



# *Art That Heals*

~ A MANIFESTO ~

*Maxima Kahn*

# *Art That Heals*

*We need art that heals. We need it now.*

We need to remake our world, to heal our world, to re-imagine what's possible and reinvent what we long for.

We need art that binds together, that unwinds and dissolves, that transforms and makes change.

*We need to take seriously our role and responsibility as artists in a world crying for love, crying for healing, crying for change.*

I'm not talking about polemical or political art. I'm not talking about new age art. But I'm not talking against them either.



## *Art That Heals*

*I*'m not prescribing a form or subject or method for our art. Each one will have to find what is most true, alive, real and from the heart.

*I'm calling for a clear intention, a strong and clear intention for our art-making.*

We must act now in a loving, healing way, not self-righteous or dogmatic, but wholly holy whole. We must act in accordance with our higher natures. We must rise to our divinity.

Terrible destruction is happening. Terrible desecration of human life, of animal life, of plants, earth, air, waters, of our basic sense of decency and kindness. Terrible injustice and cruelty, greed, lies and corruption.

*As artists, we must act. We must respond.*

We must overcome our fear and self-doubt and be who we truly are. "Be yourself; everyone else is already taken," Oscar Wilde wisely and wittily said.

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*W*e must rise to that and be willing to share that not with the intention of being seen and loved but with the intention of creating healing change.

*We must dance from our wholeness, write from our wholeness, sing songs from our wholeness and, in this way, summon wholeness in our world.*

We must create healing with the work of our hands and hearts. We must be responsible to and for that which we cherish. No time for idle self-involvement, for personal ambitions nor fear to stop us.

We must create art that heals our world through magic, not through deliberate, mind-created strategies and solutions, which will always feel empty and fall short.

Mind cannot heal our world.



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*R*ather, through intuition, through a kind of inner Braille we artists are gifted at, through the illogic and power of the heart and soul, we must make magic.



This is a kind of magic that the ones who imagine themselves in positions of power cannot stop. They have no real way to counter it. They can try to suppress it, but that has never stopped its healing power from escaping.

These songs, poems, paintings, pots, dances, films that come from this deep longing for wholeness, rightness, for care of Life, for Love, these will heal our world. These help to make a world we wish to inhabit, a world others—and not just human others—can peaceably inhabit.

*Our art must do this, can do this, as great art has always done.*

# *Art That Heals*

*Who can chart the immeasurable benefits that Beethoven's Ode to Joy has wrought?*

Who can count the cellular shifts and winds set loose, the knitting together, the healing of strife brought about by one piece of magnificent music?

If a butterfly flapping its wings in China can make a hurricane in Mexico, who can say what one loving movement of an arm in a dance piece might create? Or one exquisite curve in a sculpture?

So, let's stop playing small and safe or ignoring our calling altogether. Let's stop hiding out in fear or getting lost in our own small problems.

Let's call forth what is noblest and boldest and most loving in ourselves and each other.

*Let's summon our magic powers as artists and make an art that heals our world now.*



## Maxima Kahn

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Maxima's poems and essays have been featured in numerous literary journals and on sites such as Tiny Buddha, Positively Positive and The Creative Penn. She blogs about creativity and soulful living and teaches at [BrilliantPlayground.com](http://BrilliantPlayground.com).

Through her work as a teacher, she has helped hundreds of artists and dreamers to throw off the limits to their creativity, inner freedom and heart's dreams, and create lives of passion, purpose and deep play.

You can follow her creations and creative process more intimately and support her work in the world at [Patreon.com/MaximaKahn](https://Patreon.com/MaximaKahn).



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