



Orange Haiku Sunrise

23" x 26", Acrylic and Japanese Ink on Clayboard, 2008



Dr. John Diamond, Artist, Painter, Photographer, Healer, is a pioneering figure in alternative and holistic medicine. He is the founder of the Arts-Health Institute and the Institute for Life Energy and Creativity; the summation of his work has been drawn together in a major healing system called The Diamond Path of Life. In addition, he is an author of over twenty books, including two books on art and creativity and two best-sellers. Fundamental to his healing method is the therapeutic value in the creation of art. To this end he has dedicated over thirty years to painting and photography identifiable by a simple and potent beauty. He encourages not only making art that is of benefit to the viewer, but also approaching the process of creating so that it is in itself a meditation. His artwork represents a synthesis of all aspects of his fifty plus years of experience in health, healing and the arts.

In the beginning stages of Dr. Diamond's artistic experimentation he searched for the most effective methods to transmit healing energy into his work, researching various painting media, tools and methods. As part of his daily cative meditation, Dr. Diamond began drawing with a pencil, then found that ink and paint conveyed the desired strength of line and provided the flow and gestural embodiment necessary for his vision. His experiments with surfaces have led him to his current focus on foamboard, clayboard, silk scrolls and screens. Parallel with his interest in painting and drawing, he has extensively explored the field of photography. His belief is that every photograph should ideally be a testimonial of mutual resonance between the photographer and the subject. Now in his mid-seventies, Dr. Diamond paints avidly in his USA and Australian studios and continues to photograph, write and teach throughout the world.

With a philosophy reminiscent of Tibetan sand mandalas—a Buddhist tradition of painting circular diagrams with colored sand which are ritualistically destroyed after their formation—Dr. Diamond originally did not keep or display his creations. He believed that the process of making therapeutic art was the concentration; the final product was not the focal point. After years of this practice and with passionate encouragement from family and friends, he began expanding his artistic career by allowing pieces to be framed and displayed.

Dr. Diamond has recently exhibited his work and lectured in the United States, Australia, the United Kingdom, Russia, Japan, Italy and Cyprus. In 2007, he was invited to display his photography and lecture at the British Council in Moscow, which produced a sold out exhibition within the first day. In 2008 and 2009 he had exhibits and lectures in Connecticut, Massachusetts and New York and a special solo exhibit at the Aarwun Gallery in Canberra, Australia, which the owners reported drew an audience of unrivaled size and enthusiasm.

Most recently in the Spring of 2010, Dr. Diamond had solo art and photography exhibits at the Q Gallery in New South Wales, and at the Aarwun Gallery, ACT, both in Australia.

Future solo exhibitions scheduled between September 2010 and February 2011 include: the Japanese Gardens (Cowra, Australia), the Dyson Center for Cancer Care (Poughkeepsie, NY), Pritzker Gallery (Highland, NY), and the Japanese Friendship Garden (San Diego, CA).

His art is on permanent display at the Hillgoss Gallery, Chicago and the Aarwun Gallery, Australia.



The stillpoint is the moment when you sit perfectly quiet, having completed the painting, the haiku painting – at peace, in harmony, your life in perfect resolution.

Surrounded by the tranquil beauty of nature and ambient light, the art that is created through me encapsulates the healing power of **Action Meditation**, a practice that involves outward action while keeping an inner stillness. With this transcendent therapeutic method, my intention is to allow my drawings, paintings and photographs to be charged with **Life Energy**; a term which I use to describe the innate healing power of the body. This is an essential healing component of my artwork that is intended to not only please the eyes, but balance emotions, and stimulate mind and spirit.

Through my meditation, creative potential is awakened, generating a pleasing balance of color, composition, and texture in my paintings. The gestural movements of my brush form graceful strokes illustrated throughout my **Stillpoint Series**, visual Haiku poems released in the span of one tranquil breath. Through the use of ink and paints, a **potency of line** is established; splashes of **color accents** harmonize the compositions and add playful implications. These current expressions have led me to experiment with hand-made silk scrolls, screens, clayboard, foamboard, and other materials. My interest in sustainable living and decreasing the collective carbon footprint compels me to only use elements and tools that contain the lowest possible levels of toxicity. Similarly my photographic work, containing images of people, natural landscapes, and the abstract, embraces the same aesthetic considerations.

Through my extended practice of Action Meditation, healing and spiritual development, state of mind, surroundings, and the tools that I utilize at the time of execution, my intention is to create works of art that are not only aesthetically appealing, but also infused with an unabridged transference of high Life Energy from my work to the observer. Thus it is my deepest aspiration that my approach to painting and photography can be both beneficial for all to overcome the deep anguish inherent in the unconscious mind, and valuable in a broader societal sense. Of equal importance are the process, Action Meditation, and the final product **Life Energy Art**.

PHILOSOPHY

Drawing from nearly sixty years of experience in health and healing, the Creative Arts have become an essential component in my therapeutic practices as a venue to facilitate restoration of the mind and body. My interest in the transcendental qualities of human nature led me from the traditional medical profession allowing me to mature as a holistic healer and teacher. I have spent many years investigating, researching, and refining multiple factors in order to maximize all of the Arts restorative significance, publishing over twenty books including two best-sellers.

I work with the unconscious mind to improve and release the therapeutic value in artistic creation. Through this practice, the Arts can enhance people's lives, **promoting true healing, healing from within**.