

YOGA RESEARCH

The Yoga Research Society Newsletter

Number 34

April – September 2005

What is Visionary Art?

by Alex Grey

Alex Grey will appear November 5, 2005 at the 31st annual Yoga Research Society Conference

The artist's mission is to make the soul perceptible. Our scientific, materialist culture trains us to develop the eyes of outer perception. Visionary art encourages the development of our inner sight. To find the visionary realm, we use the intuitive inner eye: The eye of contemplation; the eye of the soul. All the inspiring ideas we have as artists originate here.



"Praying"

The visionary realm embraces the entire spectrum of imaginal spaces – from heaven to hell, from the infinitude of forms to formless voids. The psychologist James Hillman calls it the imaginal realm. Poet William Blake calls it the divine imagination. The aborigines call it the dreamtime; and Sufis call it *alam al-mithal*. To Plato, this was the realm of the ideal archetypes. The Tibetans call it the *sambhogakaya* – the dimension of inner richness. Theosophists refer to the astral, mental, and nirvanic planes of consciousness. Carl Jung knew this realm as the collective symbolic unconscious. Whatever we choose to call it, the visionary realm is the space we visit during dreams and altered or heightened states of consciousness.

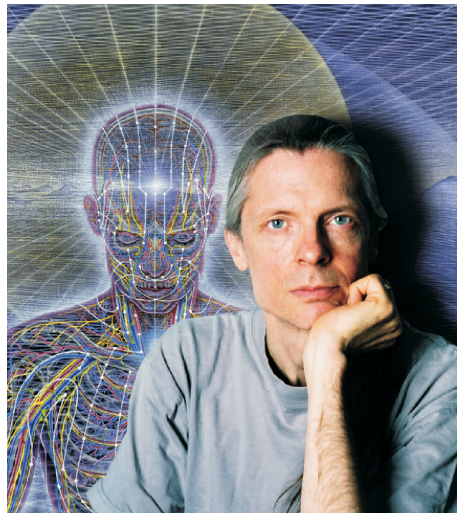


Photo by Eli Morgan

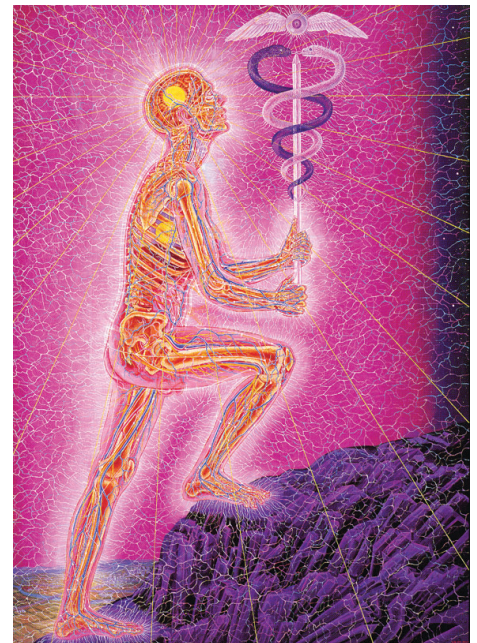
Every sacred art tradition begins with the visionary. "Divine canons of proportion," mystic syllables, and sacred writing were all realized when the early wisdom masters and artists received the original archetypes through visionary contact with the divine ground. After a sacred archetype has been given form as a work of art, it can act as a focal point of devotional energy. The artwork becomes a way for viewers to access or worship the associated transcendental domain. In sacred art, from calligraphy to icons, the work itself is a medium: a point of contact between the spiritual and material realms.

Our inner world – the life of our imagination with its intense feelings, fears, and loves – guides our intentions and actions in the world. Our inner world is the only true source of meaning and purpose we have. Art is the song of this inner life. Art's key role in the human drama is that of a "great convincer." The artist posits one myth, religion, or ideology over another, yet also always expresses the raw passion and evolutionary force of the inner world itself.

The artist attempts to make inner truths visible, audible, or sensible in some way, by manifesting them in the external, material world (through drawing, painting,

song, etc). To produce their finest works, artists lose themselves in the flow of creation from their inner worlds. The visionary artist creatively expresses her or his personal glimpses of the Divine Imagination.

Every work of art embodies the vision of its creator and simultaneously reveals a facet of the collective mind. Art history shows each successive wave of vision flowing through the world's artists. Artists offer the world the pain and beauty of their souls as a gift to open the eyes of the collective and heal it. Our exposure to technological innovations and diverse forms of sacred art gives artists at the dawn of the twenty-first century a unique opportunity to create more integrative and universal spiritual art than ever before.



"Journey of the Wounded Healer (panel III)"

Excerpted from an essay by Alex Grey,
What is Visionary Art
at www.alexgrey.com

Paintings by Alex Grey
from **Sacred Mirrors:**
The Visionary Art of Alex Grey



Yoga Research Society
341 Fitzwater Street
Philadelphia, PA 19147

*The true work of art is but a
shadow of the divine perfection.*

Michelangelo

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IN SEARCH OF TRUTH

The 31st Annual Yoga Research Society Conference

NOVEMBER 4, 5 & 6, 2005
at Thomas Jefferson University
Philadelphia, Pennsylvania



JZ KNIGHT

Defining Truth as
a Viable Concept;
As Conclusion
to Experience.

RAMTHA

THE ENLIGHTENED ONE
Truth is Relative to Your
Own Experience. Everything
Else is Just Philosophy.

Featured in the popular film,
What the BLEEP Do we (k)now!?

Ms. Knight is the "channel" through
which Ramtha, The Enlightened One
delivers his 35,000 year-old message!

Friday Evening
7:00 to 9:00

Sunday Afternoon
1:30 to 3:30



"Journey of the Wounded Healer (panel III)"
painting by Alex Grey from *Sacred Mirrors:
The Visionary Art of Alex Grey*



Photo by Eli Morgan

ALEX GREY

Envisioning Truth

Mr. Grey's paintings...present man as
an archetypal being struggling toward
cosmic unity. - N.Y. Times

Great art changes your perceptions.
A multi-sensory evening with Alex Grey
will take you on a visionary journey into
your physical and metaphysical self.

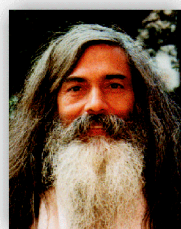
Saturday Evening, 7:00 to 9:00

KATHERINE GIBSON

The Uncluttered Truth

Are you possessed by your
possessions? Attacked by your
attachments? Constrained by
your clutter? Ms. Gibson, best-
selling author and media
personality, will show you how to
find the true meaning of your life
by shedding the extraneous and
embracing the gift of simplicity.

Saturday Afternoon, 1:45 to 3:15



DR. VIJAYENDRA PRATAP

The Truth of
Classical Yoga

What was old is new again!
When YRS began its Conferences
in 1975, few westerners had even
a rudimentary understanding
of Yoga. Today, according to the
New York Times, more than
16 million Americans practice
some form of Yoga. Dr. Pratap
will help you discover the
true foundations of this
ancient discipline.

Saturday Morning, 11:00 to 12:30



DR. DAVID KIM

The Painless Truth

For those who suffer chronic pain,
all other truths can seem trivial.
Can relief be found without
dependence on debilitating drugs
or intrusive surgery? Dr. Kim, who
specializes in Rehabilitation and
Pain Medicine, will take you on a
guided tour of promising new
alternative therapies.

Saturday Afternoon, 3:30 to 5:00

MASTER FAXIANG HOU

True Healing QiGong

In Chinese medicine, the flow and
balance of Qi is the secret to
health and vitality. Master Hou is
the fifth generation of his family
to practice a unique and powerful
form of healing QiGong which has
helped thousands in China and in
the United States to overcome
chronic disease and injury.

Sunday Morning, 10:30 to 12:00



HAROLD SMITH

The Sound of Truth

Harold Smith finds music in
everything he touches. He plays
drums, wind and percussion
instruments from every continent,
gongs, whistles, flutes, and the
amazing Djerdido which requires
circular breathing. Those who
experience Harold's joyful music
never forget it, or him!

Sunday Afternoon, 4:00 to 5:00

REGISTER NOW!

Early Registration Discount: Full Conference \$175, Single Day \$90, Single Program \$30

Phone: 1-800-JeffNow (533-3669) **Online:** YogaResearchSociety.com

In Person: Garland of Letters Bookstore, 527 South St, Philadelphia

For additional information, please call YRS at 215-592-9642 or visit YogaResearchSociety.com