



A brief statement about the title of this first International Expressive Arts Therapy Association conference held in Asia:

THE FLOWING TAO OF EXPRESSIVE ARTS

by Jack S. Weller

Creativity, the creative process, especially artistic creativity, is at the heart of Expressive Arts Therapy.

And at the heart of creativity - is the *space between paradigms*. Paradigms are like glasses through which we see the world. We are mostly unconscious of our paradigms, and we are very attached to them; it is very hard for us to shift from an old paradigm to a new one. The *space between paradigms* is a mysterious *space* that cannot be captured by words or concepts. Creativity occurs when we *touch...the space between paradigms*.

The *space between paradigms...is thus...at the heart of Expressive Arts Therapy*.

This creative space is a source of power; it is what gives the field of Expressive Arts Therapy its particular energy, life and dynamic power. It is a deep source of the fast growth of this field throughout the world.

And...according to Taoism, a great world religion that originated in China in about 600BC...another name for that *space between paradigms* is the *Tao*, the mysterious Tao that cannot be named, the Tao of great power, the Tao that is the source of heaven and earth.

The Tao that can be named, that can be literally described with words and concepts (and paradigms) – is not the true Tao. So we use metaphors.

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Perhaps now you can join me in beginning to see, to sense, to intuit

That at the heart of Expressive Arts Therapy

Is the Tao

The flowing

Ineffable

Powerful

Tao