

PART I

I CAN!

The first part tells about how you can find yourself, and your abilities; you have a lot of good things in you, and it is only a question of giving them room and chances to develop. This part is about how culture gives you paths and resources to express yourself and show your abilities. It is also good to remember the power of inner strength and self-esteem which you build by doing things yourself and which both grow when you succeed.

EVERYONE CAN!

In order to have that insight, one should have patience and feel safe with the situation. One should also allow enough time for the task ahead and search for qualified guidance on how to work through the task. This prevents us from taking on tasks that are not realistic for us to accomplish. Our bodies need physical training but our souls need mental training, which can be achieved through visual art, literature, drama, dance or music. It is never too late to train your self-esteem!

Visualizing and sharing our own stories through image, sound, movement or music, can be an important key to self-esteem and self-awareness. Much is based primarily on observations and experiences.

Art work in its entirety is often a process aimed towards understanding and change. The process may lead us to insights and learning, leading to new thinking and, at best, a new approach to existence. Visual arts work can at best serve as an exercise in changing throughout life.

Many are those moments during work in art workshops, when for example teachers and students themselves have found skills, abilities and talents in the students that have not been recog-

nized while working in the classroom at school. The self-esteem and confidence of the students has been strengthened and they can take advantage of that in other school subjects. Students who before were identified as "tough" and "rowdy" can often be those who contribute the most and demonstrate the kind of thinking that is required of all creative and innovative processes, which also has been a good experience. Presumably these students and their teachers will have a better understanding of how creative processes and alternative methods can support both learning and ways of expressing what you have learned.

It is of great importance to communicate, to respect individual differences and to affirm both knowledge and deficiencies within ourselves. Admitting failure is as important as encouraging self-affirmation.

When making contemporary art, ways of expressions have no limits. A work of art speaks for itself, and has always been our reference to our actions and behaviour. Arts and culture give us knowledge, they give us alternative ways to reflect and help us understand. Furthermore, we also learn and live through culture.

The human being has always been affected by

history and cultural structures in society, perhaps more than we can ever imagine. While admiring art and experiencing culture we can notice that, by looking at how we are today we can see how it has been and how it is. This gives us the reason for continuing creating and expressing through arts and culture, we should continue living and reflecting about life as always.

THE POWER OF INHERENTLY RESOURCES (EMPOWERMENT)

At the end of the day we are the ones shaping the future, and for making the best of it we need to find our inherent resources and our own path. We need to continue creating, expressing and enjoying life by culture-making. This is something we have always done, but we could still do it in a more constructive way. Especially in this age of information, where there are no limits,



we have an obligation to shape the future the way we want, and hopefully we will do that as well and peacefully as we should.

The process of making is truly important. Culture-making can open up new perspectives and ways of living for the individual, we can find our inherent resources and motivation we did not know we had. Inherent resources are what we need in order to see ourselves beyond impossibilities and for living fully. We need the inherent power for self-realization and for getting somewhere, living is about being engaged and achieving intimate dreams. Culture-making gives human beings the possibility for self-realization and ways to develop socially and emotionally. Important to remember is that the result itself is not what is most important, it is the process of making and all that comes with it that matters the most. Culture-making not only affects us as individuals, it also affects communities and society in many ways. Culture-making is a way of communicating with others, it can open up a link between people; meanwhile it is also, at an individual level, extremely therapeutic and gives the feeling of empowerment as in taking control over our lives.

FLOW IS WHAT WE NEED

For being motivated to create and to make culture, for finding the inherent resources we have, flow is what we need. Flow is an intense feeling, a mental state of operation. When we feel flow while making culture we are fully focused, we feel fully involved and we feel much enjoyment. Important to remember is that flow is something we human beings only feel based on our own interest and competences, which gives us the reason to listen to our own will and passion. Flow can actually appear in regard to any activity and that is why it is important to

give people the opportunity to try different activities over time. This great feeling affects our well-being, we become more productive, ambitious and more purposeful.

To achieve flow, there are some factors that can encourage us. The competences needed for carrying out the activity and the challenge should be in line with each other; we need to know that we can make it though we feel challenged by doing it. Important is also that the focus is not centred on the surroundings while involved in the activity. The focus should go inwards to ourselves, we should really meet with our feelings and enjoy it. A lot of flow gives us a better quality of life, and flow is what we get from culture-making.

FLOW

Flow is the mental state of a person while carrying out an activity. The person is totally involved, energized, focused and derives much enjoyment from the activity. The feeling of flow has positive consequences, flow makes our lives more successful and happy.

EMPOWERMENT

Empowerment increases the capabilities of individuals and groups to make more purposeful choices in life. Purposeful choices become desired outcomes, since empowered people strongly feel that they have the freedom of choice and action. The feeling of empowerment enables people to influence the course of their life.

