

Art of the lived experience *Art as a creative life's process the work of what art can do, does, and is.*



As human beings we are all creative we create, re-create and co-create the world around us and in turn the world around us shapes, forms and creates us all. Our mere existence in the world is by its nature creative, we breathe and in so doing change things, we move 'Stuff' around and much of what we do we do without awareness. Creativity is about change and therefore for me it is how this creativity is experienced and the different levels and layers of awareness, the, who, what, where, how and when of the intentions and influences that we have the meanings and purposes?

I immerse myself in processes of change. This can be part of the development of 'Self' or 'Multiple Selves' and include personal challenges and issues. It can equally be working with others to explore creativity as a driver and or catalyst of change or enabling empowered response to change. My work with others includes working with those most, disempowered, vulnerable and disenfranchised in groups, communities and wider societies and cultures. I work with social, environmental, ecological and economic change moving through consultative participatory processes.



In this respect I am a practitioner and explorer of 'Psychogeography' However I enable the empowered, informed creative expression of others that can transform lives and in so doing help form strong social networks to effect further change on many levels. I also work with individuals to enable, facilitate and support creativity, in development of personal empowered change. It is not however 'Art Therapy' although it has therapeutic effects.

"The arts provide us with insights, understanding and knowledge of ourselves and our relationships with others". [Francoise Mataraso](#).

Enabling and facilitating others in social engagement with change through arts activities and processes of making or creating is itself a relatively new 'Art Form' and a discipline in its own right. I use other Art and Making disciplines working with other artists professionals in their own field together with other professionals to form a new discipline of 'Socially Engaged Art' I combine this with 'Living Theory' 'Action Research' approaches [Whitehead J](#) and a 'Bricolage' [Biggs I](#), of 'Methodological Inventiveness'. [Dadds & Hart](#), together with the tradition of creating ones own brief from a Fine Art and Spatial Design background provenance and training.



I have chosen the path less travelled as an independent freelance artist. As such I reflect on and improve the ongoing development of a self directed, motivated, innovated and developed briefs and ask an ongoing question:

"How do I improve my practice as a socially engaged artist through enabling, facilitating and empowering self and others with and through change in the thriving and flourishing of humanity?"

Andrew Henon



Poster created for
ARNA 2015

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Photo in memory of my Sister
Frances 1951 - 2013

With thanks to my
partner [Morag Kiziewicz](#)

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