

Development of Creativity Using a Method of “Intuitive Aesthetics”: Results of *An Plein Airs*

(Vilnius, Lithuania, 2018)



HAI.LT

Rasa Balte Balčiūnienė
Tatiana Kharitonova
Marina Chekmariova

What is “Intuitive aesthetics”: Intuition in Aesthetics

- The ability to grasp one’s potential on an aesthetic level
- The natural order of human life

Intuition is the knowledge
before the effects

Aesthetics is an organic
perception of beauty



Method “Intuitive Aesthetics”

is

The psychological authentication counselling of the persons that help them to step out from the stereotypes that hinder their creativity

The purpose of intuitive aesthetics is training NOT how to make money, but how to create oneself



Stereotype is representation, socially accepted without any doubts pattern of behavior

Society and Creativity

1600 NASA

98% 5 years old



10 years old **30%**

12% 15 years old



Adults **2%**

IMPACT OF MEDIA IMAGES

Research Project

80

SILENCE

2014

neutral image of “silence” causes negative associations

16% - death,

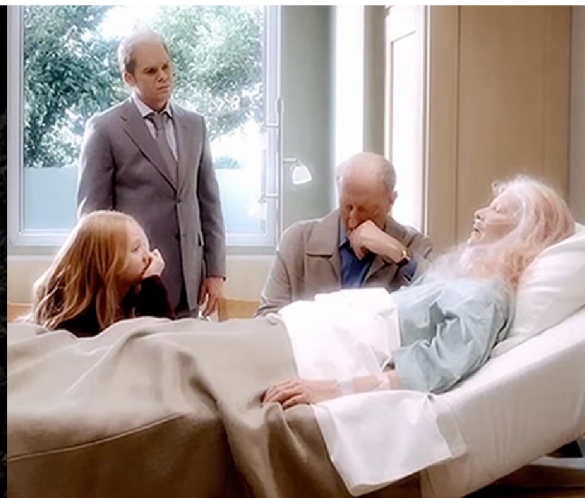
9% mockery and violence,

4% – suicide



LIATOMA MĒRGINA BŪVUSI
ANTRĀMĒ KĀDRĒ JĀTĪSĪSTO JĀS
ANĀT PALANGĒS, KĒSIKĒRĒĻĀ IR
ISSKĒLDĪRĀ SPĀRĀNUS, ISSKĒLĪSĒ-
HĀ IR PRĀSKĒSDĀMĀ VĪRS
MIESTO BĒI KĪTĪ VEIKĒJĀ





KOMENTARAI

TYLA SAUGANT
LI GONINEJE
MYLIMAJIJA

KOMENTARAI

PASKUTINE
GYVENIME
TYLA.

What Needs to be Done?

- Need to start with the educational system, teaching people how to see authentic beauty
- Need to combine skills of the psychologist-researcher, psychologist and art historian
- Need to take out stereotypes and increase the creativity



Studies and publications

Psychological
Psychoanalytic
studies
Cognitive studies
Art history
Culture experts

No creativity
“criterion” in art
psychology and
history of art

Creativity is based
on intrapersonal
factors: vitality,
reflexivity, high
self-esteem

Important :
the sensory parameters of organismic criterion

Creative potential: making exact choices

Organismic reaction is an organismic evaluating process applies to wholly unconscious processes such as **regulation of body temperature**, and to wholly conscious processes such as the **choice of the life course**

K. Rogers

Body is a situation of concrete existence; **The social stereotypes** of art cannot determine the vitality of our body

A. Meneghetti

Ideas:

- Awake bodily reactions and existential person maturity;
- To be attentive to the choice of images

The Study - Experiment

40 well-known Lithuanian painters took part in two Plein Airs held in Vilnius (Lithuania) in 2018

Two types of interactions took place in those Plein Airs:

- painters received special knowledge about psychology of art and*
- participated in the creative process in nature using technique of “Live Painting”*



Where do artists get images from? Stereotype: impact of mass pop culture



Andy Warhol. Marilyn
Monroe. 1960s



R. Lichtenstein.
I know... 1968



Рис. 3



Рис. 4

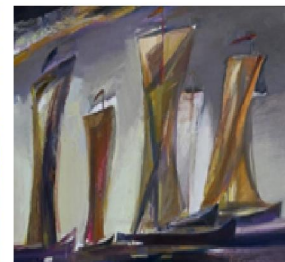
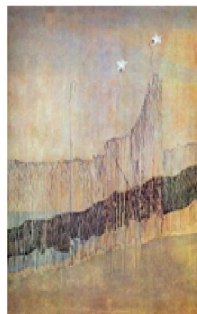


Рис. 5



Рис. 6

Where do artists get images from?
Stereotype:
copy of the images used by the authorities

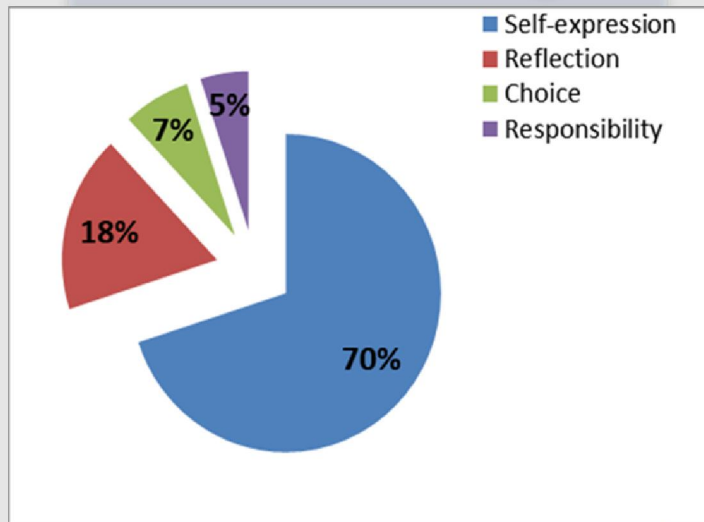


M. K. Čiurlionis.
My Road II. 1907

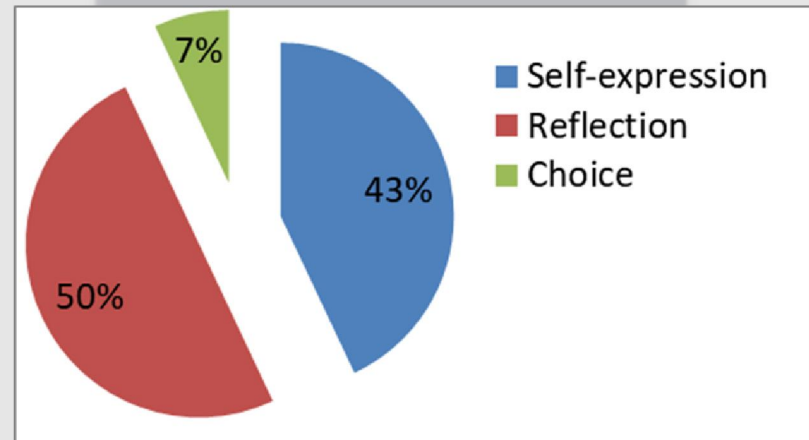
Works of famous Lithuanian painter
M. K. Ciurlionis

The Study – Conclusions: 4 stages of art understanding, 3 stages of aesthetics understanding

4 stages of art understanding



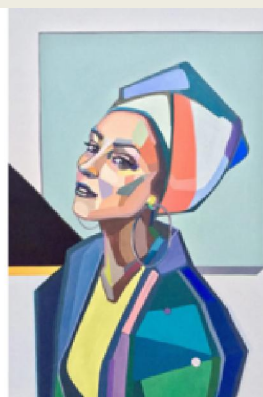
3 stages of aesthetics understanding



Before & after Plain Airs



Ян Вермеер. Девушка с жемчужной серёжкой. Ок. 1665



Тамара Лемпицка. Голубой шарф. 1930



Постер. Мадонна.

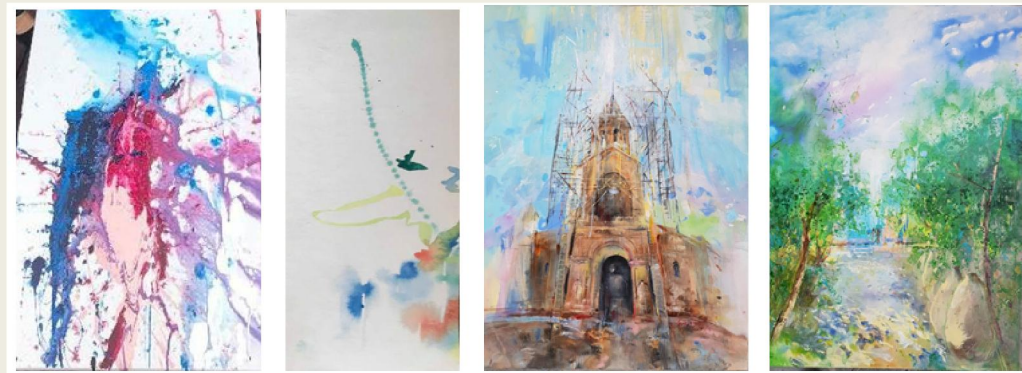
Painter 1



Before & after Plain Airs



Painter 2



Before & after Plain Airs

Painter 3

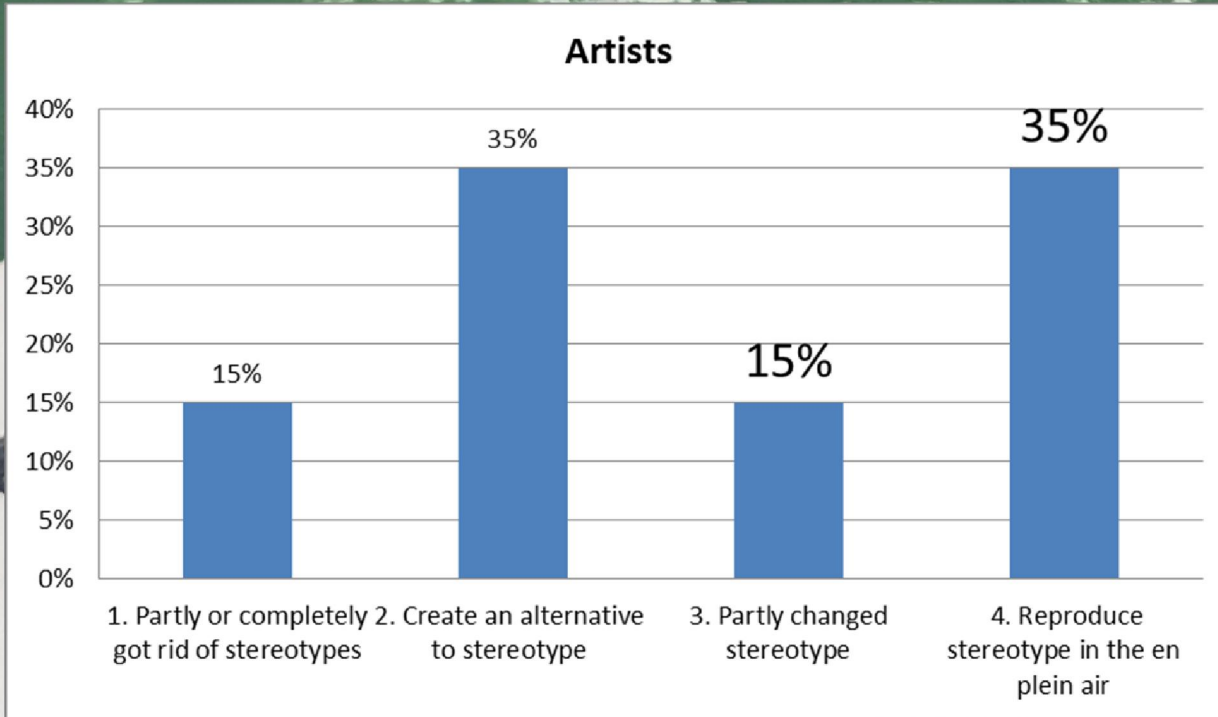


М.К. Чюрленис.
Парусные лодки. 1904

М.К. Чюрленис. Rex I.1904



The Study – Conclusions: 4 groups of artists



ATTENTION:

- **Young painters 20-30 years old (Groups 3 – 4) kept with their stereotype**

The Study – Conclusions: 4 stages of Existence scale (N=20)

The stages and personal work with participants:

1. The first stage (self-expression) SD scale
 2. The second stage (reflection) ST scale
 3. The third stage (understanding of freedom to make a choice) F scale
 4. The fourth stage (responsibility) R scale
1. Explanation the reality of the unconscious & finding elements of beauty in their works
 2. Explanation of the organismic criterion and the objectivity of beauty in life
 3. Explanation of the need certain norms & expression the individuality
 4. Responsibility in practice is “Live Action”

The Study conclusion – 4 tools of the “Intuitive aesthetics”

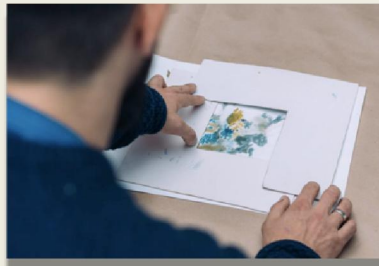
1 tool

Seminar on Art Psychology using bodily reactions & mindfulness



2 tool

Development of Reflection Skills
how to see authentic beauty



3 tool

“Live action” as a way to break out from the stereotype to creativity



4 tool

Creation of new art based on “Live Action”



The Study - Final Conclusions

1. The Method “Intuitive Aesthetics” helps **to change personality** from the state of expressing to responsibility
2. The Method “Intuitive Aesthetics” **stops stereotype in creativity**
3. Young painters 20-30 years old are **influenced by Media, saving their stereotypes.**

