



Creative Spiritual Care: Strengthening existential and spiritual resources in everyday life

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Our Birthright is to be whole and healthy. The drawing shows the connection that allows people to become whole again.



In the tearing exercise, people make their deepest wounds visible and touchable. They understand that the lost self can be retrieved.



This drawing shows the process of becoming whole. The human being shapes his being and having as an artist, in connection with the Beyond of Time.



Experiences with participants of the 24-29-3-45 Collective Performance in particular led to the development of Creative Spiritual Care. kzadlerwerke.de

Introduction

- It is our birthright to be whole and healthy.
- However, people lose parts of themselves and their energy as a result of stressful experiences.
- Creative Spiritual Care helps to cope with this, to retrieve these parts and to become more resilient and energetically autonomous again.
- The loss of parts of the self can be depicted with a few strokes and a drawing exercise, as can possible retrieval.

Methods

- The rational Creative Spiritual Care developed from art is based on
 - a special understanding of love as a healing force,
 - a physical exercise
 - and the conscious use of language and inner images.
- In addition to retrieving essence, the aim is to change obstructive beliefs, strategies and patterns etc. that have developed as a result of the loss.
- In doing so, people act as artists and in connection with the Beyond of Time.

Results

- Practice shows: Having more very own essence, i.e. energy, increases resilience, among other things.
- Many situations relax both internally and externally.
- Even in everyday stressful situations, people can immediately strengthen their existential and spiritual resources in a self-effective way.

Conclusion

- People recognize by the tearing exercise,
 - how their essence has been lost over the years,
 - why it is so exhausting to compensate for this emptiness
 - and why the return of the parts and thus becoming whole again is naturally possible.
- Creative Spiritual Care offers an uncomplicated set of tools, from simple formulations and transformative visualizations to constellation work on your own.
- People can simply use Creative Spiritual Care in their everyday lives for themselves and others.

Further literature

Become whole, with ease. Creative Spiritual Care, Art of living for everyone: Work of one; Image language and impact; Visibility; Important instructions; First steps. intrasonance.com

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