

by Dr. Ruth Sumner
Special to HV

Art Therapy Heals ELYAHOU LALLOUZ DONATES 18K

Are you part of the growing number of people who experience feelings of extreme anxiety? Are your emotions getting the best of you? Are you overwhelmed by simple tasks that are too stressful to tackle? Are you in pain emotionally? You are not alone.

Art Therapy can be used as an activity by individuals who face these daily traumatic emotions. Artistic ability is not required for one to benefit from Art Therapy. Anyone can do it. If you have a pencil, a pen, a crayon, a marker, some clay, fabric, tissues, felt, flowers, pebbles, sea shells, pasta, newspaper, etc. Anything goes.

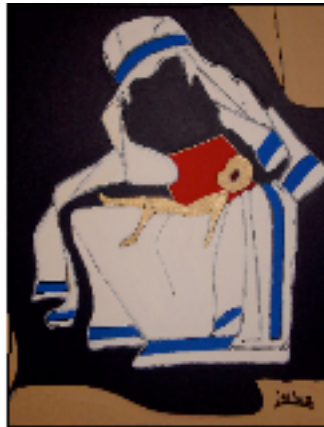
Remember when you were a child? Things were simple. You could take a blank piece of paper and whatever you did was praised, "the art of a child." All parents are proud of their children's art. As you become an adult, you possess the very same qualities and abilities that you had as that child. People tend to think that to be an artist or to have artistic capabilities, you must be a master. False, all of it I tell you.

The art is for you, not for anyone else. The first thing I will share is that you must please, satisfy, enjoy, love and respect everything about yourself. It's not about anyone else, because no-one else can bring you joy, unless you are happy within. I am not coaching you to become the absolute narcissist, but your very own best friend. At the moment, you're probably your own worst enemy. Thinking that you can't do anything right, nothing is good, nothing feels good, basically life stinks.

Think about it for one minute, all this negative energy that you project. It paralyzes your ability to be creative and enjoy everything that Mother Nature has to offer. Sand is free, sea shells are free, flowers are free. So many things that we take for granted or don't even notice are right under our very own nose.

Art Therapy is a "back to basics" way to feeling better about our self esteem. A little glue, a little paint and we can go back in time and regain our innocence as when we were those free spirited children.

I can sit here and tell you step by step how to complete an Art Therapy assignment, but that goes against the beauty of the healing process. You are your guide, your inner self. Follow your heart, reach into your soul and you will learn that you will not disappoint yourself. On the contrary, you will be pleasantly surprised by the outcome of your talent through your expression of art.



Elyahou Lallouz, 'Mother Teresa', After Hussein

Everyone thinks that they've got it bad. Financial problems, depression, divorce, death, abuse, etc. The list can go on forever. Should a person wallow in misery for all eternity? I think not. Get up off the floor, crawl out of your hole as the sun still sets as sure as it rises. Life goes on and so must you. Be it a poem, a letter of expression, a flower made from a bobby pin and a tissue, a pencil sketch or pasta shells on a bracelet string, the sky is the limit, your energy infinite.

Art Therapy can be used for individuals or in a group setting. Whatever you are able to be part of and comfortable with is what is obviously best for you. Best for you is the most important thing. Remember that I am asking for you to be a little selfish.

Nobody wants to admit that they're a loser. But who told you to accept that title? No-one person should possess that ultimate power over you. What is a loser? Someone who lost a card game? A kid who lost a race? A father who lost his credit card? What is a winner? A gambler who hits the jackpot? A girl who marries rich? A student who aced the test, but stole the answers? **You tell me.**

I recently met with renowned artist and philanthropist **Elyahou Lallouz** at a seminar catering to the growing number of people who have taken up learning about healing through colors. His works are identified somewhere between Picasso and Matisse and are in private collections worldwide, gracing the walls of former President Bill Clinton to a nook of magnate developer Donald Trump's palatial midtown place he calls home.

Although Lallouz studied the arts, he professes that his talents are natural, somewhat innate. "Art is my oasis. I share that 'flawless diamond' with people who can feel the colors. I have refused to sell my art to individuals who are buying it to match the color scheme of a room. A painting is something that you must choose carefully. It has to talk to you, stir you, move you inside, after all you'll be looking at it everyday for the rest of your life. My works are a major investment, so I would insist that a purchaser is in love with my art. It's a small price to pay."

Lallouz also shared his views about Art Therapy, "art is something that my children were fortunate enough to grow up with, meaning that they could wake up everyday and see original, not posters or serigraphs, but true original, vividly colored dimensional works of art. That is a form of Art Therapy. Sometimes I take the kids to the beach and we build sandcastles. That's Art Therapy. My name 'Lallouz' translates to 'the light' in Spanish and that's what I bring to my life and work, 'la luz.'" So it's time to reflect and take a fresh approach to your life, a whole new perspective. It doesn't matter who you are, where you live or what you wear, so long as you don't hurt or kill anyone. Be yourself and be happy. **Let 'the light' into your life.**
www.GalleriaLallouz.com