

Mother and Child in the Burning Fire

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Caring about the fragility of a new-born baby and of the woman giving birth, we try to offer the best possible delivery for the mother, the smoothest entry in the world for the baby, the best conditions for a secure attachment [1] and a sane development of both the baby, the family and the community. This is a complex process requiring empathic and subtle attitudes as well as knowledge and information.

Each individual is unique - and even in « normal » circumstances more attention should focus on emotional aspects of the coming-to-life process and not only on the physiological well-being of the mother and the child. Sometimes the delivery is difficult and causes long-lasting traumatic syndromes. What about living in war conditions? What about the stress, fear, suffering and trauma for mothers and children? What about the babies born under bombing, on a boat in the middle of the sea, on the board of a road between two countries? What will be their future?

I am an artist and an arts therapist but also a woman, a mother and a grandmother. Once I created an art piece on the different faces of the feminine: the woman as an embodied esthetic symbol, a goddess, a muse, the woman in the mother and child imagery [2], the oppressed woman in the patriarchal society... (Figure 1). It was in winter time and a candle was lighted under the hanging installation. It took fire and was almost totally destroyed...everything was burned except the Mother & Child (Figure 2). What a wonderful symbol! Motherhood symbolism is the humankind's future. If we wish our species to survive our own demons, we need to learn more respectful, empathic and ethical attitudes to the World as a global system.



Figure 1: Triple Feminine, Irina Katz-Mazilu, 2022.

Moreover, we need to understand that our thrive to beauty, harmony, balance and love is as basic as are our physiological needs for an authentic human's life - and not just survival. Recent neuroscience research demonstrates that we have an « aesthetic brain » [3], a native disposal to harmony and beauty in our inner life, in our relationships with the human society and to the World. Since immemorial times, aesthetics always accompanied pragmatic, philosophic and spiritual activities. Appropriate education and cultural life insure a favorable environment for a growing young human. This process starts even before our birth through trans-generational inheritance and never stops as long as we are alive.

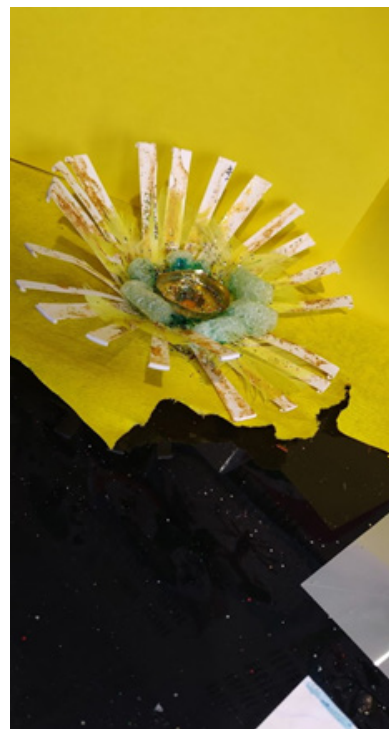


Figure 2: In the Fire, Irina Katz-Mazilu, 2022.

Art is a major heritage and a powerful tool in the humans' sane development. From the very beginning of our species, arts – music, painting, dance, body art, drama – have been used to regulate emotional individual and social phenomena. Later modalities such as writing, printing, movies and recently digital arts contribute to it. Constantly new modalities of human creativity come up. We face nowadays the challenge of an ethical, creative – and not destructive - artificial intelligence...

All the creative skills are used in arts therapies to help resilience in post-traumatic syndromes of any origin. Art making is the most powerful lever for integrating all the human capabilities, help harmonious body-mind development, support emotional balance and reinforce belonging to the human community. Arts' language is universal for all humans as it is based on communication through common perceptive, affective and cognitive human attributes.

Nursing and primary care are most important «arts-of-living» and greatly benefit from using preverbal communication. They need to be supported and spread in a more peaceful World. In spite of the current multidimensional crisis, we have to keep hope in the possibility of bringing to life and educate empathic, compassionate and collaborative new generations. Let us breed and care for a 2024 New Year which might offer to new-born - and to all of us - a peaceful time!



New Light For the New Year !

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