

Artistic healing

You may have felt the healing touch, now see some healing art



Art as an investment option is no secret. However, art as a healing source is hard to believe. By combining colour therapy with art, healer artist Yogini Murdeshwar has successfully cured many people of their ailments. She believes that each body 'chakra' has a specific colour and frequency. Depending on the ailment and the 'chakra' affected, Murdeshwar makes a painting which her client can meditate on. She explains, "The paintings bring about a change in our consciousness, helping us to understand that we are the root of our problems. Our thoughts manifest into our reality and deeds, thus creating our life story. This realisation helps us to stop blaming others for our troubles and focus on keeping our thoughts and emotions positive. The more we heal, the easier it is to forgive others and ourselves, thus helping to break our destructive patterns and emerge wiser, humble and compassionate."

These paintings are high-energy artworks based on same principle as that of ancient Indian Yantras and Tibetan Mandalas. Negative emotions and thought patterns have a tendency to lodge into the chakras, thus creating a malfunctioning chakra which affects a certain aspect of human life and behaviour. The paintings unblock these chakras to set one's thoughts and emotions in order which helps the individual to face challenges in life.

Murdeshwar herself took up a challenge by leaving her high-flying job with HSBC Bank to turn into a healer artist. "I was working with HSBC when the desire to paint started growing very strongly within my heart. I had no clue where to begin as I wasn't a trained artist. The desire grew so strong that I quit my job. It was difficult to explain to my family why I was taking such a drastic step. I enrolled for a short workshop on auras, meditation and hands-on-healing workshop where I realised that I could see auras and sense energies. I simply started following my intuition and created an artwork of Shiva. As I painted, I could sense a transformation in my thought and behavioural patterns. That's when I realised that my painting was actually helping me."

Since 2004, Murdeshwar has made 60-75 paintings to help people. The therapy is becoming more popular now as people are increasingly becoming aware about chakras, aura and energies. She has already painted for hospitals and corporate offices to create a de-stressed ambience. Most of her work, though, is customised according to individual problems. She then meditates on the dilemma of the individual and then paints for them. She can solve career and relationship problems, improve energy patterns in homes or offices and enhance self confidence through her paintings. See it to believe it. 

