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Food for thought: Energy in your art
By Therese Fisher

Like many of you, I am working towards a more joyful and fulfilled life, with greater emotional, physical and spiritual health. I have also been looking for ways to express that part of myself in my art. As part of this healing journey, I am reading a book called "Healing: the Path to Freedom" by Dr. Michael D. Winer. In the introduction he talks about words, their affect on people and how we process them. He writes:

"A less obvious and more insidious challenge with words is that they become carriers of the energy of their author or source. Consequently, we are exposed to the complete energy of the words and what is behind the words that we read and hear. This can have many beneficial effects, but the unwary reader also risks exposure to the subtler manipulations and distortions in the author's energy that have not been healed. For instance, if an author needs to get validation from others, that need will be present in whatever material the author writes and we may absorb the author's invalidation when we read his or her work. If an author feels powerless, that energy will be communicated with the author's writings and, after reading those writings, we may feel powerless. On the other hand, if an author embodies the mastery of peace, that is what we may experience energetically when reading what the author creates."



Moon Dance

As weavers, we don't usually put words on our art pieces, but as the mind wanders and chatters, those words and thoughts are transferred into our work. Our art becomes our novel, poem or short story. I have always believed that what is going on in my life gets woven into my baskets. This is becoming more and more real to me as I study the healing arts and run across people who are consciously aware of and can physically feel the energy my art gives off.



Spirit Released

As these thoughts seep into my consciousness, I have started to think about this energy from a marketing standpoint. For instance, if I'm worrying about whether someone will think my piece is good

enough to buy, then they will probably consciously or unconsciously think as they look at my finished work “Hmm, I don’t know if it is good enough to buy.” On the other hand, they could resonate with my insecurity and purchase the piece because it “speaks to them” (they share my same insecurities and are therefore somehow comforted by my work). And I have to ask, is that the kind of energy I want to be spreading in the world through my art?

I had a student once who said she wove a basket while watching the X-Files on TV. She gave that basket to a friend and to this day whenever she visits her friend and sees the basket it gives her the creeps. I wonder what her unsuspecting friend must feel having that basket, that energy in her home.

The process is the same whether the energy is “positive” or “negative”. If I weave while in a state of joy, might those who see and hold that basket feel a sense of joy themselves? Could it be possible that my basket becomes the source of a continuous beaming flow of joyous energy throughout that person’s home and life? Is healing myself and making art a conduit for healing others?

I think so. My journey in exploring healing energies brought me to be part of the “support camp” for a group of people going on a spirit quest this summer. In my preparation, I began to do things like eat better and exercise more and as I did this, I learned first hand, and quite literally, that as you heal yourself, you heal those around you; as you nourish yourself, you nourish those around you. It makes me think: the more I heal myself, the richer and more full my art will become, and perhaps, the more love and joy that will permeate the earth. Now that is a legacy worth leaving!



Remembering The Song

About the author:

Therese has been weaving since the turn of the century. She is a teacher of both basketry and Reiki (a Japanese healing technique) and combines her love of both arts by focusing on baskets as vessels for energy and intention. To learn more about her, visit www.fisherartstudio.com.