

ART, ARTIST AND SPIRITUALITY

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Abstract

The paper examines how art is always born with the connection between the spirit and the subject. Inspiration is felt in the spirit and takes shape in the consciousness first. whether one believes in the divine or does not. He or she must believe in the concept of creation. Gurudev Paramhansa Yogananda in his book *The Autobiography of a Yogi* has mentioned that “God manifested the world from his consciousness, and everything originated from that consciousness.” There is no possibility of anything existing outside of that and there is no greater creator than God himself. This is the only truth and for art to be truly good, it must reflect this truth. Our great civilization has always honoured this truth and has incorporated spiritualism in art since time immemorial. The need for accepting and accruing spirituality in art is more present than ever in contemporary art. According to the Iranian artist Parviz Tanavoli, “Wars, conflicts, and consumerism seem to have prompted a desire for transcendence, refuge; for essence. Increasingly, artists aim for spirituality's essence in their work.” The connection between the two is more urgent in today's world because art can bring solace to the suffering soul. The role of art and its purpose to establish a relationship with the spirit and create a spiritual bond with the viewer is required for the contemporary world.

Keywords: Art, Truth, Spirituality, Vibrations, Consciousness.

INTRODUCTION

There is a key challenge in establishing the connection between the spirit and the subject. As I have stated in my abstract inspiration or a creative thought is felt in the spirit and takes shape in the consciousness first. whether one believes in the divine or not. He or she has to believe in the concept of creation.

Artists have always put forth this notion that true art gives a pure feeling of a raised consciousness. It is not only the satisfaction of creating something beautiful but also of a blissfulness that makes us complete. Some artists can experience it through their creations, some by creating something that resonates with the divine vibrations, and some by creating artwork on religious themes. Though; in my opinion, religion is a medium for the realization of the ultimate truth. It is practiced through a belief in gods and goddesses and being spiritual is believing in the message of godliness, in lifting one's spirit to that level of consciousness where god and man are one. True art means artistic creations that reflect spiritual principles and values like truth, creativity, kindness, beauty, and justice.

LITERATURE REVIEW

In the general depiction of art, we see many depictions of God in various forms. Spirituality has been a most sought-after choice for artists as a subject matter, from the biblical images of the Renaissance to the cosmic displays of contemporary digital artists. When an artist immerses himself in the process of artmaking and surrenders himself to the process, the subconscious mind takes over and it all becomes a spiritual act. Many authors in their writing have experienced and evaluated this connection between in Art and Spirituality, these two works the researcher found most inspiring among others. Kandinsky, Wassily “Concerning the Spiritual in Art” (1912), in this book Kandinsky explains how Literature and Arts can act as strengthening pillars of society when they imbibe the value of spirituality. The interconnection of spirituality and art supports humans when all else fails. Wuthnow, Robert, “Creative Spirituality” (2001), in this book author mentions that explores the scared side of creativity. The author of this book talks about accomplished artists, who have shown reflections on the spiritual journey in their works; whether they are singers, poets, painters, Weaver, or dancers in pursuit of divine mystery.

OBJECTIVES

My main objective is to bring forth the connection between art and spirituality through this discussion. Various artists have tried to establish that art cannot be separated from the spiritual instinct as it arises from intuition. There is a very fine line between a spiritual experience and a religious one as they both are a way to seek the supreme. Artists in their way have sought this answer. Spanish painter Francisco de Zurbarán is known for his religious paintings, which often display light and shadow to emphasize emotional depth and turbulence to present a divine atmosphere before the viewer. Artists like William Blake, and J.M.W. Turner created works about the mysticism of the natural world, often suggesting spiritual symbolism for the same purpose. Blake's enigmatic poetry and numinous illustrations portrayed Christian and Eastern traditions to convey a sense of cosmic unity and celestial beauty.

ART AND ITS SPIRITUAL REFLECTION

“When religion, science, and morality are shaken ... and when the outer supports threaten to fall, man turns his gaze from externals to himself. Literature, music, and art are the first and most sensitive spheres in which this spiritual revolution makes itself felt,” legendary Russian painter and art theorist Wassily Kandinsky stated in his book. Kandinsky considers art a spiritual pillar when all other actualities of life are unhinged and shaken by social and cultural upheaval.

In the same way, the music world has explored its path to that ultimate reality. The path of spiritualism is found here through vibration. According to Shri Paramhansa Yogananda, “Sound or vibration is the most powerful force in the universe. Music is a divine art, which is used not only for pleasure but to attune the self to God. Vibrations resulting from devotional singing led to attunement with the Cosmic Vibration.” listening to music helps in focusing our minds and helps in gaining mindfulness. There is this one kind of music that we usually hear more spiritually. Especially for meditation, this music attunes one to achieve a higher state of consciousness. Certain vibrations direct one's consciousness towards spiritual awakening; the sound vibration at 852 Hz is considered one such frequency. As per Hindu mythology, “Naadbrahma” or the sound of omkar is the first-ever sound, that fills the entire universe. The “Omkar” is the origin of sound as per Hindu mythology. It is believed that the art of music to the earth came from heaven and the “Sage Narada” was the medium that brought this sublime and spiritual experience to us humans. Music is mentioned in the Vedic times too. The concept of Naadbrahma still has a strong presence in the modern-day Indian belief system. The word “Svara” also comes from Vedic literature, Sam Veda is about music (also known as the book of song) and the earliest raga came into existence from it. The Sam Veda has many chants and melodies and it is known as the root of Vedic and Indian Classical Music.

Another art form Dance is a spiritual practice too. A performance is considered accomplished if it succeeds in evoking a rasa (emotion) among the audience by invoking a particular bhava (gesture or facial expression). A dancer offers oneself to realize the divine within. The dance transports a dancer to a trance-like altered consciousness. The performer becomes a magical personality while performing. Dance is an integral part of Hinduism. The Vedas have mentioned rituals with performing arts, such as dramatic plays, where the representation of spiritual themes was part of the performance along with the recitations of praises to gods.

Hindu text Natyashashtra, by the sage Bharata is the classic text of dance and performing arts. In it he claims that this art form was from much earlier times before him, it was lord Brahma who created Natya-Veda by taking the word from the Rigveda, melody from the Samaveda, mime from the Yajurveda, and emotion from the Atharvaveda. Across cultures, artists have sought to convey the supreme, and the divine through their work

Abstract Expressionists like Jackson Pollock used color and movement to convey the divine message, often drawing on mystical and spiritual themes from different cultures. Jackson Pollock used to paint directly from the subconscious mind without any preconceived notions. He was inspired by Native American sand painters who

created temporary works of art as part of a religious ritual. For them, artmaking is a spiritual process. Even in Indian puja rituals, these kinds of patterns are made with sand, wheat flour, and turmeric which hold spiritual meaning. Indian art easily fits with the objectives of individuals on a spiritual path because of its emphasis on inner calm, self-realization, and the pursuit of greater consciousness.

Devotional rituals are deeply rooted in several genres of Indian spiritual art. These artistic endeavors are displays of reverence and devotion, from the creation of holy mandalas to the designing of intricate rangoli patterns for festivals. These aesthetically beautiful patterns are not only for festive decorations but they also secretly convey a spiritual meaning.

In the contemporary art world, spirituality and cosmic themes are being used in so many media and styles. Some artists, like James Turrell, Robert Irwin, and Olafur Eliasson, create immersive installations, where the viewer's experience is elevated to a complete transcendence by the usage of light and space movement. Others, like Japanese artists Yayoi Kusama and Takashi Murakami, use vivid imagery to explore themes of infinity. Famous American artist Anish Kapoor draws his inspiration from his cultural and spiritual Indian background to create works to identify that sublime human experience.

Even during the older times, the works of Giotto, Botticelli, Michelangelo, and Raphael were highly represented by this type of religious spiritualism, where they convey their reverence to God by depicting stories of his life, an attempt to glorify the divine by trying to visualize it. The same approach is seen in many Indian sculptures and paintings based on the lives of gods and goddesses in human form. And then there are the artists who try to capture the emotion of that presence in abstract forms. This practice saw a shift towards a more emotional, theatrical style of art during the Baroque period. Baroque artists often attempted dramatic use of light and shadow and larger-than-life forms to transport the viewer into the realm of intense spiritual experiences, to convey the enormity of the world and the place the viewer occupies in it.

RESEARCH METHODOLOGY

Research methodology is a relatively new concept in the field of Fine arts. Lack of appropriate methodologies in the field has forced researchers in the art to use the procedures followed in sciences and the social sciences. The art world is experienced through the senses. Most of the time it is done abstractly. But an artwork always has a methodological approach to it. It may be a conscious or unconscious effort. In a very general term researchers in arts and design can be found using information provided by historical and contemporary sources of information. Still, there are methods of research in the field of Fine arts that are being propagated by some scholars so that being the distinctive nature of this field researchers can do justice to their work.

The four stages of preparation, incubation, illumination, and verification identified by Wallas provide us with a path to build the database to establish facts. Similarly, Allison (1992), Cornock in his papers published in 1978, 1983, and 1984 presented before us the way to organize a method for art and design to create a cyclic pattern of activities in an attempt at analytical and reflective art research. Still, it can be said that the fine arts by their very nature are anti-method. Using this method by Graham Wallas and Stroud Cornock, we still can bring a methodological order to this anti-method approach. Allison has mentioned seven principles that can be applied to art research and those are: historical, philosophical, experimental, comparative, descriptive, naturalistic (interpretative and qualitative inquiry), and practical (creative or expressive). In recent times with the evolution of multi-media and other visual aids, data that is in the creative art form is available to evaluate. The researcher has also tried to establish facts through some of these methodologies in my research. They have used data available in the library and prepared research material through interactions with other researchers and scholars and by evaluating the visual media found in online sources.

CONCLUSION

Art is a medium that stimulates the mind and soul and can be so immersive an experience that it can create a universe of its own in the minds of the viewer. I believe that art has a special capability to connect the soul to

God even without any religious initiation or association. Art, artist, and spirituality are so interconnected that they create one of the purest paths to union with God. These are the testing times for humanity. So much violence and brutality going on in this world in recent times, in the form of wars and conflicts; therefore, it is appropriate to assume that the need for accepting and accruing spirituality in art is more present than ever in contemporary art. The connection between the two is more urgent in today's world because art can bring solace to the suffering soul. The role of art and its purpose to establish a relationship with the spirit and create a spiritual bond with the viewer is required for the contemporary world.

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