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BODY of KNOWLEDGE

Somaesthetics, Body and Chinese Art Tradition

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As we all know, The body action plays an important role in Chinese traditional art, especially in Chinese Ink Art. In the perspective of Chinese Aesthetics, painting is not just a kind of production from artist's creation. and Chinese regarded it as a art of living. Today, there a main stream in Chinese aesthetics: Aesthetics of Everyday Life, and the new aesthetics present another mode of Embodiment. In west, "somaesthetics" as a new branch of aesthetics is focus on the relationship between body and aesthetics. Actually, in China, somaesthetics is belong to a Chinese Aesthetics of Everyday Life, and it interpret how body acts in Chines art. The importance of the creative process was highlighted as early as Chinese classical culture. In calligraphy and painting, in the process from "bamboo in the hand" to "bamboo under a brushstroke", the artist must be left in an unrestrained state of great ease. When writing a small character, the artist moves his wrist, while to write a big character, he moves the elbow, "lifting his elbow, with qi of the whole body going from shoulder through arm and wrist to the fingers. When qi finally reaches the tip of the brush, the power of the whole body penetrates through the surface of the paper to the back." Meanwhile, the "bamboo in the mind" has been reproduced in the "bamboo in the hand", with the strokes of the brush swaying to the free flow of the mind. This is not only an externalization, but also a psychosomatic merge. Furthermore, calligraphy is a pan-art process, which not only focuses on the finished works, but also the process of writing. Of course, the highest value of miao shu (wonderful writing) lies in the rhythm of life being presented.