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## **Art as the centre of art therapies education**

### **2. Three ways forming a relationship**

Before I speak about pictures, that have been painted in art therapy, I use a simple object like an apple to find out how we get into a relationship to it and how the apple can get part of our history.

The first level of a relationship between me and this apple is the physical one. If I look at an apple, I recognize that this apple is different from me. I am not this apple and the apple is not me. On the level of its physical appearance there is no doubt that I am not an apple and the apple is not me. I have nothing to do with it.

The second level of a relationship between me and an apple is an emotional one. If I get interested in an apple, I have to go into a certain relationship to it. The question is: What do I have to do with this apple? To find out something about it I bite into the apple. I don't let it be as it is, I eat this apple, and I annex it. The result is not that I by myself get similar to an apple, it happens something different: I like the taste or I don't like it. With a sensitive feeling I try to find out, what I have to do with this apple: I get in a relationship to it. I respond to it with a feeling, that tells me, how it tastes: sweet, sour, juicy. I don't get this feeling if I only have a look on this apple. I have to bite into it to get to a perception. Having this experience I make this apple to a part of my own history. The third level of a relationship between me and an apple is the spiritual one. If I speak about "apple" in general, without seeing it and without eating it, I don't speak about a special apple, but I get an idea of an apple. If I imagine an apple in my mind, I have transformed an apple in an image of it. This transformation of the physical appearance to an idea is the way art happens. In my mind I relate the term "apple" to the essence, to the character of an apple. The apple I speak about cannot be understood as a physical thing, it is a spiritual matter. It has nothing to do with a real apple in its physical appearance. I create this apple in my mind. The question is not, what I have to do with this apple, when I bite into it to get a sensitive feeling. The matter is what the species "apple" is about. If I get an idea of that, I have something understood about an apple. By this, I have described three levels that determine our relation to our surroundings: The physical, the mental and the spiritual level.