



Male and Female-the Creation Painting by Yogini Murdeshwar

Art for Healing

BY A STAFF REPORTER

We know that medicines, natural remedies and yoga can heal but it is surprising to hear that paintings can heal as well! Millions of artists paint for aesthetics or for hobby, but very few artists paint to help others. It is indeed a novel concept, which is emerging in Bombay: 'Art for Healing.' There is a startling artist Yogini Murdeshwar who paints for healing. After seeing *The Mistress of Spices*, it is strange to believe that women like Tilo portrayed by Aishwarya Rai exist in today's society. In the movie, Tilo uses her mystical powers to discover what her customer is going through and gives them spices to cure their problems. Likewise, Yogini Murdeshwar does something similar. She uses her spiritual powers to realise her customer's needs and creates a painting that has the ability to transform lives and heal. Yogini quit her lucrative HSBC job to take up painting. For Yogini who has no degree in painting, to pursue a living in painting "was not a stressful or challenging task, but a spiritual or meditative task". Initially, she started painting on weekends. For her first painting *Shiva*, Yogini revealed, "When I was painting, I felt this transformative energy causing some changes which made me open to option and look at human beings with a non-judgemental perspective." She said, "This transformation, while I was working on the painting, made me realise that my first hand experience with art could work with other people." To explain the painting from scientific perspective, the human body comprises of seven *charkas* or seven energy vortices. These energy vortices are funnels that channelised the inflow and outflow of energy from the universe, ensuring that the human system remains balanced. It is the blockage of these *chakras* that adversely affects the hormonal system, thus causing manifestation of an ailment. The paintings have energy generated when molecules at the level of an atom in the canvas collide and vibrate. Yogini says that her painting alone cannot cure, but complement medicines or treatment the patient was receiving. Yogini's paintings are a supplementary prophylaxis to underlying conditions such as depression, mental trauma, cancer, old age, etc. She has done many paintings, of which *Male and Female-the Creation* was the most versatile work. The *Male and Female-the Creation* was designed to help her client facing a relationship problem. The painting on the whole