



“There is this Spirit, this Life Energy inside us, that is the power for life and for love. This and this alone can promote the True Healing, **healing from within**. The best way to actuate our Life Energy, our Healing Power within, our love, is through acts of the **Highest Creativity**.”



John Diamond, M.D., artist and bestselling author of over twenty books, is one of the foremost senior holistic healers in the world. His work is a blend of over fifty years of experience in psychiatry, alternative medicine, the humanities, acupuncture theory, spirituality, and all vibrational modalities, especially music and art. He is the Founder of The Institute for Music and Health, The Arts-Health Institute and The Institute for Life Energy and Creativity.

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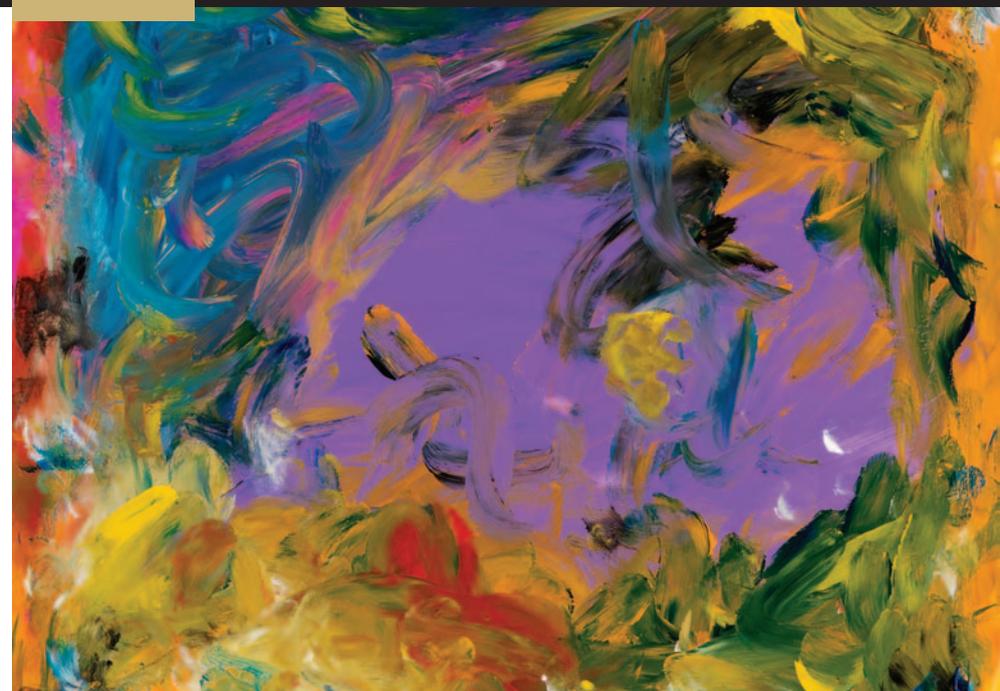
John
Diamond
healing from within

Dr. John Diamond M.D., DPM, FRANZCP, MRCPsych, FIAPM, DIBAK

a special
collection

Life Energy Art

“...any Creative Art—when carried out as an Action Meditation—results in artworks possessing high Life Energy, and, as a result, has the ability to raise the Life Energy ” of oneself and others.





“The test of every act of creativity — Does it help you to enthusiastically, passionately, wholeheartedly and gratefully Embrace all your life?”



Haiku Paintings

A haiku is a short Japanese poem of seventeen syllables. It is said to be just that number for that is the duration of one breath. Thus, our Haiku Paintings are poems of one breath.

But they are more, much more. For in that single breath span, there is a distillation, a crystallization of the deepest feeling of the poet at that very moment. And furthermore, although seemingly about a triviality of the moment, underneath it conveys a powerful message of Truth.

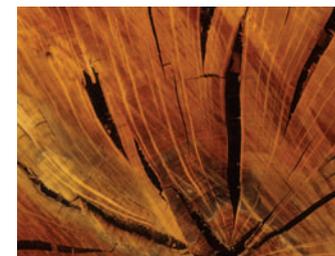
At its best the Haiku Painting can be a blinding moment of Enlightenment. In this tiny space, in this single moment, it can manifest more Divinity, can more enhance our lives, than 10,000 lines of a less aspirational epic.

A Haiku Painting has the potential to raise our Life Energy and to help us realize Perfection.

Art and Healing

In every generation of doctors, there are a certain number who seek to go deeper than the mundane, becoming more interested in the transcendental qualities of human nature. Most choose to remain within the medical profession, continuing to treat patients. Some, however, choose to leave it, becoming teachers of students also interested in the transcendental. Each of these teachers develops his own philosophy, and employs particular modalities to assist in the educative process.

In my case, I believe that the primary Purpose of Art is to Enhance the Spirit of all. This and this alone can promote the True Healing, healing from within. The best way to actuate our Life Energy, our Healing Power within, our love, is through acts of the Highest Creativity, going deep inside ourselves to the Muse within and placing our ego at Her service.



Life Energy Art

For me, Art has many purposes. The one that matters most is for it to be therapeutic, for I am a therapist, a healer, and I use Art as an essential component of my healing. Simply put, viewing Life Energy Art helps to reduce stress, free up one's breathing and enhance Life Energy. Life Energy Art is pleasing to the eye, balances the emotions and stimulates the mind and spirit.

Action Meditation is an important part of my Art. Action Meditation is different from the usual Eastern passive meditation as it involves outward action while keeping the stillness within. Thus, any Creative Art—when carried out as an Action Meditation—results in artworks possessing high Life Energy, and, as a result, has the ability to raise the Life Energy of oneself and others.



Life Energy Photography

The purpose of my photography is to, hopefully, establish links between the physical world and the spirit world. And through my photography, help those in anguish. Help them to See, to Feel, to Know, that there is more in the photograph; that it is an instance of Spirit.

To help in approaching the achievement of this purpose, I examine, deeply, every aspect of the process: the subject, the camera, the lens, and all the latter stages of the "digital darkroom" (the computer, the software, the printer, the ink and the paper) through to the final print, including framing and display.

Every single aspect is examined again and again to optimize the Life Energy.