

# "ABOVE ALL ART IS A

Marc Chagall (1887-1985)



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*Artistic Painter*

**H**ow can art help you to improve your health and happiness? I believe art can be used as a tool of exercise in the same way we exercise our muscles by going to the gym or exercise our brain by playing chess, just that observing art is usually an exercise where intellectualism plays no part, but instead it enhances people's spirit. It is an exercise of awareness, sensitivity and therefore a difficult one.

To start with, it requires us to be true to ourselves and have no fear in following our intuition on what we like and what we don't. We should not only follow the latest trends, art critics, art-experts or our friends.

"For most of us observing is largely an imagining of what one is confidently expecting to see". We need to develop a "fresh eye". Look at your home, your walls, do you feel comfortable there or is something missing? Do you always think you will fix it later or buy it tomorrow? Do you feel at peace and relaxed and before all happy to be home? Do you feel your home reflects who you are or is it a decorated show room? Is your home of no interest to you because of lack of time? Then you know you need to change. You need to make the time to exercise your sensitivity and bring some art into your life. All colours emit subtle vibrations, subtle information and therefore effect our flow of energies. Colours and shapes are powerful messages to the soul and the way we combine them is important.

**"WE HAVE TO KNOW WHAT WE ARE AND**



STATE OF SOUL”



WHO WE ARE IN ORDER TO GROW”.