



## Foreword

Elke Scholz has cooked up a compassionate, caring and creative brew in this fine book instructing the reader on how to live what you love. She uses her own experience and visual and poetic images, as well sound clinical and expressive arts theory and wisdom, to portray a vivid, vibrant path dedicated to the arts as a means to designing a fuller, richer life.

Her dedication to healing and the arts led her to join the board of the International Expressive Arts Therapy Association (IEATA), and take on a leadership role in the field as co-chair of the Artist's Committee. It was under these circumstances I came to know and respect Elke. We met at the Hong Kong conference of IEATA and connected on a deeply personal and professional leadership basis. As one of the founding board members of IEATA, I wanted to help Elke feel comfortable in her new role. I learned Elke was an accomplished writer, artist, poet, trained and registered psychotherapist, as well as a registered expressive arts educator/consultant (REACE) and, most importantly, a very soulful and sincere woman. Later, while teaching in Winnipeg, Canada, Elke attended one of my workshops. I could sense in the group she was a leader with a compassionate heart, and I witnessed her deeply moving paintings, with their impressionistic nature themes, which felt to me like dream material reflecting the emotion and beauty of nature that calls us back to our roots to seek healing.

In reflecting on this book's format, one sees Elke as a woman who "walks her talk", starting with her own story on how the arts changed her life. She employs her own artwork throughout the book as an illumination of her experience and training. While similar to *The Artists' Way* in terms of offering a structure to help with one's own explorations, it is substantially more soulful, and offers a multi-arts approach Elke learned at the European Graduate School (EGS).

As a Jungian expressive arts psychologist in practice for more than thirty years in Northern California, I deeply appreciate Elke's intuitive skills, starting from a foundation of breath, body and the receptive arts: listening to bodily gestures such as smiling, music, mindfulness, and selecting visual images that have emotional meaning to the person, each of which change one's neurochemistry. She also guides the reader through actively

listening to their body, mind and soul. Then she introduces the idea of a creative practice, using one's imagination to change one's life. Living the great quote by Albert Einstein, "imagination is more important than intelligence", she joins the ideas of physics and spirituality through the lens of the creative process, even addressing the concept of resisting the arts and change. Elke intuitively embodies Jung's ideas of the importance of one's internal world to discover the self/Self as our guide to living a life we can love. Resisting the new age conceit that all is "in the light", she delves into grief and loss and one's own death as teachers worthy of our attention. She suggests the best learning occurs when we burrow into the unknown, including the parts of ourselves we are afraid of, *à la* Jung's shadow.

An excellent book for the layperson, *Loving Your Life* is a step-by-step approach that first explores a concept, followed by Elke's own personal experience and discoveries, then provides a process for the reader to investigate, and even offers what one might expect as an outcome. Each chapter suggests a creative practice and also urges journaling to deepen one's understanding of the symbolic function — or meaning — for your life and its transformation. Elke believes, similarly to Carl Jung, Otto Rank, Carl Rogers and Paolo Knill, that deep inside of us we have a wealth of creativity, intuition and knowledge. Her processes bring these internal gifts and resources to consciousness and light, enabling the reader to acknowledge them and follow their own deep, quiet voice and live a more fulfilling existence, attuned with their body, mind and soul. I would recommend this book wholeheartedly to my clients, students and trainees, as well as the general public.

*Kate T. Donohue, Ph.D., REAT is licensed psychologist with a registered Jungian expressive arts therapy orientation (REAT) for thirty-five years. She was a co-founder board member of the International Association of Expressive Arts Therapy (IEATA) and has served in many roles, chair of the professional standards committee, executive co-chair, twice as conference co-chair in San Francisco and Hong Kong, and is now honorary advisor to the organization. Along with Jack Weller and Sanjen Miedzinski, she was a founding core faculty member of the Expressive Arts Therapy Department at the California Institute of Integral Studies (CIIS). Currently Kate is an international trainer of Jungian oriented expressive arts therapy through Asia and Ghana, Africa, and is a therapist, supervisor and author internationally. Her latest passion is conducting expressive arts cultural journeys, exploring the indigenous roots of expressive arts in Ghana and Southern India. Kate loves dance, drama and painting, and loves being with her redwood trees in her new home in Fort Bragg, California.*