



“Art is healing because it forces you to forge a connection between your
mind and your body”

6 Questions to ask yourself:

1. What is your first reaction to the discobolus? Immediate, knee jerk, unfounded, reaction to this statue?
2. Can you separate this piece from its history? Why or why not?
3. How can you create a narrative of further entangling this piece with its history in your art?
4. What location do you imagine this piece living in? Where would it be the most useful? The most destructive?
5. What do you find beautiful about the Discobolus? If you don't, why not?
6. Does it bring out a certain emotion that you can identify with? If you can't, is there another way to articulate the way it feels?

**Feel free to use color, shape, words, sounds, etc. in your practice of
healing the art today.**