki energy into their work. Nothing could be more natural than to fill the senses with Reiki as the artist applies brush to canvas or eye to lens. I interviewed several of these Reiki inspired artists for this article and would like you to meet them, too.

Art with a new purpose

Tara Moorman, author of "Art and The Reiki Way," is a long-time artist, but post-Reiki attunement her painting shifted into a more semi-abstract style. With this shift in imagery she noticed she became more open to guidance to try other media. She also



Infinite Spiral of Life —Tara Moorman



Heaven's Gate —Tara Moorman

realized a shift in the reason she was creating art. Rather than the enjoyable pastime it had been, she began to realize that creating art was part of her purpose on earth. Tara infuses Reiki into her art by approaching each painting session as a Reiki session. She asks that the painting be used for healing wherever it is shown, intending the healing vibration of Reiki to be shared with its viewers.

Art to support the healing process

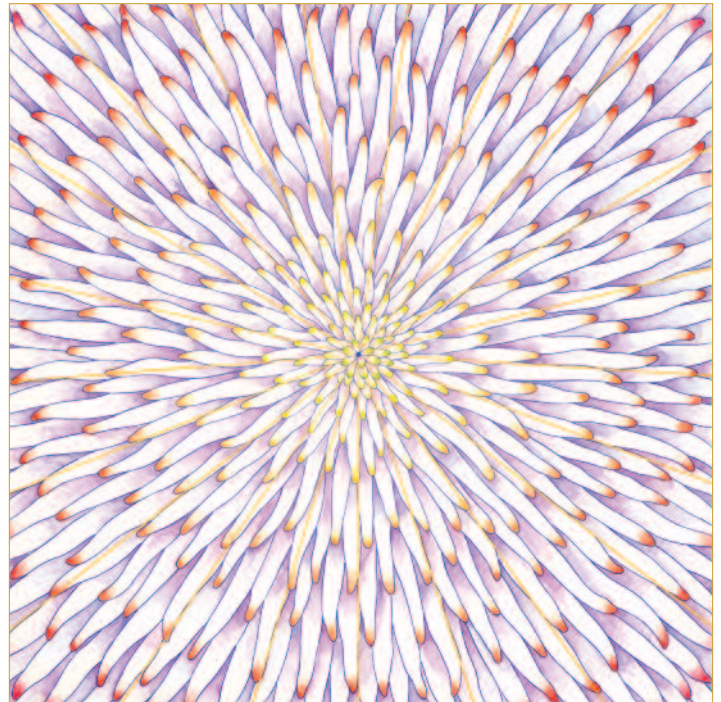
Pamela Turczyn is one of the featured artists Phillips promotes on the Manhattan Arts International website. Her post-Reiki attunement artwork maps energy flow through floral mandalas imbued with precise vibrational frequencies. “Each mandala conveys a quality essential to well-being: hope, vitality, compassion,



Infinite Health — Pamela Turczyn

unconditional love and creativity, among others.” If you visit her website, you will see her “Infinite Qualities” print series. Each print is conceived as ‘interactive’—in other words, looking at them while practicing healing will enhance the experience.

Pamela received her attunements from Pamela Miles, a champion of integrating Reiki practice into mainstream medicine. Turczyn credits these attunements with the guidance she received to create art as a tool to support the individual’s healing process. “With an intention to create artworks that both contain and convey the energy signature of a given theme (compassion, love, hope, etc.), I developed a unique studio practice. The use of breath, sound, music, movement, dance, writing, prayer and meditation support[s] me in



Reiki-The Infinite Field — Pamela Turczyn

the embodiment of a project’s theme. Somatic cues act as a touchstone during the development of the artwork: when in doubt concerning my direction, I refer back to that bodily felt-sense to ensure that the artwork is in resonance with the theme.”

Art as a healing blessing

Recently I had the opportunity to show a body of abstract work entitled “Reiki Meditations” at LG Tripp Gallery⁴ in my

¹ H. W. Janson, “The Renaissance in History,” in *History of Art*, 15th printing, ed. Milton S. Fox (New York: Prentice-Hall and Harry N. Abrams, 1970), 305.

² www.Manhattanarts.com.

³ <http://healingpowerofart.blogspot.com/p/about-our-annual-celebrate-healing.html>.

⁴ www.lgtrippgallery.com.



Reiki Meditation #5 — Elynne Rosenfeld

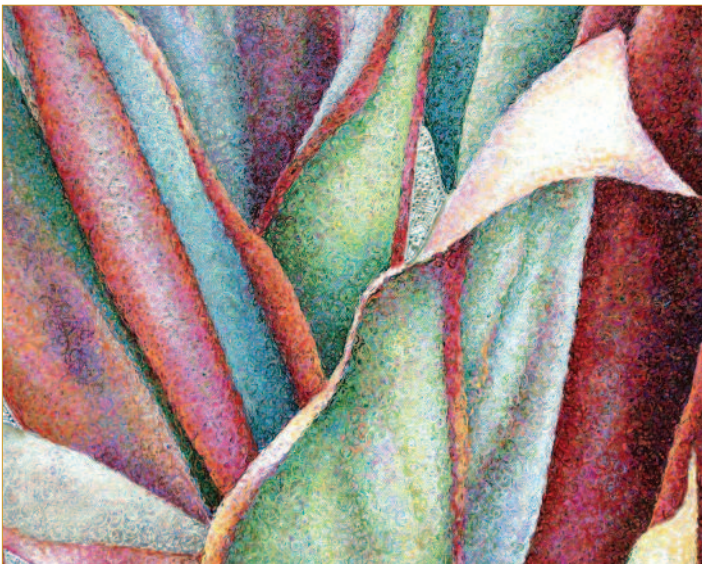
My process in painting these is a conscious one: after preparing the room and activating the Reiki through smudging, symbols and sacred objects, I begin to layer spiral upon spiral of color until the desired depth, texture and color is achieved. Although the upper layers of spirals are visible to the viewer, the underlying ones forming the foundations of the paintings are not. These are CKRs, hidden in the underpainting to respect their sacred symbology, yet drawn with a brush to begin the process of infusing Reiki into the work. Painting in this way is a slow, meditative experience for me. Just as we say that a Reiki session with a client is a blessing for both of us, so is the process of painting as much of a blessing as the healing sent through it.

To get the paintings ready for travel to the gallery showing, I again sent Reiki to each, activating the embedded symbols. I repeated this when they were hung on the walls. Those sensitive to Reiki were able to experience the intended peace and well-being in the room while visiting.⁵

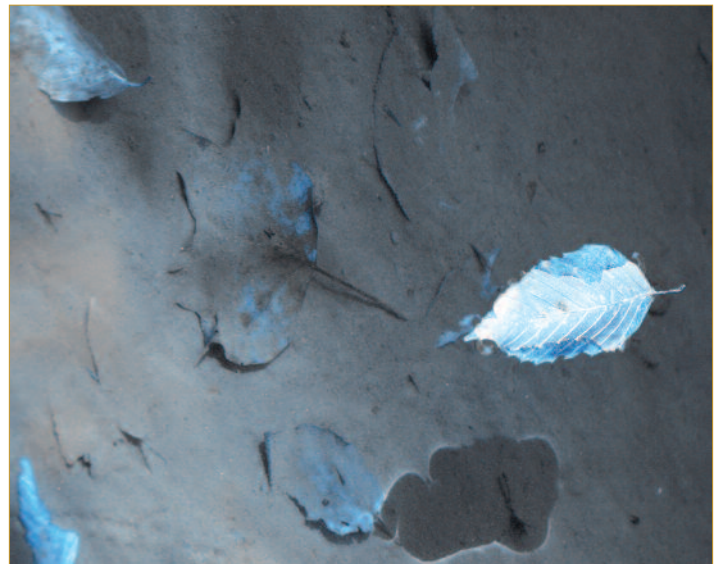
Art as a vision of the heart

Although Haley Steinhardt was always a photographer, she found that after her Reiki attunements she began processing the world around her differently. She took a photography workshop with Catherine Anderson, author of *The Creative Photographer*⁶ and there, made the connection between using her heart more than her eyes to see and how Reiki would be the perfect tool for activating this shift in awareness. Haley discovered that she could feel the energy of her subjects coming right through the photographs she took. She does this by focusing on her heart space, allowing the moment of going within and asking that Reiki flow. She intends the Reiki infusion to

hometown of Philadelphia, PA. There was a written statement on the wall crediting my Reiki practice as the inspiration for the series. It was yet another way to place the term in the mainstream, raising awareness of this healing tool and its infinitely possible applications.



Spirit Abundance — Elynne Rosenfeld



Arrowhead Leaf — Haley Steinhardt



Smiling Leaf— Haley Steinhardt

let her stand more fully in her own joy while creating and to bring that energy to the piece itself, allowing anyone viewing the work to experience the flow.⁷

Art as a result of the Reiki experience

In addition to established artists who have experienced new vistas of creativity after their Reiki attunements, there are many creative people who did not consider themselves to be artists prior to attunement. Their experience as “artist” exists as an outgrowth of their Reiki experience. I spoke with two such artists, Linda Lalonde and Kumud Bothra, about their creative inspirations and methods.

Linda, whose attunements came from a Reiki Master teacher/painting teacher, began painting classes after Reiki classes, and she consciously uses Reiki to help create her paintings.



Going Within — Linda Lalonde



A Most Sacred Energy — Linda Lalonde

Her subject matter is generally angels and Buddhas, but she has been known to experiment with painting animals such as horses, if she feels guided to do so. She begins with a prayer, asking for guidance in choosing the right color and brush, and asks angels and a departed beloved relative to join her in painting. She surrounds her studio with Reiki objects that are sacred to her, calls in the symbols, and embeds them in the underpainting, invisible to the viewer. Painting in this way, Linda reports that hours go by, the paintings are created and she is transfixed by the activity in her own space of great blessing. I met Linda at the 2012 International Reiki Retreat, where she generously shared images of her paintings on cards she gave to all who asked. These cards can be placed in specially chosen places to enhance the Reiki energy being channeled. Linda regularly reactivates the Reiki on the cards she gives out by sending Reiki to their likenesses, which she keeps nearby.⁸

⁵ www.elynnrosenfeld.com.

⁶ www.catherineandersonstudio.com.

⁷ www.BlueMountainReiki.com.

⁸ www.facebook.com/Aangel62.




Flowers — Kumud Bothra

Kumud was unable to attend the Reiki retreat in person since her home in India is so far from the United States. Instead she sent containers of her handmade Reiki flowers to the conference. These were hung around the main meeting room, with the intent and effect of going far beyond decoration. They were sent to connect, surround and extend Reiki energy to all attendees. At the end of the weekend each attendee was given flowers by Kumud to take home.

I asked Kumud how these flowers came into being. She contends that her creativity was always a hobby, but that after attunement to Reiki, the energy would flow through her into whatever craft she was involved in. Karuna, meaning compas-

sion, is a word that describes Kumud's personal journey, as she experienced the searing pain of all those suffering around her. During a transformative event Kumud describes as "miraculous," astral flowers imbued with Karuna Reiki® energy surrounded her aura as her sacred guide gave her a special attunement. The message was to send distant healing to souls and beings she could not physically reach by creating Karuna Reiki® paper flowers. While she does not sell these flowers, she offers them freely to all who wish for them, and posts images of them on Facebook. Many can feel their healing power through these photographs. The flowers transcend what one usually thinks of as "made" flowers. Their colors are chosen with specific healing intention in mind, and Kumud explains that Reiki creates them through the medium of her hands.⁹

I do believe that healing is enhanced through the gentle, compassionate intention of artists, and through the imagery infused with this intention. Further, art dealers and coaches open to promoting such art are very helpful in sending this healing outward. In this century a subtle yet powerful shift in this direction will continue to blossom as the Reiki message of kindness and compassion gains momentum in its journey. 

—Elynne can be contacted by email at elyroal@gmail.com, at her artwork website, elynnersosenfeld.com or her Reiki website, elynnrallensonreiki.com or on Facebook at www.facebook.com/ElynneRosenfeldArtist

⁹ www.facebook.com/kumudbothra?ref=ts.