

# Embodied Art Connection: Experiencing Art Using the Five Facets of Being

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**ART & SELF** with  
★ cindy ingram

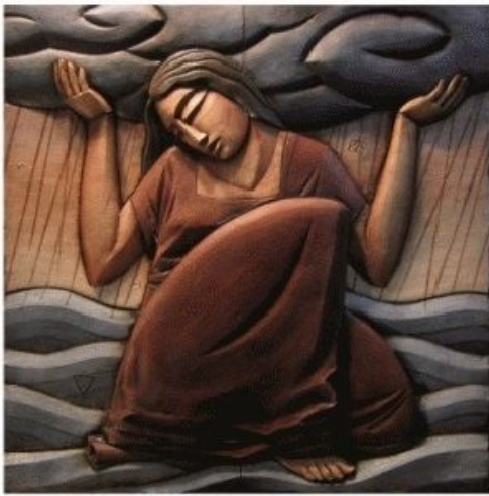
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Dorothea Tanning, *Tempest in Yellow*, 1956



Steve Gardner, *The Four Elements*, 2003



kokoro

### THE 5 KOSHAS

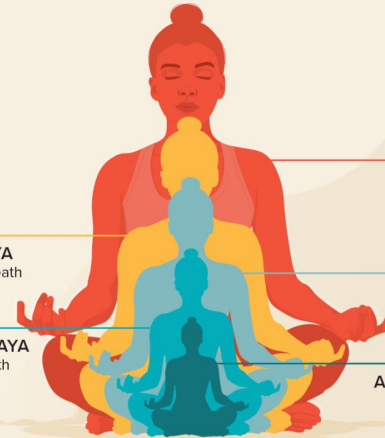
PRANAMAYA  
Life Force Sheath

VIJNANAMAYA  
Wisdom Sheath

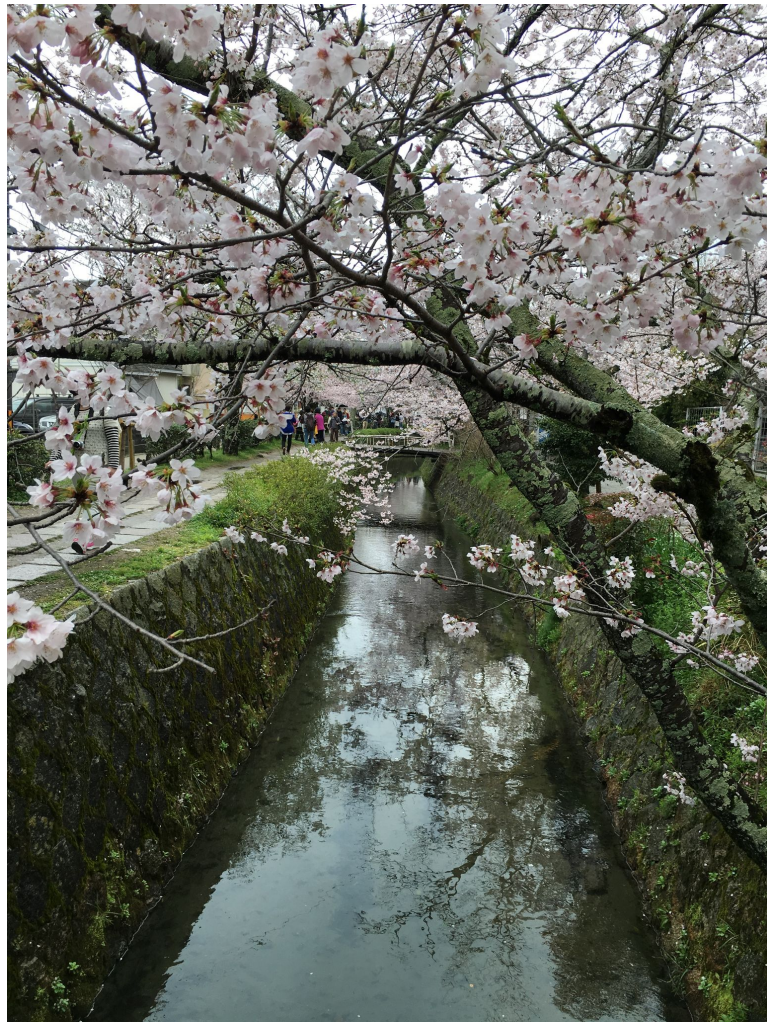
ANNAMAYA  
Physical Sheath

MANOMAYA  
Mental Sheath

ANANDAMAYA  
Bliss Body



healthline



MENTAL

PHYSICAL

EMOTIONAL

ENERGETIC

SPIRITUAL



# Interpret this artwork using the MENTAL facet.

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## Things to Consider:

- What stories are being told in this artwork?
- What is this artwork about?
- What symbols and metaphors are present?
- How does this artwork fit into history?
- How does this artwork challenge your views or provide new perspectives?
- What do you see that makes you say that?



Mental  
Facet





*Perspective:  
Madame  
Recamier by  
David*  
Rene Magritte  
1949



Mental  
Facet

*Madame  
Recamier*  
Jacques-Louis  
David  
1800



Mental  
Facet

*Arnolfini Portrait*, 1434

By Jan van Eyck



Mental  
Facet

# Interpret this artwork using the EMOTIONAL facet.

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## Things to Consider:

- What emotions are present in the artwork?
- Whose emotions are these?
  - The artist? The viewer? The subject matter? Other?
- How does this artwork hold space for feelings?
- How does this artwork express humanity?
- How can this artwork be used to explore emotion?

Emotional  
Facet



Emotional  
Facet



Aleah Chapin,  
*Splitting the  
Silence*, 2018

Kathe Kollwitz,  
*Woman With Dead Child*,  
1903



Emotional  
Facet

# Interpret this artwork using the PHYSICAL facet.

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## Things to Consider:

- How can you engage with this artwork with your senses?
- How can you listen to your physical sensations for wisdom about the experience of the artwork?
- How can you put yourself in the artwork? What meanings does that open up?
- How does the physicality of the space impact the experience of it?
- What meanings are created when you use your body to experience the artwork?



Physical  
Facet







Regina Silveira, *Irruption (Oval)*,  
2005

# Interpret this artwork using the ENERGETIC facet.

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## Things to Consider:

- How is this artwork alive?
- What draws you to it?
- What is happening in the space between you and the art?
- How does your energy impact your experience of the artwork?
- What do your instincts and nudges tell you about the art?
- What is the energetic footprint of the artist?

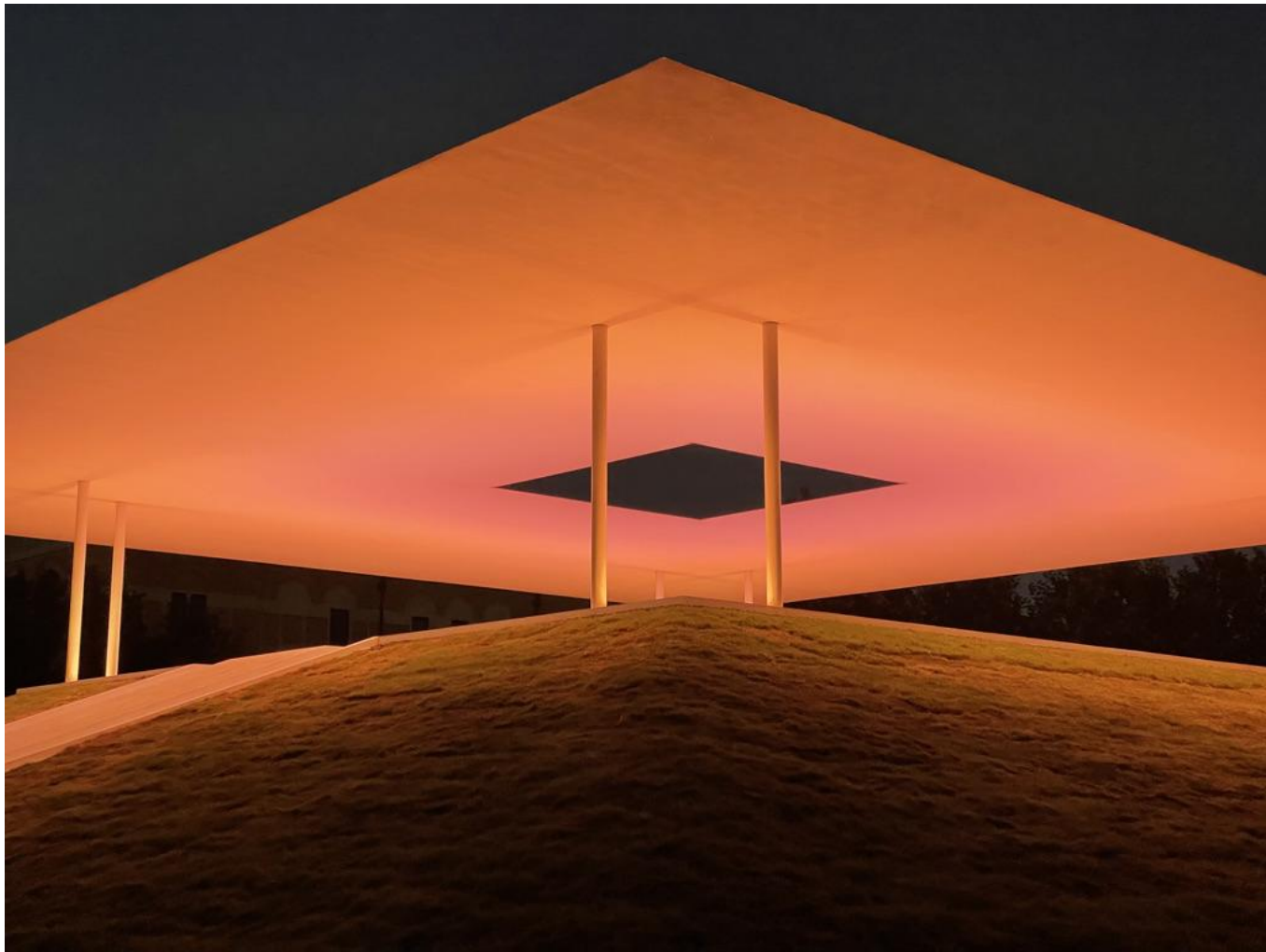


Energetic  
Facet





# Energetic Facet



James Turrell, *Twilight  
Epiphany*, 2012

# Interpret this artwork using the SPIRITUAL facet.

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## Things to Consider:

- How does this artwork connect to something bigger?
- How does this artwork connect to the higher self, to the interconnectedness of people, to nature, or to the expansiveness of the universe?
- How are you connected to the artist when engaging with this work?
- How does this artwork make you feel less alone?
- How does this artwork connect to purpose?



Spiritual  
Facet







## Pursuing Wholeness



Peggy Lipschutz, *Wrested Hearts*, 1999

*Byzantium*  
by Jenny  
Saville



3 2 1 Lift Off: On Science, Art, Truth, and  
Passion with NASA Astrophysicist  
Dr. Amy Winebarger



Artwork: Action Painting II by Mark Tansey

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The Discomfort of Being With: Unarmored  
Presence in the Wild Edges of Being Human  
with Allison Crow



Artwork: The Two Fridas by Frida Kahlo

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Authenticity Unmasked: Celebrating  
and Reflecting on Autism Through Art  
with Chris Bonnello



the Decay by Mitch Christian

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# Book Coming Soon!



## Part 1

0: Introduction, Alison the Lacemaker by Swoon

1: Girl Before a Mirror by Picasso

2: The Two Fridas by Frida Kahlo and Nanas by Nikki de Saint Phalle

3: Self-Portrait Naked with My Mother II by Chantall Joffe

4: Hereafter, Ye Shall be Changed by Naudline Pierre

5: Grow with Progress by Erik Johansson

6: Jaws Poster by Roger Kastel

## Part 2

7: Wrested Heart by Peggy Lipschutz

8: The Opening by Aleah Chapin

9: Night by Natalie Wadlington

10: Leopold Museum / Death and Life by Gustav Klimt

11: The Anguish of Being and the Nothingness of the Universe by Marcos Raya

12: Nexus by Nadia Waheed

13: Let Loose the Curious Being by Brooke Shaden

## Part 3

14: Power Within by Naudline Pierre

15: Untitled by Cindy Ingram

16: Mary Magdalene by Shahzia Sikander



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