

How art heals: mind- body physiology

How does art heal? Scientific studies tell us that art heals by changing a person's physiology and attitude. The body's physiology changes from one of stress to one of deep relaxation, from one of fear to one of creativity and inspiration. Art and music put a person in a different brain wave pattern, art and music affect a person's autonomic nervous system, their hormonal balance and their brain neurotransmitters.

Art and music affect every cell in the body instantly to create a healing physiology that changes the immune system and blood flow to all the organs. Art and Music also immediately change a person's perceptions of their world. They change attitude, emotional state, and pain perception. They create hope and positivity and they help people cope with difficulties. They transform a person's outlook and way of being in the world.

In fact it is now known by neurophysiologists that art, prayer, and healing all come from the same source in the body, they all are associated with similar brain wave patterns, mind body changes and they all are deeply connected in feeling and meaning. Art, prayer, and healing all take us into our inner world, the world of imagery and emotion, of visions and feelings. This journey inward into what used to be called the spirit or soul and is now called the mind, is deeply healing. For healing comes to us from within, our own healing resources are freed to allow our immune system to operate optimally and that is always how we heal. This is the contemporary version of freeing our healing energies and is now recognized to be crucial to healing. We go inward on The Creative Spiral together through art and music.

Healing ourselves with art.

The essential process of healing ourselves with art, music, or dance involves our own personal change. When we are ill with a physical or mental problem or when we need to grow, we start to heal ourselves with art by opening ourselves up to our inner voices of change. We allow ourselves to listen to those voices and to let their messages to us emerge.

The first step is to see ourselves as an artist. Choosing a medium is the first priority. That may be done already if we have made art or played music before or if we saw ourselves as making art in our daydreams. Or we may have to ask ourselves what we want to do. Am I a painter, a sculptor, a musician, a poet, a storyteller, a dancer? Have I ever wanted to create something and been afraid or too busy to do it?

Clearing a space as a studio or place to practice is next. Getting materials together, orienting ourselves to this new world, looking at art, listening to music, being with friends who are artists, puts in the space to create.

The most important step is to make the first movement, to draw the first line, to make the first sound, to raise your head and dance, to write the first word. We do that from a place of no judgement, from a place of letting go, of trust, of love. And we let the process happen by itself. As the lines increase, the sounds connect, the movements join, the words add up, a piece of art emerges and we see who we are. The art becomes a sign of our healing, a visible or audible representation of our own transformation and healing.

As we see the art appear outside of us, it looks almost like it has been made by someone else. Its beauty and wonder are almost beyond us and its message more than we could have known. Yet we see it and are witness to its message of growth, change, and transformation.

Students get national recognition for art

Two students from Holland Christian High School's Art Department have received national recognition. The Congressional Art Award was awarded to Stephen Busscher for his "Black Hole" piece. The artwork will hang in Washington D.C. where it is included in a show with other pieces.

Sarah Kuipers "City Suspended" sculpture has been recognized in the National Scholastic Art & Writing Awards of 2010. More than 165,000 works of art and writing were submitted to regional programs of The Scholastic Awards. Of the entries received, 500 Gold Medal recipients were selected as the most accomplished artists and writers on the national level. Kuipers' work will be shown at the National Scholastic Art and Writing Exhibition at the World Financial Center.

Art Shows featuring H.F.A members

Freedom Village -- 6th floor auditorium. Open to the public. Runs through June.

News from Wanda Aikens-- Artist

Wanda will also be speaking on the 16th at Freedom Village.

"I just hung an art show on the sixth floor of Freedom Village. That is the auditorium and is open for the public to see. I will be there the whole month of June. Friends of Art and Art Council are listed on my bio. I will be giving a talk on the 16th which will be a pitch for classes. They have agreed to set them up for me. Enclosed is one of my Plein Air Paintings which are featured there. They are Michigan Conservancy paintings completed with the "Plein Air Artists of West Michigan". I am a member of that group also." Thanks for asking.

Wanda P.S My Artprize painting is also completed. I am now working on a venue. See Artprize.Org.

News from Pat Cole and Pat Flynn-- Artists "Cindy Bender, Patricia Cole, and I got into the Michigan Water Color Society juried show; opening in Traverse City (The Dennis Museum of Art on the campus of Northwestern Michigan College), on June 20. The show runs through Labor Day."

"Mary Sundstrom and James Rasmusson both got into the Regional Exhibition at the Muskegon Museum of Art, which runs through August 25. Mary even won a Purchase Award."

"I got into a juried national show, the Arizona Watercolor Association exhibit, to be held on the Arizona State University campus in the Phoenix area; the show opens August 14 and runs through October 29"

News from Peggy Boyce -- Artist

Hello! I am pleased to announce the publication of a small book that I have illustrated for Author Dennis Day. It is called "Apple Pie for the Mind" and includes a variety of Inspirational stories

for which I selected many flowers that have Spiritual associations or meanings. The Author will be in Saugatuck on the 11th and 12th of June for a Book signing at Discovery Art Center in Saugatuck, where the book will be available for sale. It is also available on line with Amazon.

News from James Rasmusson

June 1-29 at the Frauenthal Center for the Performing Arts (Theatre) at 425 W. Western Ave. in Muskegon there is a group show featuring five artists:

Dan Henderson (Holland retired Fire Chief, photographer)

James Rasmusson (photographer)

Christine Towner (encaustics)

Bonita Kolean (watercolor)

Sean Sterzer (fabric)

Opening is Thursday June 10, 5-7 PM. The gallery is on the second floor.

The Frauenthal Theatre is right around the corner from the Muskegon Art museum. As you head toward the museum traveling west on Webster, pass by the museum and turn right onto 3rd St. Two blocks later on the left is the Frauenthal Theatre.

News from Mary Van Kampen

I will be the featured "artist of the month" at Washington Square Art Gallery in July, and also at the Thistle Gallery beginning mid-July. Invite everyone to come on down!

Did you know...? My main studio now is in Taos, New Mexico. Holland is our primary residence but the quality of light in Taos is so beautiful that I prefer working there as much as possible!

Opportunities for Artists.

Hello everyone,

I am looking for volunteers to take a date on our schedule for the Downtown Holland Street Performer Series. I am looking for people to represent the Arts Council and help kids make fun and easy crafts. The Series begins Thursday June 10th and continues every Thursday night through August 26th and runs 6:30-8:30 p.m. You should arrive a half hour early to set up. It would be nice if you could be available to hand out Arts Council promotion as well. Feel welcome to bring a friend or a family member help us spread the art-love. This will be outside and we hope to have a drum circle nearby too. I will get things prepared with instructions on how to make the craft if you choose to participate. I welcome suggestions and specialties on the art project.

Thank you in advance.

Mary Sundstrom

Program Director
Holland Area Arts Council
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616-396-3278 ext. 15

***It is time to update the slide show on the HFA Home Page. The member art works currently showing on the page have been there for about three years. Please email photos of your artworks by June 30 to Doug Lowe at.....
lynnlee@wmol.com***

PROSPECTUS OF 47th HFA JURIED FINE ARTS SHOW AVAILABLE

GET A JUMP ON IT!

You can now download the prospectus for the Juried Fine Arts Show coming in September, with guest juror Lou Rizzolo, from our website, www.hollandfriendsofart.com and the HAAC's website. We will be mailing them out this week, also.

While you're at it, check out the "call to artist" section on the HAAC website.

More things to look out for:

Tulipanes Art and Film Festival

Columbia Avenue Art District Festival

Dates to be announced at a later time for both events.

Saturday, July 3 -

Waterfront Invitational Art Fair

10 am - 5 pm

Cook Park

corner of Butler and Culver Streets, Saugatuck

Saturday, July 31 -

Village Square Art and Fine Crafts Fair

10 am - 5 pm

Village Square

corner of Butler and Main Streets, Saugatuck

August 7

41st Annual Art In the Park, 9-5pm

Centennial Park, 10th Street & River Ave., Holland

Summer Theatre.

“*Something for everyone*,” is the way several area summer theatres are describing their upcoming seasons. At Circle Theatre, which recently opened its second production of the year, the shows range from the rock opera opener “Rent” to the family friendly “Annie.” It has even added a cabaret show of talented “tweens” too old for children’s roles and too young to play adults. “We want to appeal to the younger crowd,” said managing director Lynne Brown Tepper. “These kids are amazingly talented and professional.”

Circle also has changed to an earlier 7:30 p.m. curtain.

“Our older subscribers like it, because they can get out while it is still light,” Tepper said. “You feel like there’s still time after the show to go out for a drink or dessert or just enjoy the nice weather.”

Saugatuck’s Mason Street Warehouse is returning to four shows after cutting back to three last season for economic reasons. The lineup appeals to a broad spectrum, from the adult humor of “Dixie’s Tupperware Party” to the innocent retro of “The Marvelous Wonderettes.” And on the Fourth of July, the theater is offering buy-one, get-one-free tickets to “Dirty Rotten Scoundrels,” which will finish just in time to see fireworks across the street.

For those who want to be more involved in a community theater, including parties to kick off and close the season, Heritage Theatre Group is launching a new stakeholder option.

We’re moving into a new business model of community-supported theater, based on the model of community-supported agriculture, “ said managing director Keith Oberfeld. “Eventually, we hope to have 300 to 400 members.”

Members will have a say in programming decisions, Oberfeld said, and be invited to special members-only events, as well as receiving two admissions to every show.

“We’re developing a close connection with Grand Valley (State University),” said artistic director Don Rice. The theater co-sponsored a production of “Rent” at GVSU in November, and GVSU theater student Whitney Hershberger will direct the opening show, “Two Gentlemen of Verona.”

Hope Summer Repertory Theatre is replacing its annual cabaret show with a new main-stage family show. Over the years, the cabarets have been presented in various restaurants that provided food and drinks for patrons during the show, but venue availability kept changing from year to year.

“The cabaret format had run its course,” said producing director Mary Schakel VanHeynigen. “We didn’t want to go in search of another venue so we said ‘what exciting new thing could we do at the Knickerbocker?’”

The theater elected to add “A Year with Frog and Toad,” a Broadway musical based on the children’s books by Arnold Lobel.

Augusta’s Barn Theatre, which has been a major part of Michigan summer theater since 1949, will not have a regular season this summer, but is planning several events that will help raise money so the theater can reopen next year.

“The plan is to go back to doing what we do,” said Penelope Ragotzy, whose husband’s parents founded the summer stock theater. The theater’s school is organized as a nonprofit, she said, but the Ragotzy’s have run the theater as a business. Talks are under way, she said, to organize the theater as a nonprofit, which would make the theater eligible for grants, and donations would become tax deductible.

Here is what these five theaters have planned for the summer:

Barn Theatre What: Michigan’s oldest summer stock theater; fundraisers scheduled throughout the summer (times, ticket prices to be announced).

Where: 13351 W. Hwy. M-96, Augusta

More info: barntheatre.com

• June 27 - Family fun show featuring Rope Warrior (David Fisher) and Circus Boy (Bobby Hunt) • July 17 - Fee Waybill and The Tubes in concert • Aug. 14 - Fundraiser for the Barn School featuring Robert Newman • Aug. 23 - Jeff Daniels

Circle Theatre What: Community theater using a thrust stage. Performances are 7:30 p.m. Wednesdays-Saturdays and 5 p.m. some Sundays.

Where: Aquinas College Performing Arts Center, 1607 Robinson Road SE

Tickets: \$23 plays, \$25 musicals, \$15 cabarets at the box office, 456-6656 or online, circletheatre.org. Season ticket is \$95 for five admissions.

• “Steel Magnolias” (Through June 19) - Comedy/drama about six Southern women whose stories unfold at the beauty shop. • “Annie” (July 8-24) - Musical based on the Little Orphan Annie comic strip from the 1930s and ’40s. • “Funny Money” (Aug. 5-2) - Door-slamming farce by British playwright, Ray Cooney. • “Little Shop of Horrors” (Sept. 2-18) - Campy musical about a plant that craves human blood.

Magic Circle for Children • “Alice in Wonderland” (June 24-27) - New adaptation of the Lewis Carroll classic by local playwright Randy Wyatt.

Cabaret Series • “The Men of Motown” (7 p.m. June 14, July 19, Aug. 9) - Darion Murchison, Emmanuel “Manny” Phillips, Tony Reynolds and David Robinson sing and dance to Motown

favorites. • “Circle’s Stars of Tomorrow” (7 p.m. July 11 and Sept. 5) - Pop and Broadway tunes performed by Joe Becherer, Katie Duivan, Mary Lehmann, Patrick Nowak, Maggie Nye and Leo Will Vicari.

Heritage Theatre Group What: Community theater specializing in classics. Performances 8 p.m. Thursdays-Saturdays, 3 p.m. Sundays.

Where: Spectrum Theater, 160 Fountain St. NE

Tickets: \$18, available at the box office, 234-3946; students, senior citizens and Sunday performances, \$10. New stakeholder option, \$200, includes two admissions to all plays, parties, fundraisers and member events. To purchase, call 451-2600.

• “Two Gentlemen of Verona” (July 8-18) - Shakespeare comedy about a pair of friends who go to Milan to explore courtship. • “Stephen Vincent Benet’s Stories of America” (July 29-Aug. 8) - Poetry, music and drama about little pieces of Americana such as “A Tooth from Paul Revere.” • “Inherit the Wind” (Aug. 12-22) - Play based on the 1925 trial in which a Tennessee teacher is charged with teaching evolution.

Hope Summer Repertory Theatre What: Professional actors from around the country join with student interns alternating seven shows at two venues: DeWitt Center, 141 E. 12th St., and Knickerbocker Theatre, 86 E. Eighth St., Holland. Performances 8 p.m.

Tickets: \$10-\$26 at the box office

• “Into the Woods” (June 18, 19, 24, 29, July 1, 7, 14, 16, 22, 27, 31 at DeWitt Center) - Familiar fairytale characters converge in a grownup, sassy musical by Stephen Sondheim. • “I Do, I Do” (June 25, 26, 30, July 2, 6, 8, 28 Aug. 4, 7, 10 at Knickerbocker Theatre) - Hope Rep artistic director David Colacci and his wife, actress Susan Erickson, celebrate their 20th anniversary by reprising this musical. • “An Italian Straw Hat” (July 9, 10, 15, 17, 21, 30, Aug. 5, 12, 14 at DeWitt) - A horse takes a bite out of an expensive hat and this French farce is off and running. • “The Last Night of Ballyhoo” (July 23, 24, 29, Aug. 3, 6, 9, 11, 13) - Southern romantic comedy by “Driving Miss Daisy’s” Alfred Uhry. • “A Year with Frog and Toad” (Aug. 2, 3, 6, 9, 11, 13) - Broadway musical for the whole family about the power of friendship.

Children’s Troupe • “Busytown” (10:30 a.m. June 23, 28, 30; July 2, 7, 12, 26, 30; Aug. 5, 10, and 14; 1:30 p.m. July 29; Aug. 4, 6, 9, 11, 13 at DeWitt Center - Musical based on Richard Scarry’s book about jobs. • “Brand New Kid” (10:30 a.m. July 14, 16, 19, 21, 28; Aug. 2, 6, 11; 1:30 p.m. Aug. 4, 9, 13) - Musical based on Katie Couric’s book about a new kid in school.

Mason Street Warehouse What: Equity theater featuring professional actors from New York and Chicago and local area. Performances are 8 p.m. Tuesdays-Saturdays, 7 p.m. Sundays, with Saturday and Sunday matinees.

Where: Saugatuck Center for the Arts, 400 Culver St.

Tickets: \$26-\$39.75 at the box office, (269) 857-4898, masonstreetwarehouse.tix.com; season tickets for four admissions, are \$100-\$150.

- “Dirty Rotten Scoundrels” (June 25-July 18) - Musical comedy about two con artists on the French Riviera. Features Billy Konsoer, a professional actor from Grand Rapids.
- “Dixie’s Tupperware Party” (July 21-Aug. 1) - National tour of a one-woman, adults-only, interactive show where the audience can actually buy Tupperware from a campy ’50s hostess-in-drag.
- “The Marvelous Wonderettes” (Aug. 6-22) - Classic songs of the ’50s and ’60s presented by a quartet of girls at their 1958 prom and 10-year reunion. Features Grand Award winner Kelly Carey.
- “The Nuclear Family” (Aug. 25-29) - An improv group creates a musical with costumes and original songs using audience suggestions