Artistic Sādhanā:

A Praxis of Embodied Awakening

by

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Abstract

This thesis explores the practice of Sādhanā within an arts context. The practice of Artistic Sādhanā—art and spiritual practice together as one practice, is a journey of attunement and refinement—breathing both art and artist awake—cultivating each alongside the other—refining one through the other. This embodied and performative arts-based inquiry of Sādhanā follows the path of resonance, weaving together a spiritual and aesthetic questing through body, breath, text and tone, beyond the separations of mind and body, self and other, to the transformative presence of Being—an awakened space within the self wherein spiritual revelation and creative insight abound. Through the practice of Artistic Sādhanā, the art medium becomes an extension of the bodymind self, and the creation process doubles as an allegory for recognizing, reflecting, and reflexively crafting the practitioner-self into a work of art towards an awakened presence.

Artistic Sādhanā—art practice as spiritual inquiry—is essentially an embodied, subjective, and performative inquiry into the nature of the self through creative processes.

This research thesis journeys through several Sādhanās, and is written with the intention of inspiring the reader towards an Artistic Sādhanā of their own.

Keywords: Arts-based research; Performative inquiry; Embodied inquiry; Spirituality in Arts Education; Sādhanā