



Vedic Art

I was first introduced to Vedic Art when I lived in Sweden. One cold winter's afternoon my daughter and I were exploring the city of Stockholm when we both looked into a well lit window and proclaimed together, 'I really like those paintings'. We stepped into the gallery and were warmly greeted by the artist, Nina Jacucci. Nina was guiding visitors around on the debut of her first Vedic Art exhibition.

We were hooked and decided to find out more about Vedic Art. This was not an easy task, and when I did eventually come across a website it was written in Swedish, understandably so, as the founder of Vedic Art was Swedish artist Curt Kallman (1938 - 2010).

Curt spent many years studying the teachings of the Veda (ancient sacred writings of Hinduism) which state that all knowledge exists within each of us, like a seed 'knowing' how to become a flower. When nature is allowed to follow its own course, everything is in perfect balance. This includes us if we allow ourselves to be guided back to the source within. Curt combined traditional western art school methods with the Indian Vedic philosophy and created Vedic Art.

Vedic Art is made up of 17 principles and it is by working through these principles that we can remember how to connect with that natural longing to create unity. To create is something so natural that everyone is able to do it. Through Vedic Art you can have that direct experience. The 17 principles are simply a set of tools that guide you from within. Curt aptly described the philosophy of Vedic

Art as, 'Both feet firmly on the ground and the paint brush in heaven'. While you are creating, feelings are awakened, you become more aware of yourself alongside experiencing the whole process of creation:

**'art and life
merging into one....
.that is vedic art'**

A few years after my visit to Sweden ago I managed to attend a Vedic Art course with Curt Kallman in Majorca. I was fortunate enough to be invited to join Curt the following year in Sweden where I studied and trained as a teacher of Vedic Art.

I have been working with the 17 principles of Vedic Art for a few years now and although I've made many developments and discoveries of my own, it is through my students that I've been most inspired. It gives me such a buzz to observe how the principles of Vedic Art help to awaken the creative spirit within us.

As one student so aptly expressed, "Each principal had quite a profound effect which provoked thought and helped me look at things in a new way. I also felt that the creative process is a metaphor for how you create your life and helps you to understand your own uniqueness and to be more accepting of yourself as an individual."

To study Vedic Art is to study one's personal self in relationship to the great cosmos itself. As you work through the principles your inner driving force sets you in motion and guides you step by step into seeing how nature works. You begin to remember how to express yourself from within as you delve deeper into the creative process. Through being able

to paint without demands or planning, simple truths are revealed and, surprisingly, you realise that you already knew them. This gives you the opportunity to clarify the knowledge you already have within and leads you into expansion on many levels, both in art and in your life. In Vedic Art it is not necessary to teach anyone how to paint, instead it is a way to remember how it happens. Vedic Art is neither an 'ism' or style, nor a religion, ideology or philosophy. Rather, it is about the universal truths.

At its simplest, Vedic Art means consciousness expressed in art. You experience it as a state of creative being. Through Vedic Art you learn to address limits enabling you to achieve unlimited creativity. The principles

of Vedic Art can help to develop the underdeveloped inner landscape or, to use a scientific term, 'the right side of the brain'. The teaching consists of courses which do not lead to certification. It is characteristic of Vedic Art training that it is continuous and its duration cannot be defined in years, it is life long. To take part in Vedic Art is the only way to truly experience its benefits.

I now run Vedic Art courses in the North of England. Find out more about my workshops and course at www.glynisrose.com. Please see advert on page 39.