Light & Dark of Yourself in Space

Self Representation

Lugar Específico - entre Arte e Educação



individual or group of maximum 20 people



indoors | outdoors



1-1,5 hour



Cultural Mediation | Art Expression

PURPOSE

SELF AWARENESS:

- non-verbal communication
- self expression
- self knowledge

MATERIALS

- A3 paper
- colors (crayons, markers, pastel oil, wax)
- mirror

PREPARATION

- prepare an available room where you can be undisturbed
- prepare your materials

INTRO

An artist's work is almost always a portrait of himself and self-portraits are the mirrors of personality.

Dina Fawakhiri painted a Ying Yang Self Portrait with one side is predominantly black (ying) and the other white (yang) as there is light and dark/shadow in all of us.

What we are inside is in constant interaction with the outside, and the Swiss painter, Dieter Roth illustrated that with a series of self-portraits where he experimented depicting himself in different situations.

In this activity we invite you to represent that, by drawing your light side, your shadow side and what is around you at this moment.

LIGHT & DARK OF YOURSELF IN SPACE

STEPS

1. Look into a mirror for 3-4 minutes, without judgment and without identifying anything - just looking at that image, colors, lines, traits. After that, draw the silhouette of yourself on your A3 paper.

2. ***Light side*** - Divide the silhouette in 2 and in one part represent all that is light about yourself: what do you like about yourself? What have you already discovered you are good at or that you are proud of? What is in you that contributes to the world? ***Shadow side*** - On the other side of your silhouette represent your shadow-side: What are you hiding (from you and/or from others)? What is intriguing? Is there something unpleasant and maybe it is recurring? What do you need help with? What fears pollute your mind and actions? ***Space*** - What is around you? How is it around you? What has been orbitating or trying to call your attention or impacting you? Represent that around your silhouette.

3. If you're doing this activity alone, move on to the reflection part. If this activity happens with a group, proceed to divide the participants in groups of 4 people. ***Mirror*** - each participant will see his/her self-portrait performed by the others. First, he/she will show the drawing without saying anything. Then, the 3 other members of the group will choose what part they want to express: the light side, shadow or space. In 1 minute, they must interpret and feel the part they chose, and perform it all together while the "drawer" watches. The process is repeated until all 4 members see their self-portrait performed. In the end, they reflect about the experience: how did you feel as a watcher and as a performer?

4. After this discussion in small groups, participants gather in a circle and reflect on the experience as a whole.



REFLECTION

- How did you feel during each part of the activity?
- What did you learn about yourself and what's around you?
- How do you think this activity can contribute to resilience building?

COMMENTS

- Variation: you can use magazines from where you cut and paste instead of drawing to do this activity.
- To represent yourself you have to self connect, to see yourself from an outer perspective and communicate with yourself without words.
- Life is a journey and we are infinite beings in constant co-creation. An important part of knowing oneself is recognizing what we have yet to learn and to keep learning on a regular basis. Therefore it can be interesting to do this activity again 1 or more years later and notice the differences.

"One does not become enlightened by imagining figures of light, but by making the darkness conscious." - Jung

"Without darkness, nothing comes to birth, as without light, nothing flowers." - May Sarton