



VEDIC ART

the power of creation in art and life



Written by Johanne Wold (JW)..

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Colorful pictures and drawings are hanging on the walls around us. Now I am about to take a workshop in Vedic Art, and I ask Ingild to tell me more about this relatively new art movement. - The Origin of Vedic Art is the ancient teachings found in the 5000 year old Indian Vedas. It is a way to get in touch with your creative power through artistic expression. It's natural for people to express themselves creatively. Vedic art does not teach you how to paint, but will help you remember how you paint, says Ingild, who underlines that this workshop is not about performance and results.

Your own unique expression

- There are no demands in this workshop; each person gets in touch with - and creates from their own inner source. A teacher will never correct you here. And the tasks you receive cannot be done wrong. It is all about the individual finding their own personal expression and their own understanding. You are unique, and there is no one who can express what you do except you! Through opening the door to your creative power and your higher self, you connect with your inner wisdom and the art created is a re-reflection of your own inner landscape. You can

use this power within you to create art, and further more - to create your life. The Seventeen principles takes you on a journey through the creative process. This process is the same whether you paint a picture, knit a scarf, bake a bread, or create your own life. It is also at the same time the creative process that the creation of our whole universe is based upon.

To paint from your heart

- Vedic Art is not a theory and cannot be understood through the intellect; the teachings are shared through an oral tradition. The principles are experienced practically. This way your inner potential comes to life. And you can actually forget about the principles as soon as you have heard them, because they will remain in your heart. Here we focus on the natural creative impulses rather than technical skills.

I ask Ingild, 'You are a traditionally trained artist, already with several major exhibitions and projects behind you, why did you choose to become a Vedic Art teacher?' She answers, 'In 2005 I met an artist whose works really touched me. He told me that he used the Seventeen Principles of Vedic Art. I had a huge attraction to Vedic Art, so soon afterwards I signed up for my first workshop. Immediately I felt a tremendous joy and felt I had finally found what I had always looked for in Art school. A tool to really get in touch with my creative power. When I first started Vedic Art, it was difficult for me to let go of the techniques I had already learned and the need to make art in a certain way. But when I got over that first resistance, I found a new freedom and a deeper joy in creating my work! After this first course I took the whole education as quickly as possible and then started to teach



A smiling Ingvild Waerhaug shows me into the beautiful, bright space by the Aker river in Oslo. There is already a lady sitting at a table drawing with large, rapid movements.

myself', says Ingvild. - The essence of what I want to share, both teaching Vedic Art and through my own artistic expression, is the joy of creation!

Art as self development

- Vedic art is for everyone who wants to use their creativity to develop a deeper connection with themselves. It does not matter whether you are an educated experienced artist, or if you have never held a brush before. The source of creation is there for everyone regardless of background. Even authors have loosened their writing blocks through working with the Vedic Principles of Art.

- The Vedic scriptures are not tied to a particular religion, so everyone can paint using the Vedic principles of art regardless of their beliefs. The joy of creating is universal, and this joy is available for everybody. The seventeen principles is a great tool to stay connected to your creative source in every day life. Some students start an artistic career after they start working with Vedic art. Many find new inspiration and new ways that have a positive effect on their life and work.

- Vedic Art will help you see that we are all co-creators of life. And we are all connected. Many of my course participants are people who work with self-development and have seen the value in these teachings. The Seventeen Principles are a way that will expand your awareness and increase your quality of life. In Vedic Art the creative process is the most important, the images are a byproduct of this. In the creative process, you will find the way back to yourself and your inner wisdom.

Ancient indian wisdom

- (JW) What is the reason why the Vedic Art tradition is now beginning to become popular here in the West? - Despite It's Indian heritage, It was actually a Swedish artist who started teaching Vedic Art here in the West, says Ingvild. Maharishi Mahesh Yogi, the spiritual teacher, is known as the man who brought transcendental meditation to the West. He also gave the ancient Vedic teachings of Art to the Swedish artist Curt Kallman and asked him to found an art school based on this knowledge. Maharishi tested Curt Kallman quietly through 7 years before he was found worthy to receive these teachings. Then the next 14 years Curt integrated them into his life and art work. In 1988 he started up his own school at Oland in Sweden. The school has now drawn thousands of students from around the world who want to learn Vedic Art. During the summers the students gather here in large barns to paint together in the beautiful Oland landscape.

- Curt Kallman does not want Vedic Art to become an organization, because organizations will always break down at some point. As a teacher you are free to share this knowledge the way you want. The only rule is that everything should be delivered orally. This lack of organization makes it difficult to say how widespread Vedic Art has been, but there are now teachers in most European countries. I am now moving to New York and will give workshops both in Oslo and New York City. And as far as I know I will be the first Vedic Art teacher in New York, and I'm very happy for the opportunity to spread this great wisdom to new groups of people. I also have plans about starting my own gallery in New York. A gallery for art that touches the heart.

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The creative process

At the beginning of the workshop, Ingvild says, 'Remember, that with the tasks I give, you are free to interpret them as you wish. This is a refuge from expectations, and the only guideline is that no one comment on each other's pictures. The pieces you create here are your own personal expression, and this should be free of outside influence', says Ingvild when she shares with us the first principle. - (here is Johanne's experience) To begin with, I feel a need to perform and do the tasks "correctly", but little by little I let go. Soon I am full of paint stains, and time and space disappears when I immerses in the creative process. I start with a single brush stroke, and before I know it I have a finished painting in front of me. Only when I'm done, I see what I have created, and the result surprises me many times. At the end of each day at the workshop I'm exhausted, but happy. I hang the pictures on the wall at home and feel a warm pleasure of being surrounded by my own creative power. 🖼️

Ingvild Waerhaug is a certified Vedic Art teacher and an Artist. She has studied with Curt Kallman, and she gives workshops both in Scandinavia and the USA. There are basic and continuing courses and teacher training courses.

*ingvildwaerhaug.vedicartnewyork@gmail.com
www.ingvildwaerhaug.com*

*These are Curt Kallman's own words about Vedic Art:
- 'Vedic art does not teach anyone how to paint. No, Vedic Art is a way to remember how to paint. And not only to remember how art can be created. From the very beginning, when we hear about the Seventeen Vedic Principles of art, we begin to remember the whole story of life. From where we come and where we are going. Vedic art contains a navigation map. Use the compass You have in your brain and find the way to the chamber of peace in Your heart. Then when You dip your brush in light, space and bliss, eternity will be pictured. When You enter Your work of art - in Your self-referring dialogue - You will find the code of how life can be lived and how a work of art can open doors in heaven and on earth.'*

- Nov. 1, 2004, Curt Kallman

Curt Kallman's favorite story...

- "I really wanted to play hide and seek with the people," said God. "I asked my angels how they think it's best to hide. Some thought on the bottom of the ocean, others on the highest mountains, some people found the back of the moon was the best hiding place, while others preferred a distant star. But you, my dear sage, what do you say?" "The wise thought for a moment. Then he said: "Hide yourself in the human heart. It is the last place they will think of looking."

