

# The Psychology Of Art

How the canvas can heal the mind and body.



introductory training to art therapy and says it was “a crucial turning point” in her life. “Thanks to one of my art professors, I discovered that I was able to communicate my emotions and my state of mind through my paintings. Working with paints is not only my love and my passion, but an important part of my life.”

As is her spirituality. “The past is a part of our lives forever and you can make it responsible for a harmonious look of the whole picture for the future.” One of Dinsel-Bondarenko’s projects is a series of paintings based on the power of how our upbringing influences our adult life. “There are two truths I know,” she explains. “One is that our behavior and our choices are deeply rooted in our childhood and this rules our lives more than we realize. And two, although we cannot change our past, it is possible to transform our wounds into our strengths, to help our subconscious mind to see the things from a different point of view.”

She adds, “You can cure the mind through your body, and you can cure your body through the mind. You can cure your mind and body through art, too.”

## Interconnectedness.

For Hamburg-based artist Natalia Dinsel-Bondarenko, the relationship between the human pursuit of happiness and the meaning of life is the basis for intuitive expression. “I believe that the body and mind are more connected than we ever imagined,” says Dinsel-Bondarenko, who is a life coach and registered yoga teacher. “The fields of my work—art, psychology, yoga—are all connected, and have the same goal: to help people to reconnect with their true self. This is the way to find the inner-peace and joy.”

Dinsel-Bondarenko is a self-taught abstract artist who channels her meditations, music and life experiences from brush to canvas. Through acrylic paints, spray paints, different kind of texture paste and other mediums, she has found a way to capture and explore the “invisible,”

empowering the major theme of her work—boundlessness. Her colorful paintings invite the spectator to look beyond the horizon and reflect. “Every painting is the expression of the state of mind at that very moment, a snap-shot of thoughts and emotions. None of the paintings in my collection look alike, they are all unique.”

She recalls her “powerful”



In The Spaceship  
90 x 150 cm